

## Raise your left leg.

### Pairs or Groups

One person: Read the text.

Other(s): Do the actions.

How about some music?



**Stretch Before  
EXERCISE**



### Text 1:

Please stand up.

Sit down.

Stand up again.

Turn around.

Turn around again.

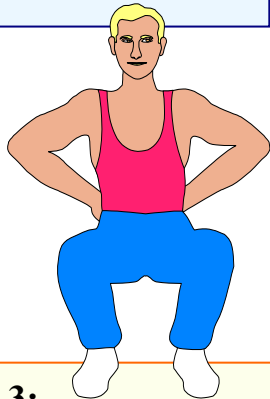
Lift your left arm.

Lower it.

Bend to the front.

Bend to the back.

Please sit down.



### Text 2:

Please stand up.

Bend forward.

Touch your left knee with your right hand.

Touch your right knee with your left hand.

Stand up straight.

Touch your nose with your left hand.

Touch your mouth with your right hand.

Turn around.

Open your mouth.

Sit down.

Close your mouth.

Thank you.

### Text 4:

Please stand up.

Bend your knees.

Stand up straight.

Bend your knees again.

Stand up straight again.

Lift your right foot.

Lower it.

Lift your left foot.

Lower it.

Please sit down.

Cross your legs.

Uncross them.

Thank you.

### Text 3:

Please stand up.

Lift both hands.

Lift them above your head.

Clap your hands.

Lower your arms.

Clap your hands.

Bend to the left side.

Bend to the right side.

Please sit down.

