

Module:

Competency:

Task:

Health – Exercise

Reading CLB 3.2 Comprehending Instructions

Match the picture with the instructions.



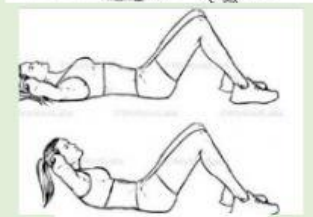
Sit on the floor or bed. Bend your legs so that the soles of your feet come together. Keep your back straight.



Go down on all fours. Rest on your knees and put your feet up. Push yourself up by your arms and keep your back straight. Lower your body.



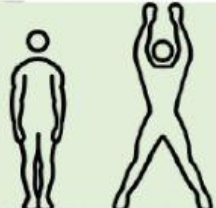
Go down on the floor face down on your lower arms and toes. Keep your back straight.



Go down on all fours. Lift your right leg.



Lie on the floor with your knees bent. Put your arms behind your head. Raise your head.



Stand up straight. Bend your left knee and hold your ankle behind you. Do the same thing with the other leg.



Stand with your feet together and arms at your sides. Jump and put your arms up and your feet apart.