

I Exercise.

Hop, skip and jump
Jump, jump, jump.
Lift your feet with glee.
A Stretch-n-Grow Star you'll be!



Dear Parents & Carers, this is your child's handout from this week's lesson. We have talked about this and it is a great opportunity for you to share what they have learnt in class. Please feel free to colour, draw and mark make also on the reverse.

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