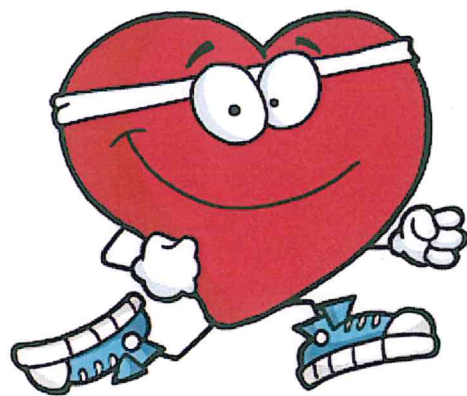




Primary 5's Exercise Book

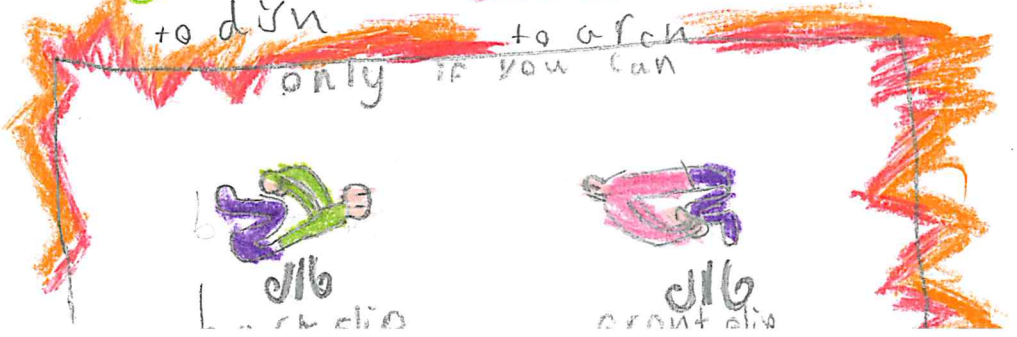


A short guide to keeping yourself fit.

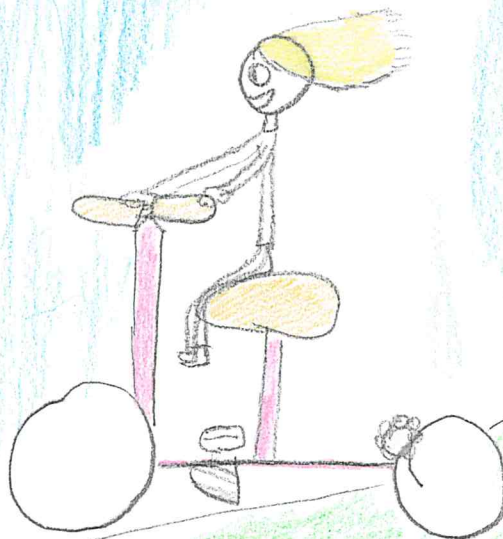
Gymnastics



stretch



Cycling

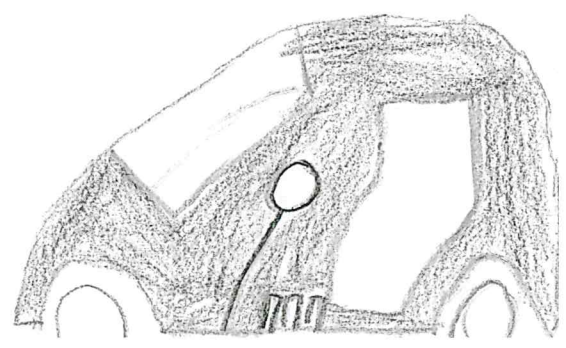
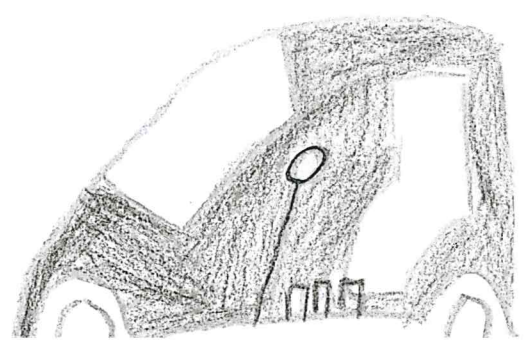
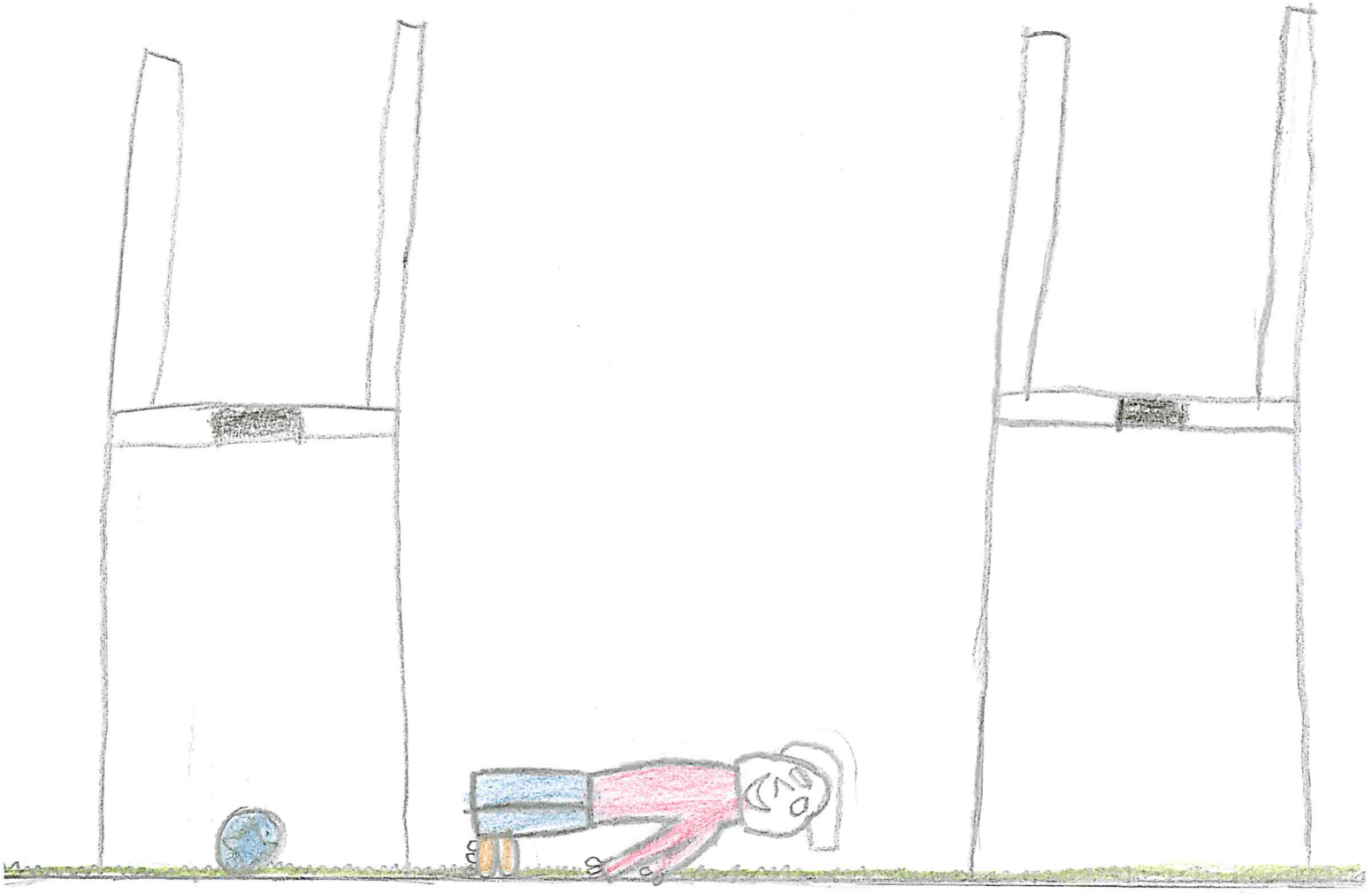


Yoga



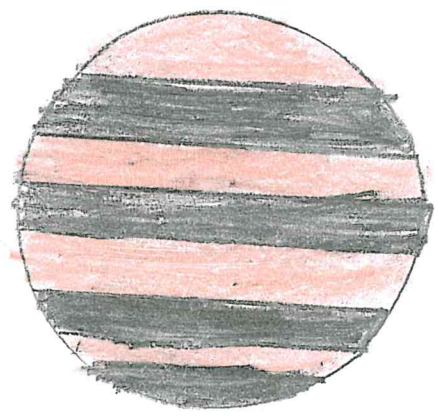
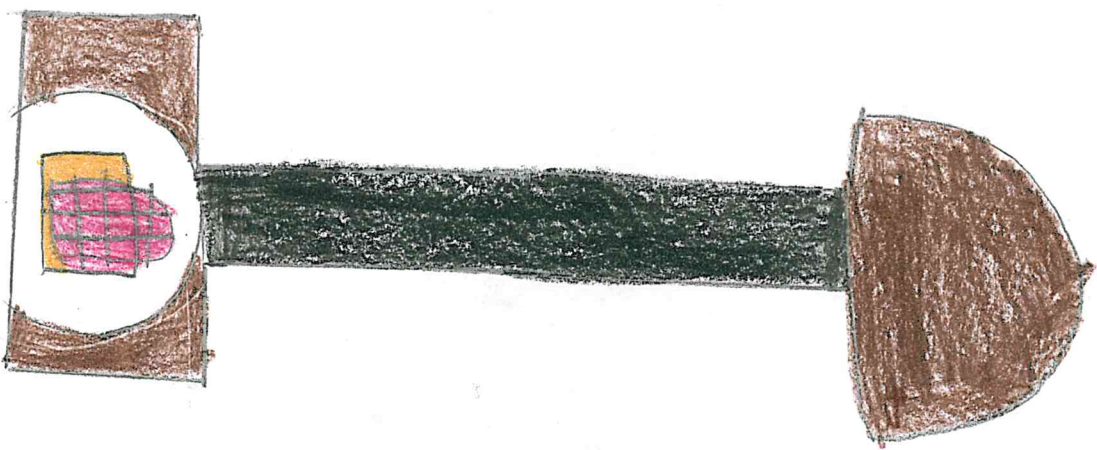
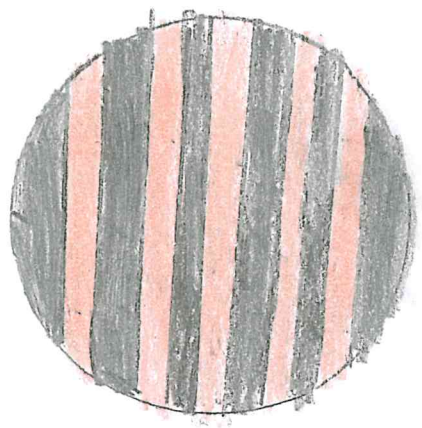
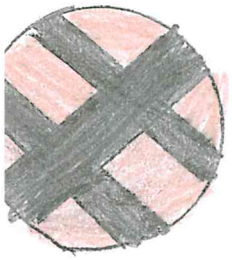
Plank

Plank

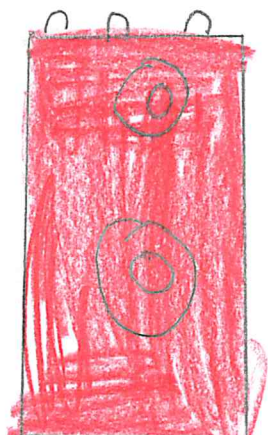
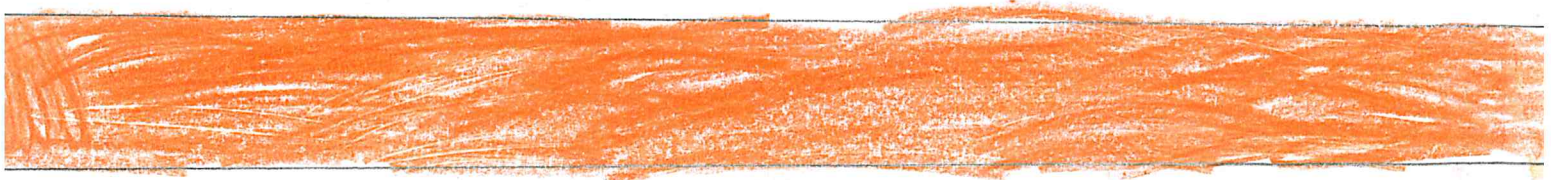
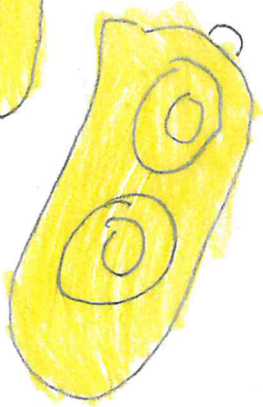
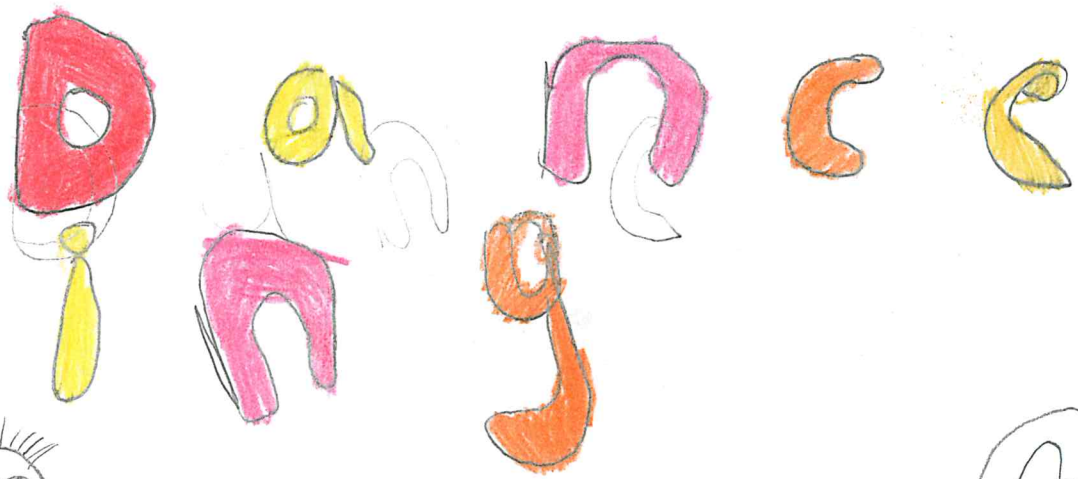


xenxis



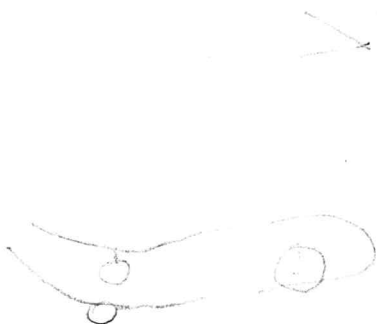
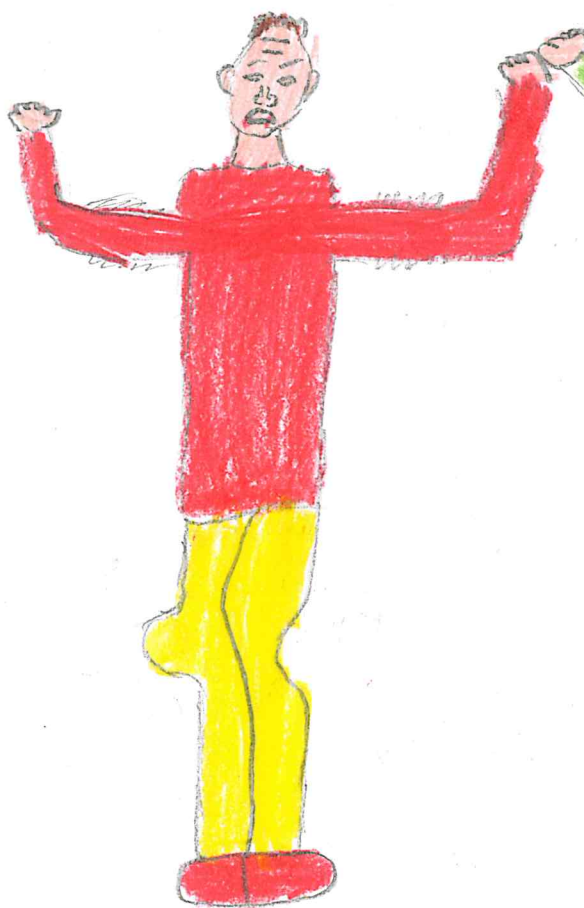


BA C K F I P 77



burpees

burpees



Jumping Jacks

Jumping
Jacks



farming



began

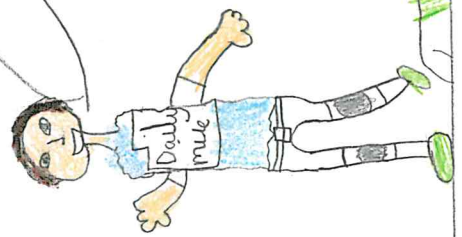
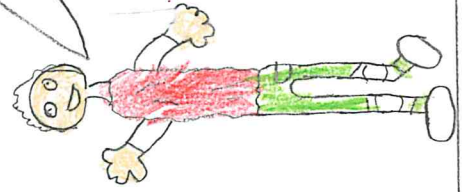
WALKING



Daily mile

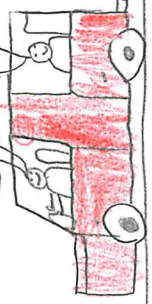
yeah!

And important is
stay in routine



Stay
active!

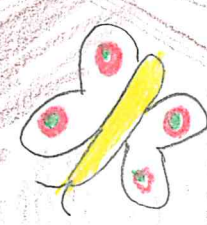
Start
exercizing!



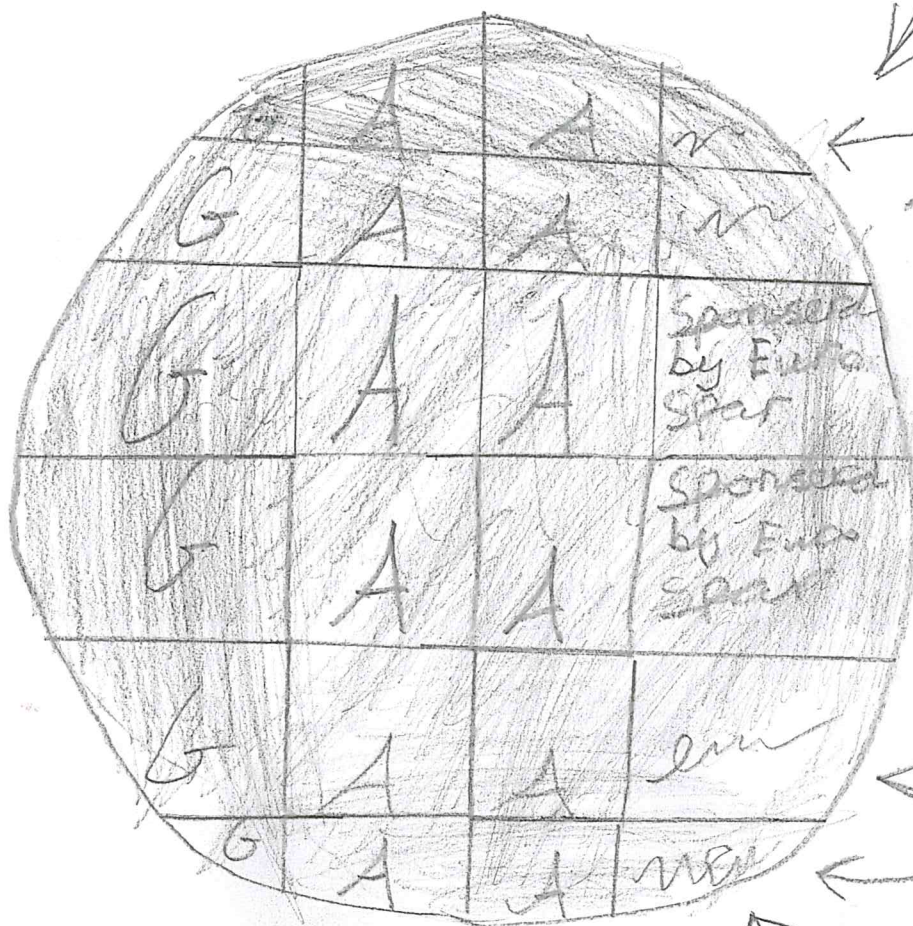
HIP HOP



clapping



G A A football
you can:
fistpass



write
Signitchers

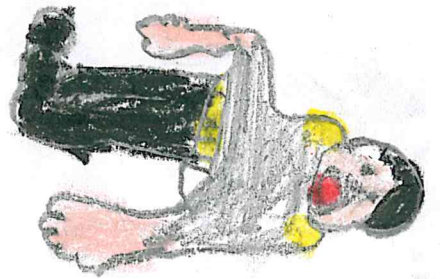
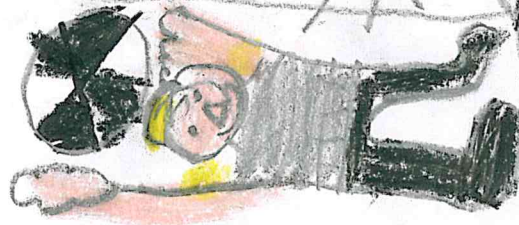
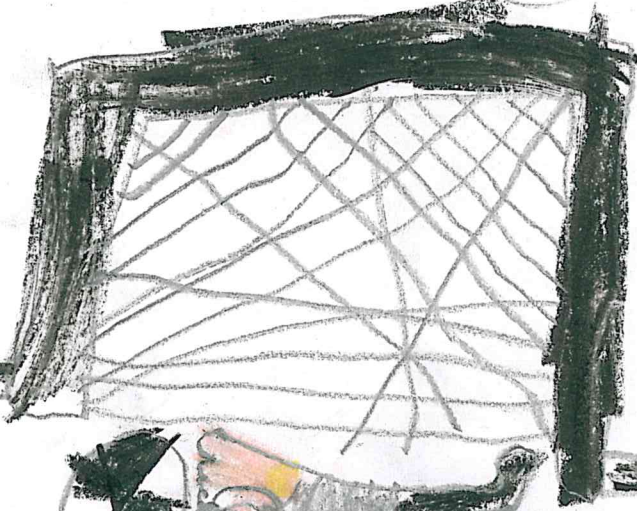
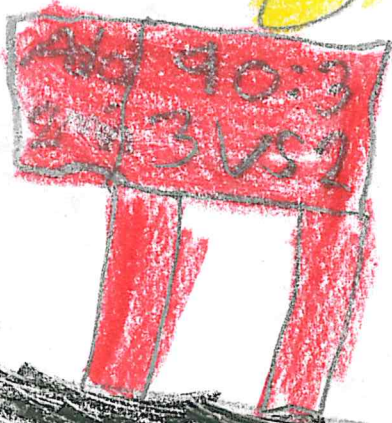
puntpass

Kicking

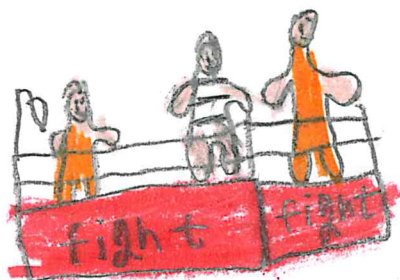
practise



Score 10

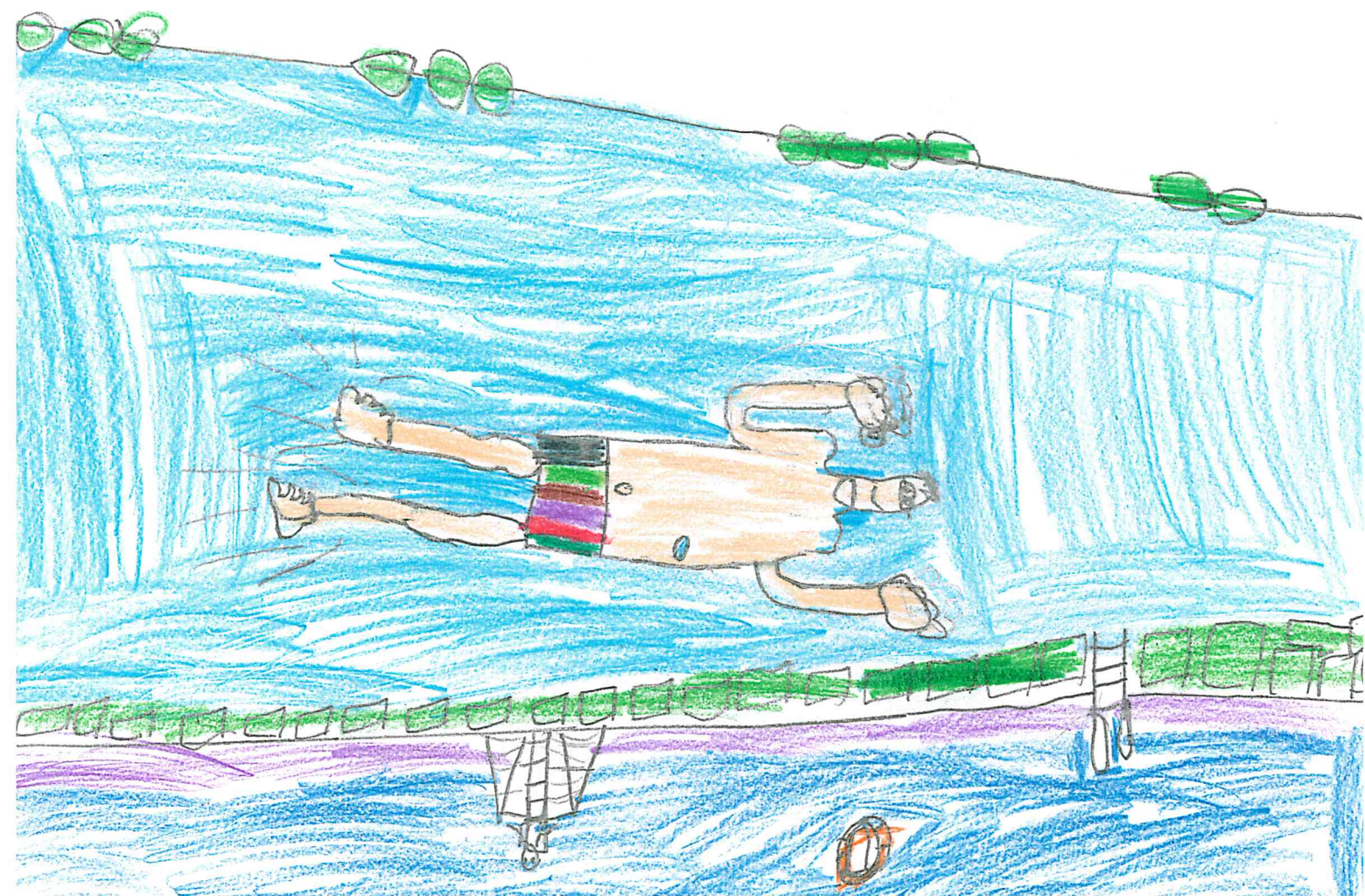


M a r s h a l l a t t

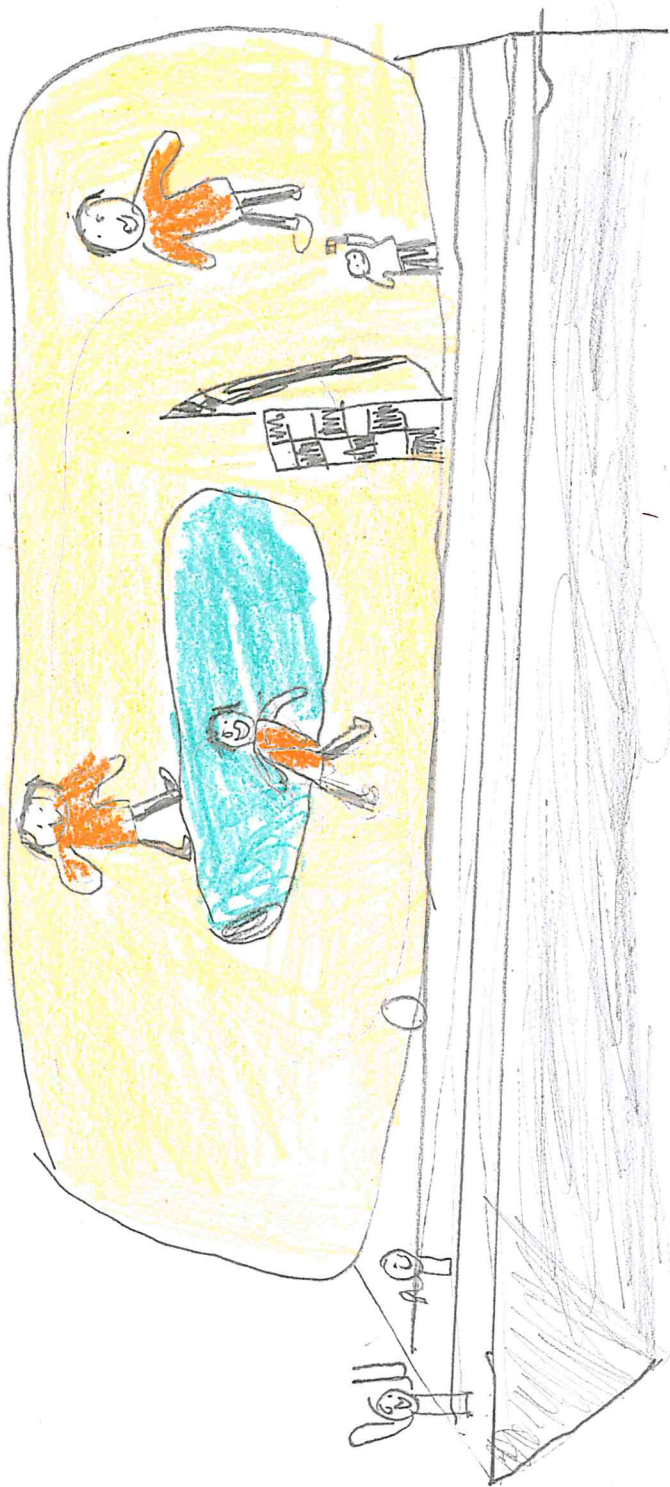


haha

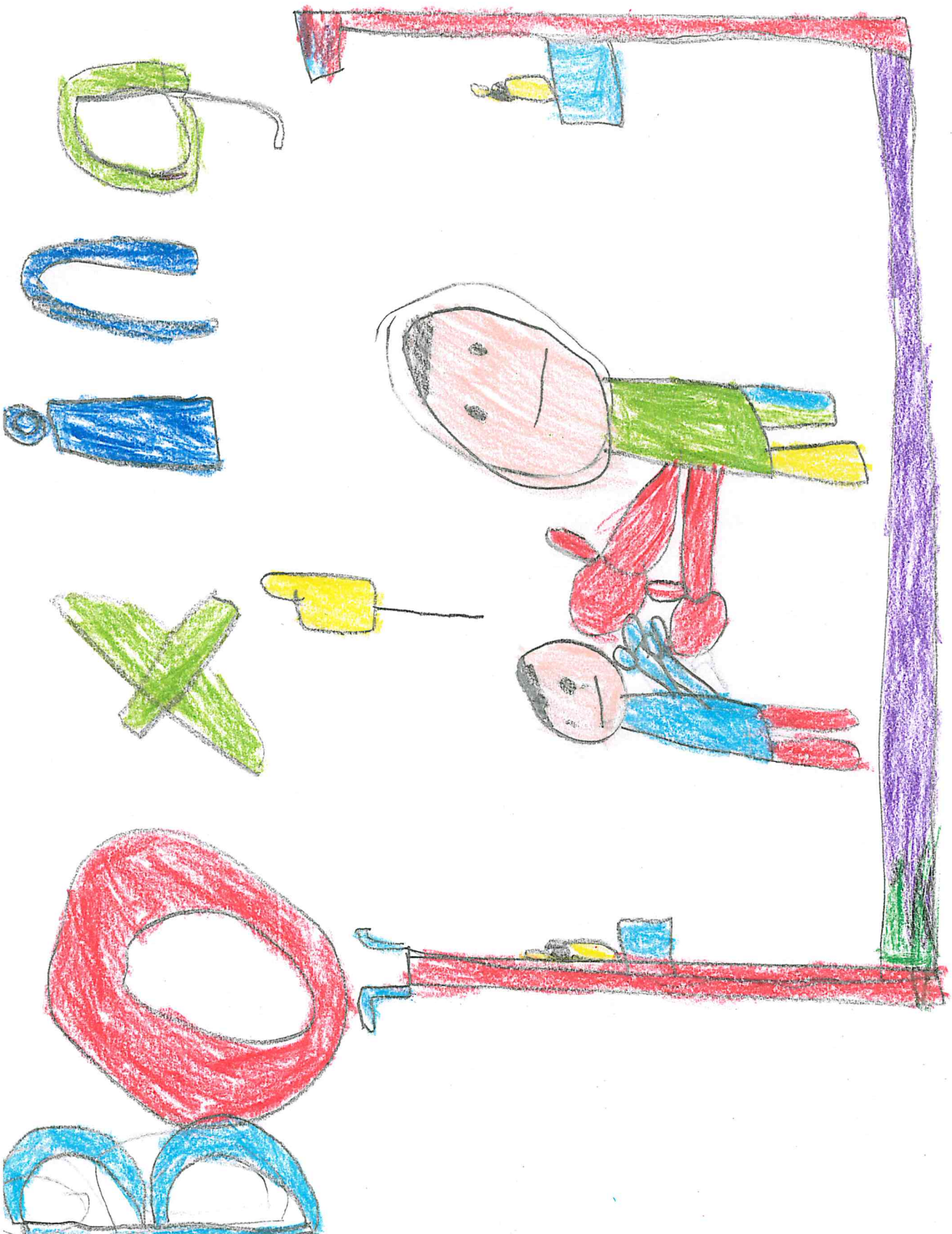
Swimming



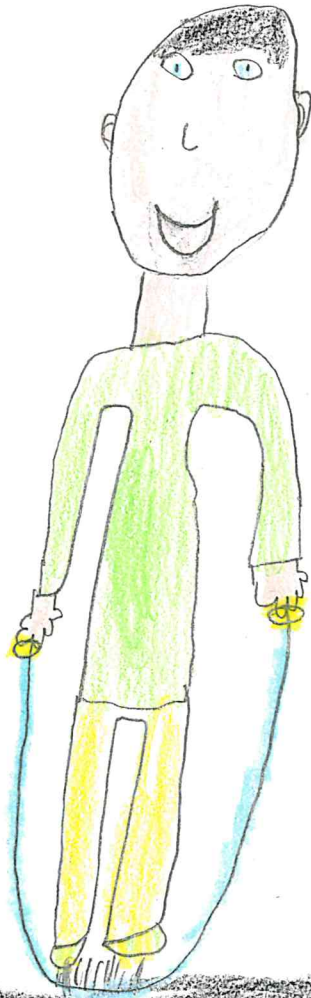
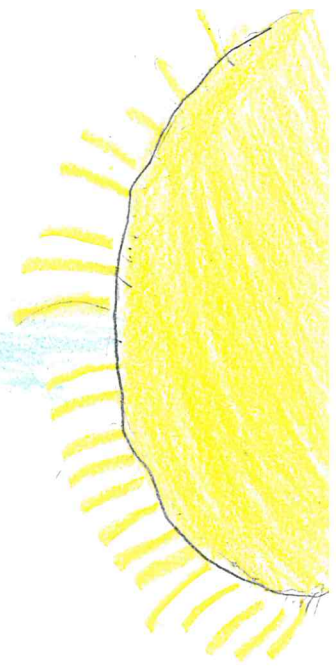
running







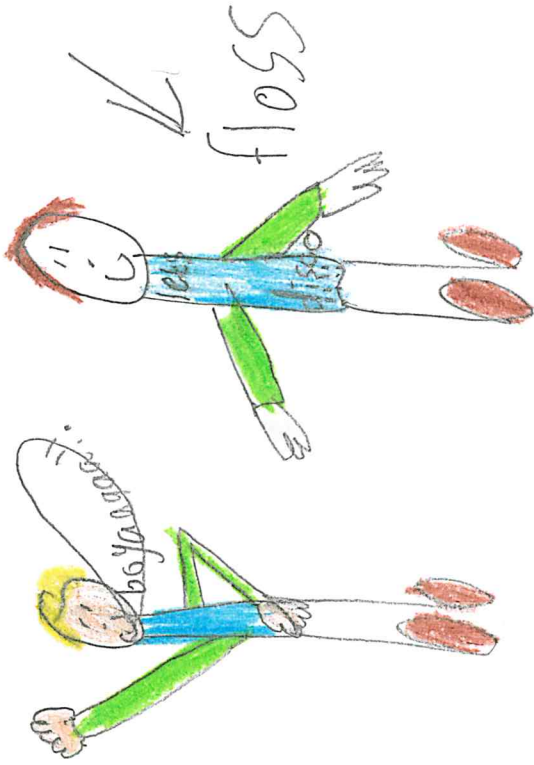
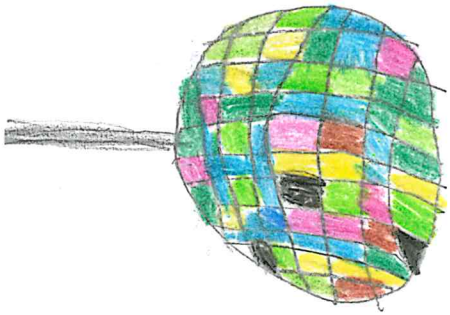
Skippin'!



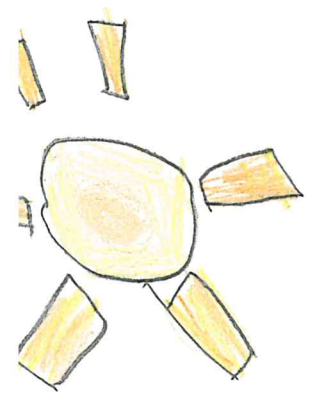
wind mill



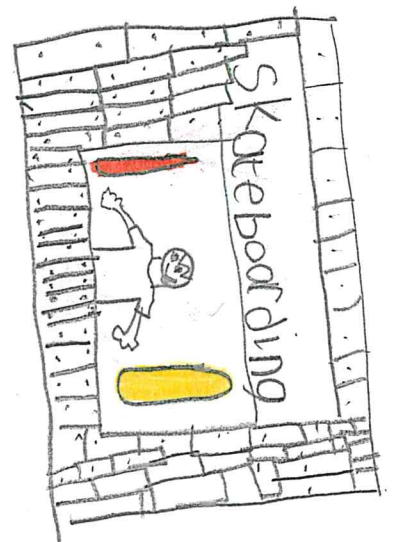
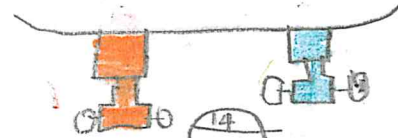
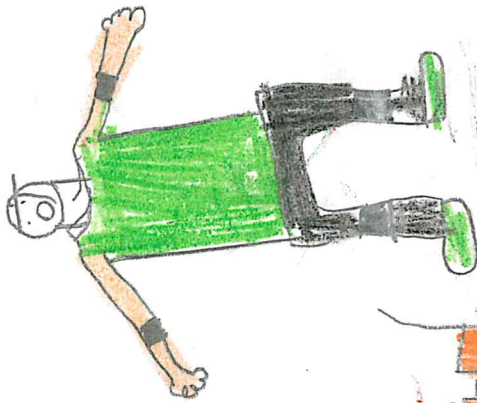
Disco!



Ba SKI + ba



Skate boarding



Dancing



Farming

