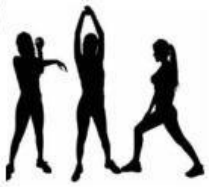
COLEGIO SAN JUAN DE LOS PASTOS

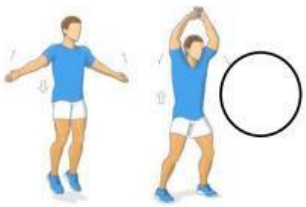
"Towards the Challenge of the Third Millennium"

Physical education Commands

Match



1. Cross Sitting
2. Cold - Down
3. Stretch
4. Catch
5. Teamwork
6. Throw
7. Take a rest
8. Jumping Jacks
9. Touch your toes
10. Warm -Up
11. Breathe
12. Hands Sidewards



LIVEWORKSHEETS