



Physical education Commands

Match



1. Cross Sitting



2. Cold - Down

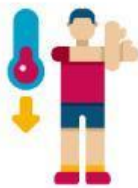


3. Stretch



4. Catch

5. Teamwork



6. Throw

7. Take a rest



8. Jumping Jacks



9. Touch your toes

10. Warm -Up



11. Breathe



12. Hands Sideways

