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**Read and complete.**

Read these instructions for the exercises on page 28 of your Classbook. Some of the words are missing. Complete the instructions using the words in the goal posts to help you.

Stand with your feet about 50 cm apart. Stretch your arms out to the sides. Raise your right arm above your \_\_\_\_\_.

- 1 Bend to the left gently and touch your left \_\_\_\_\_ with your left arm. Hold this position for 5 seconds. Repeat this action 5 times on each side.

- 2 \_\_\_\_\_ with your feet about 50 cm apart. Now \_\_\_\_\_ slowly forwards as far as you can. Don't bend your knees. Hold this position for 5 seconds. Repeat this action 5 times.

- 3 Stand with your feet about 50 cm apart. Put your hands on your \_\_\_\_\_. Slowly raise your right \_\_\_\_\_ as high as you can. Don't bend to the side. Hold this position for 5 seconds. Repeat this action 5 times for each leg.

- 4 Stand with your \_\_\_\_\_ about 50 cm apart. Bend your head slowly to the right. Keep your \_\_\_\_\_ still. Then bend your head slowly to the left. Keep your shoulders relaxed. Then bend your head forwards. Repeat this 5 times.

\_\_\_\_\_ on the floor. Stretch your legs out straight and put your feet together. Put your \_\_\_\_\_ on the floor at your side.

- 5 Pull your \_\_\_\_\_ in. Don't bend backwards. Slowly bend your knees and pull your feet towards your \_\_\_\_\_. Hold this position for 2 seconds and then gently push your knees towards the ground. Repeat this 5 times.

shoulders ☐leg ☐hips ☐arms ☐bend ☐Stand ☐body ☐Sit ☐feet ☐stomach ☐hands ☐knee ☐head ☐

2

**Read, match and do.**

Look at the instructions again. Match the instructions above with the photographs on page 28 of your Classbook.

