PHYSICAL EXERCISE WORKSHEET 1

Let's watch the video below and follow the movement.

Have you watched the video above?

Yes No

Have you done the exercise above?

Yes No

Now, write 1 -5 to order the movements that you've done based on the video.

Legs in and out

Arms left, right, up and down

Clap hands and march feet

Push and pull with partner

Make star shape and bow

LIVEWORKSHEETS