



Pre-Primary

# Let's Work Out

## Part 1

A.  Point and say. Then chant *Working Out Makes You Strong!*

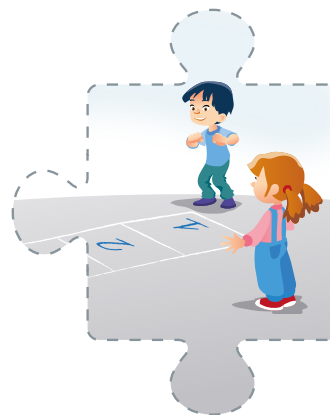
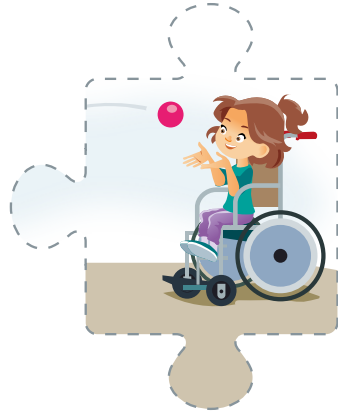




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**Part 2**

**A. Match.**

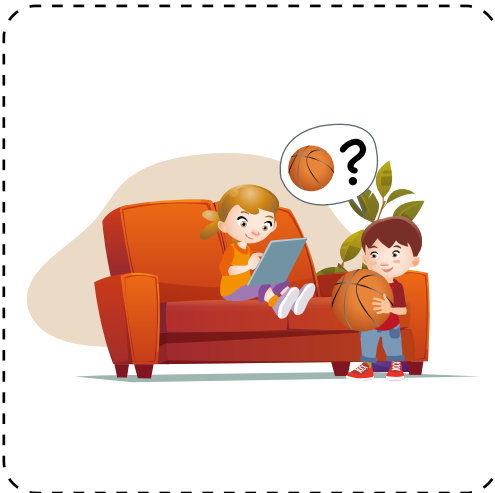
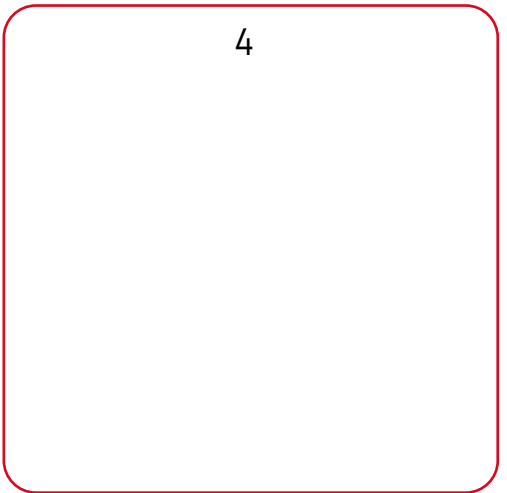
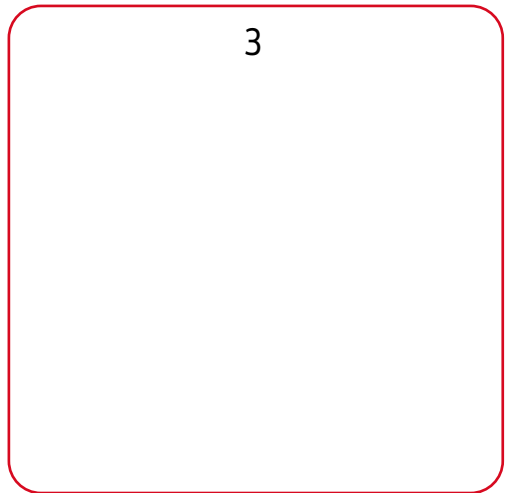
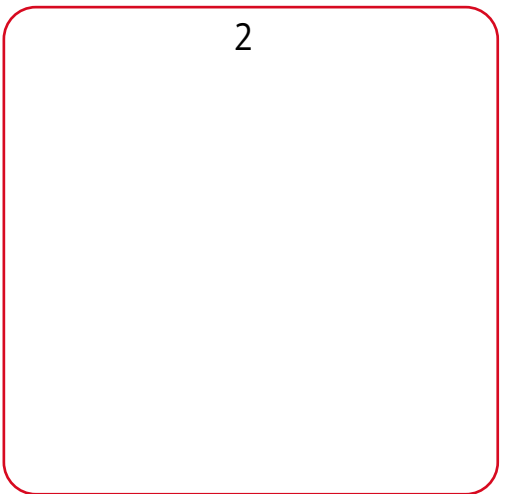
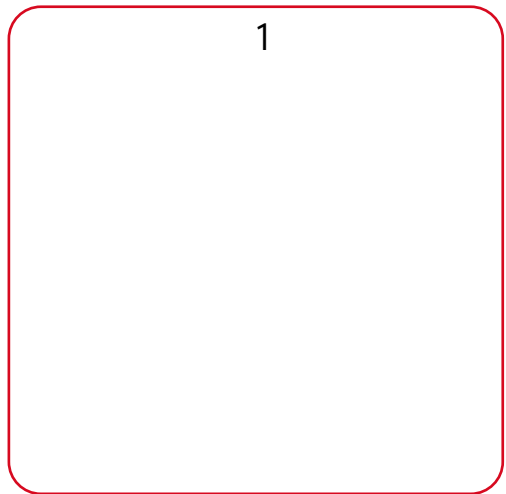




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**Part 3**

**A. Look, cut, and paste.**













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Extension

**A. Exercise with a friend.**

My Workout! Name: \_\_\_\_\_

|                       |   |   |   |   |   |  |
|-----------------------|---|---|---|---|---|--|
| Exercise              |  |  |  |  |  |  |
| Day 1<br>(10 seconds) | ✓   |   |   |   |   | Day 1 Complete!<br>   |
| Day 2<br>(20 seconds) |   |   |   |   |   | Day 2 Complete!<br> |
| Day 3<br>(1 minute)   |   |   |   |   |   | Day 3 Complete!<br> |