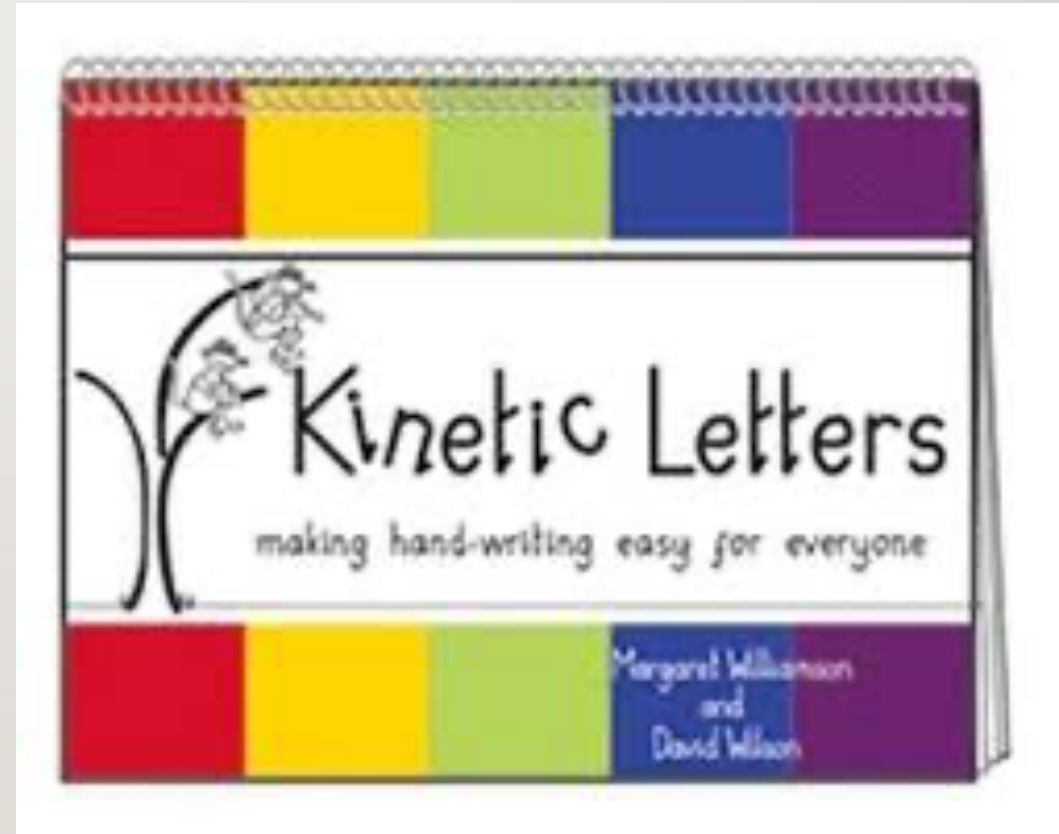


MAKING BODIES STRONGER

- Here are the animal poses we use in school.
- Practise them at home to make your bodies stronger.

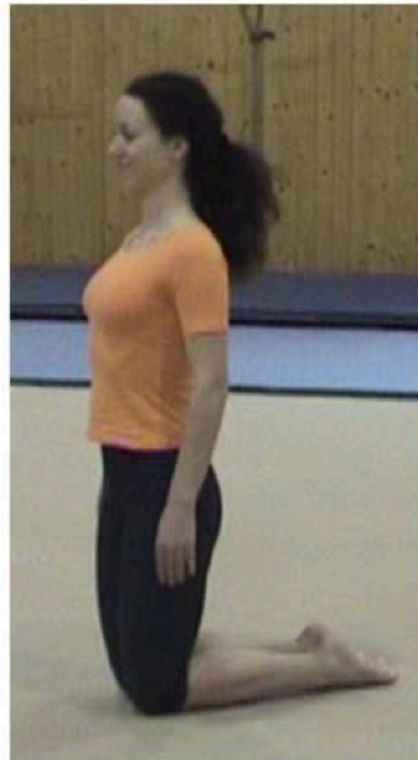




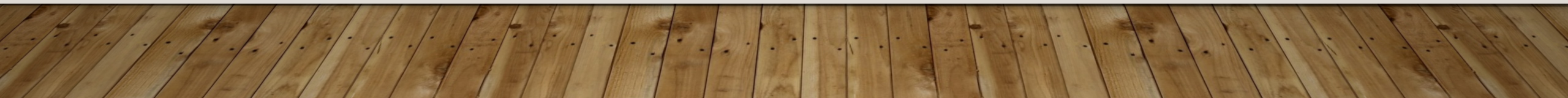
We also call this Bear position.

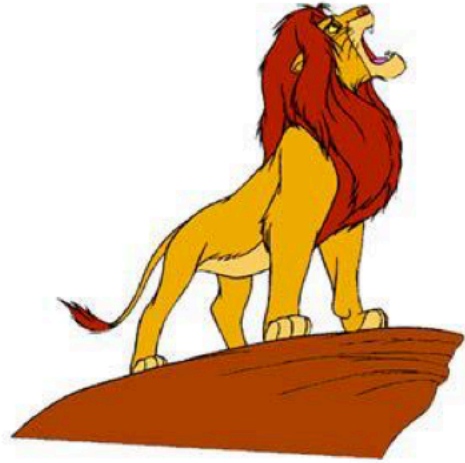


Meerkat









Lion

