

KEEPING FIT!

Emma loves to exercise.



• Step right →	• Step left ←
• Star jump ☆	
• Touch the ground ↓	
• Jump in the air with feet together ↑	

1 Use the code to follow the routine.



2 Work out THREE different routines for Emma. Each routine must have NINE steps.

ROUTINE 1

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ROUTINE 2

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ROUTINE 3

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3 Create your own code for an exercise routine.

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