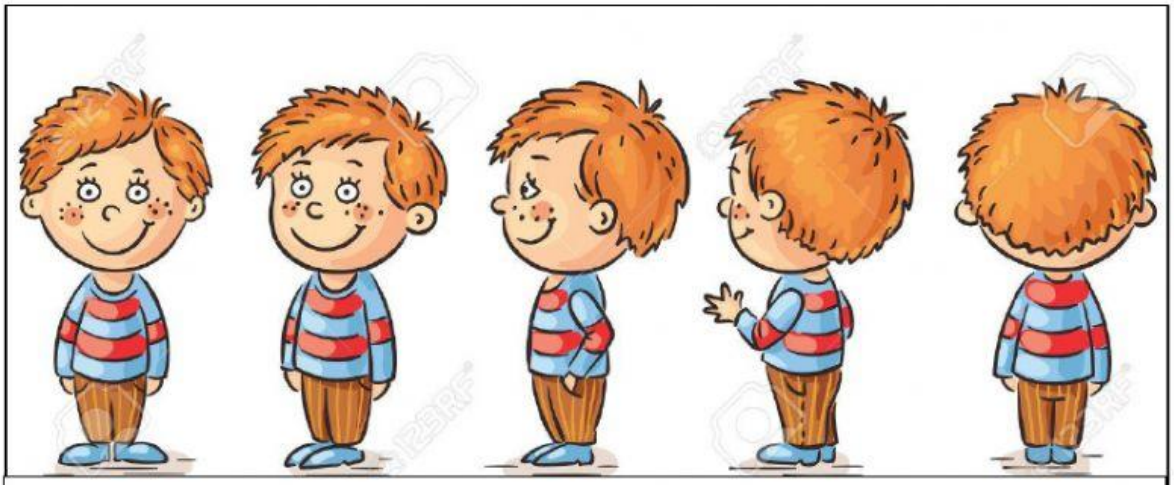
Hari : _____ **PENDIDIKAN JASMANI & KESIHATAN** Tarikh : _____

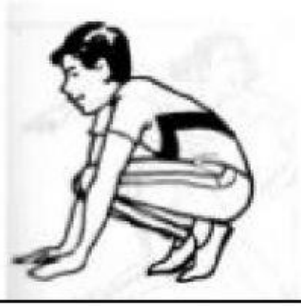
Nama : _____

Tuliskan aktiviti (memusing dan mendekam) berdasarkan gambar yang diberikan di bawah.

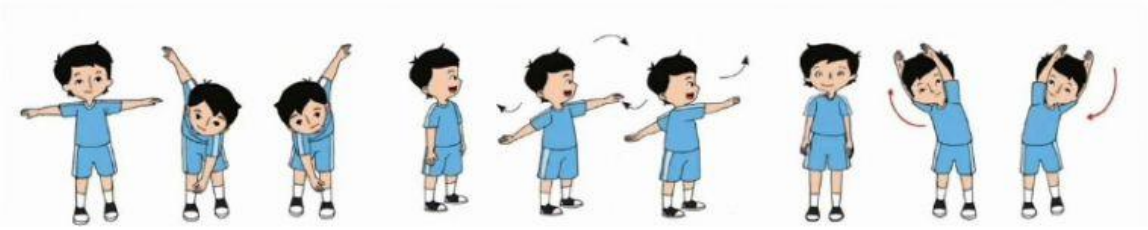


1	2	3	4	5

Memusing / Mendekam



Mendekam / Menghayun



Memusing / Menghayun

LIVEWORKSHEETS