

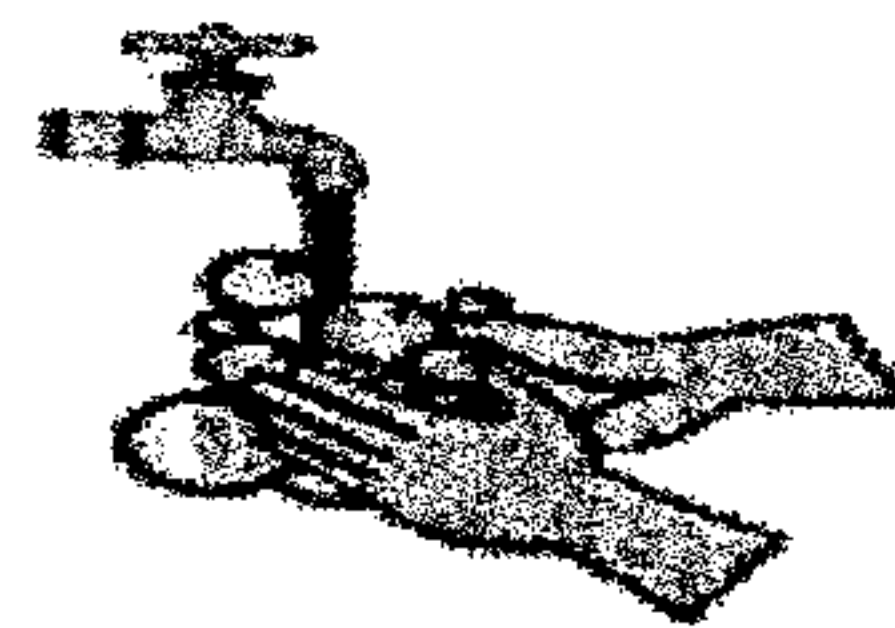
<p>3. Bounce the ball while walking in a circle.</p> <p>4. Count how many bounces you can do in a minute.</p>	<p>4. Stand up straight. Stretch your arms high above your head.</p> <p>5.</p>
<p>Running and Punching</p> <p>1. Run on the spot.</p> <p>2. Punch your hands forwards at shoulder height.</p> <p>3. Keep your knees high.</p> <p>4. Stretch your arms and punch your hands.</p>	<p>Marching High Knees</p> <p>1. March on the spot. Lift your knees high</p> <p>2.</p> <p>3. Touch your elbow to your knee.</p> <p>4. Keep your back straight.</p>

**Day 4. Healthy Habits**

**Comprehension:** Read the story and answer the questions in full sentences.

**Washing hands**

First turn on the water. Make sure it is not too hot or too cold. Rub the soap onto the palm of your hand. Then rub your hands together until there are bubbles all over your hands and clean. Rinse your hands. Now dry your hands with a towel.



1. What must be turn on?

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2. Why must you wash your hands?

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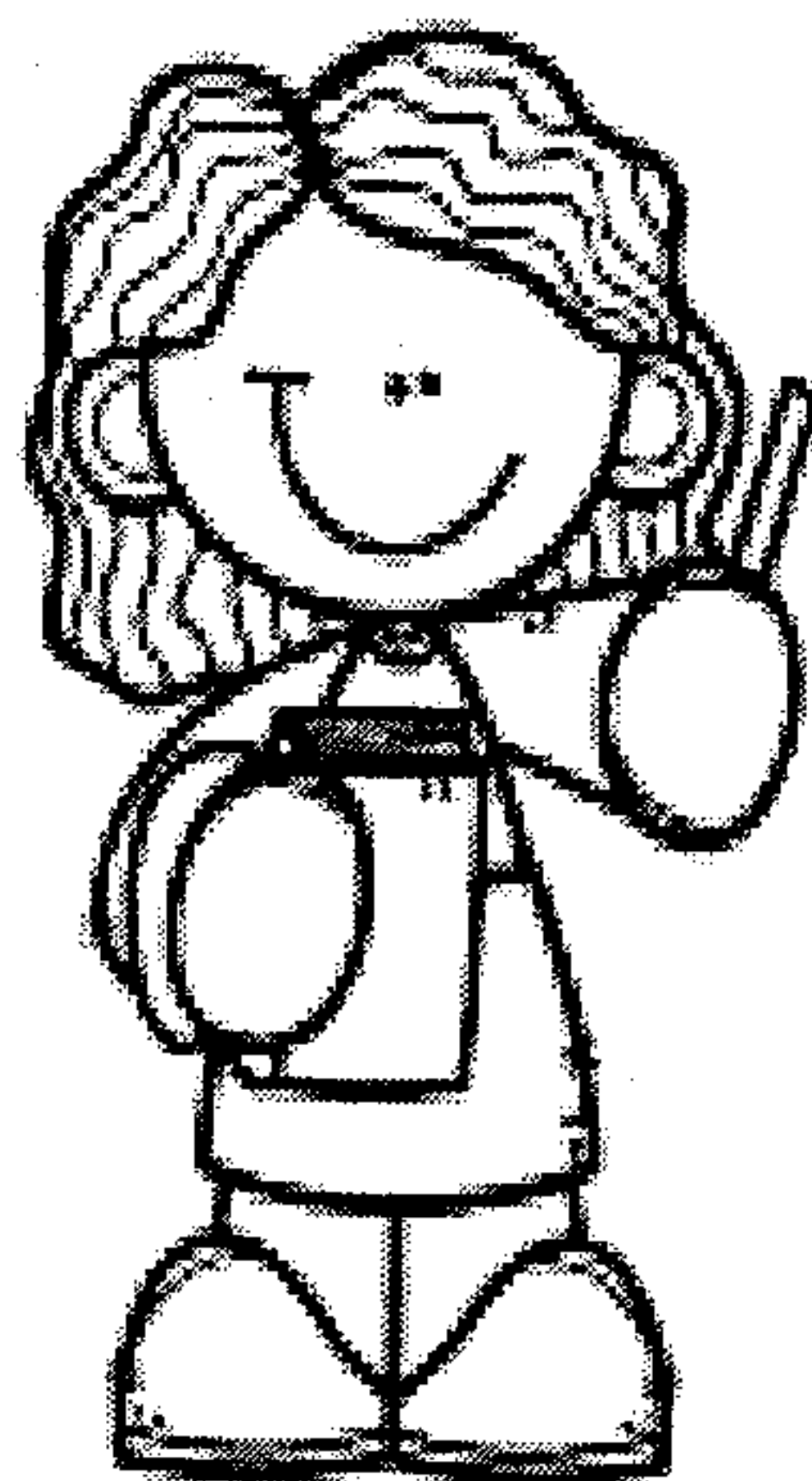
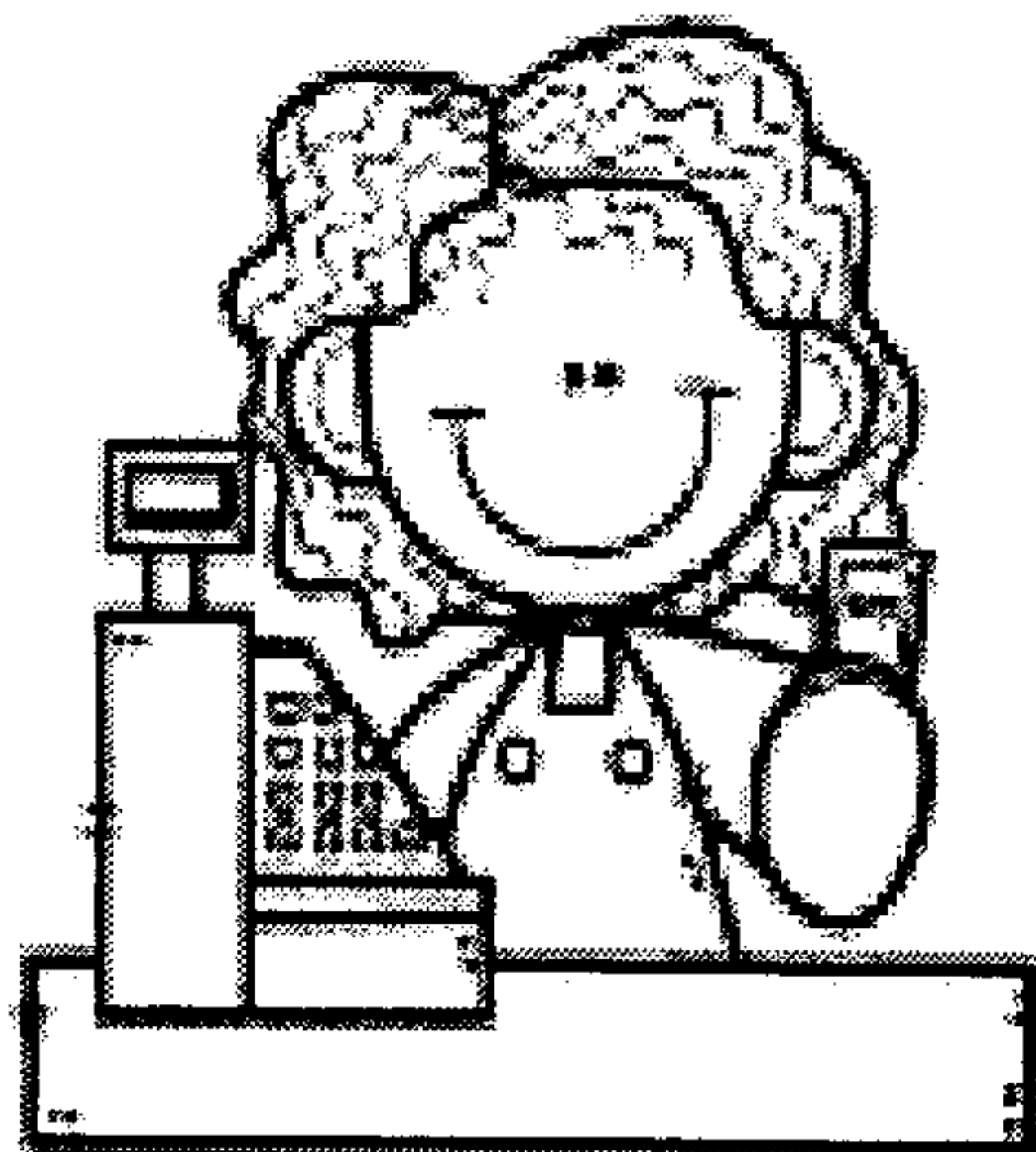
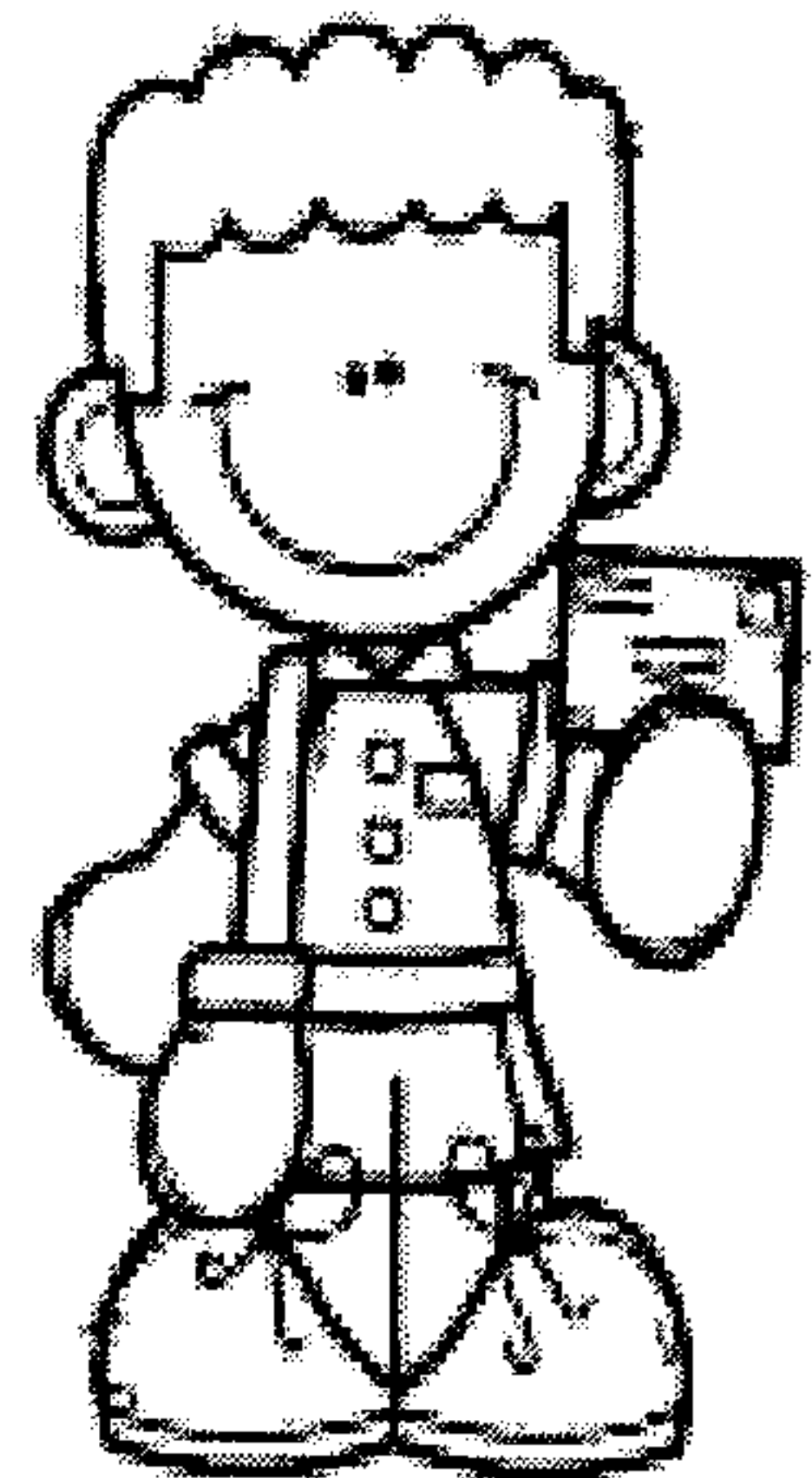
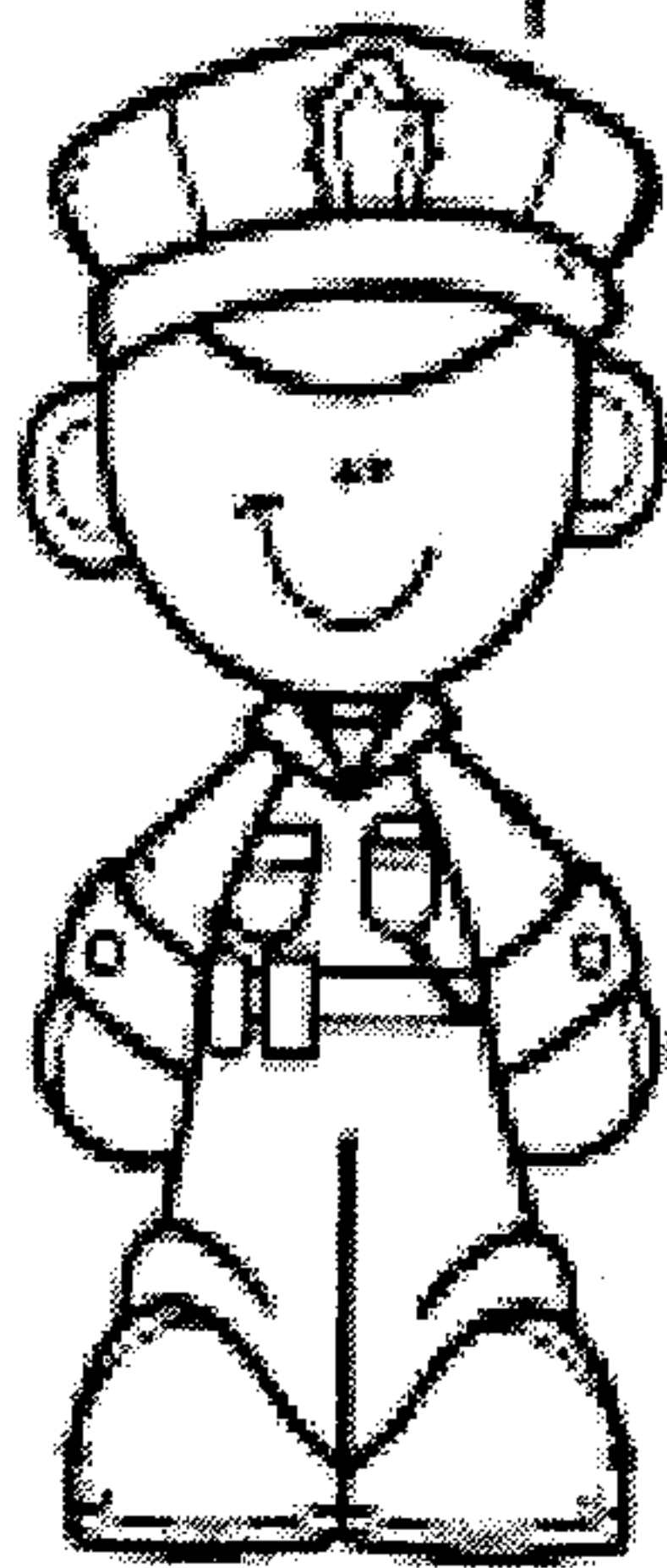
3. Where must you rub the soap?

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**Day 5. Visual Arts.**

# People in our community

Read the names at the bottom. Cut them out and label each of these pictures to describe the occupation of the person.



hairdresser

post man

fire fighter

teacher

cashier

policeman

vet