

10

1:55



Listen and say.

1



jump

2



dance

3



swim

II

1:56



Listen and number. Then do.



Clap your hands.



Jump.



Stamp your feet.



Wave your arms.



Move your head.



Dance.



Touch your toes.



Shake your body.

PE



Look and
match

Then say.

PER

dance jump swim



Read and find. Then match.

Wave your arms.



Jump.



Clap your hands.

Touch your toes.

Dance.