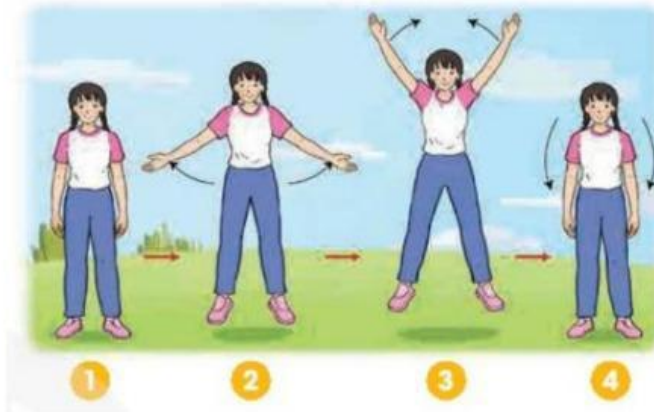


Look at the diagram. Match the two parts of each sentence to complete the instructions.



To do star jumps properly, you should follow four steps.

1. To begin with,

2. Then,

3. As you jump,

4. Finally,

a. jump back to your starting position and repeat.

b. stand with your arms down at your sides and your feet slightly apart.

c. open your legs wider than your shoulders and move your arms out, creating a star shape while in the air.

d. jump with your feet apart and your arms spread out.