

Look at these instructions from the radio programme **Fitness Fun!** Read each instruction and match it to one of the photographs on page 30 of your Classbook. Write the letter of the photograph next to the matching instruction.

**Underline the words in the text that help you match the instructions to the photographs.**

**A** Slowly stretch up again and then gently bend to the right and slide your right hand down your right leg. Keep your head, shoulders, and hips facing forwards. Hold this position 1, 2, 3, 4, 5. ☐

**B** Lower your arms to the sides again. Gently bend to the left and slide your left hand down your left leg. Keep your head, shoulders, and hips facing forwards. Hold this position 1, 2, 3, 4, 5. ☐

**C** Slowly stretch up again and then shake your arms and your legs and jump up and down. You should feel full of energy and ready to have a great day. ☐

**D** Stand with your feet about 50 cm apart. Keep your head and shoulders up and your arms by your sides. Hold this position 1, 2, 3, 4, 5. ☐

**E** Stretch your arms out to the sides and hold them there 1, 2, 3, 4, 5. ☐

**F** Slowly raise your arms straight above your head. Hold your hands together and stretch as high as you can. Keep your head and shoulders relaxed. Hold this position 1, 2, 3, 4, 5. ☐

**G** Slowly lower your arms to your sides. Put your hands on your hips and gently lower your head backwards. Keep your head and shoulders relaxed. Hold this position 1, 2, 3, 4, 5. ☐

**H** Slowly lower your arms and bend forwards until your hands touch the floor. Keep your head and shoulders relaxed. Bend your knees a little and hold this position 1, 2, 3, 4, 5. Now stand up again. ☐