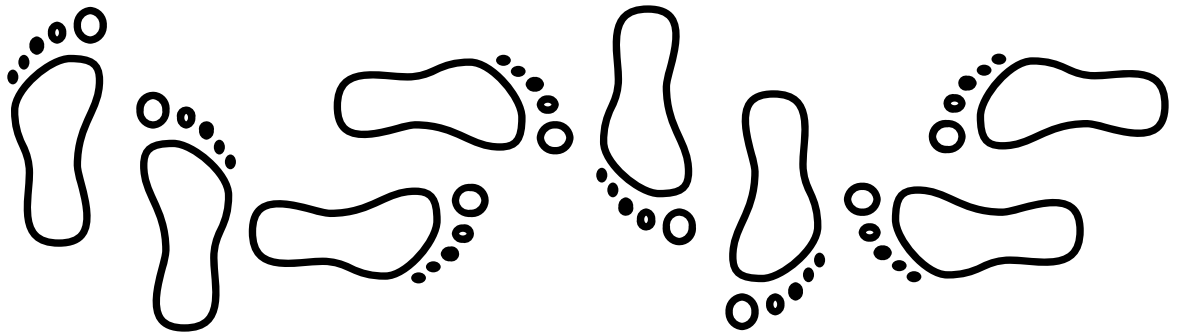
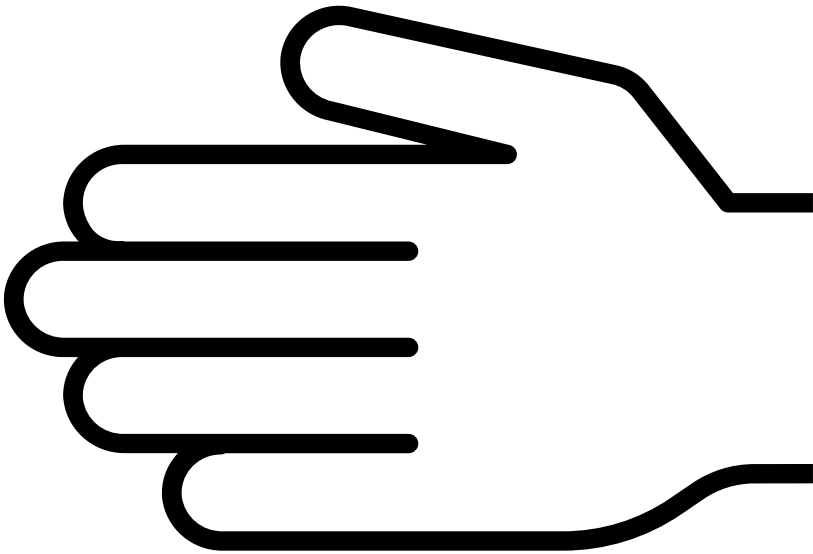
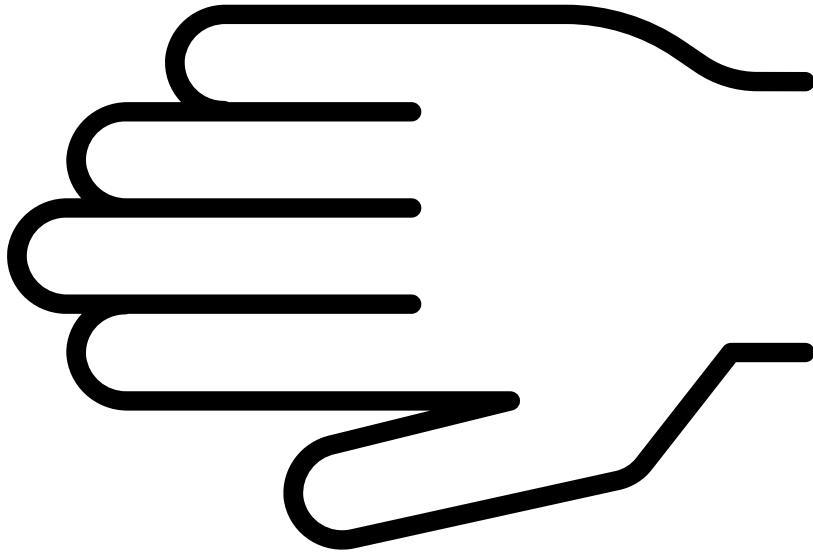
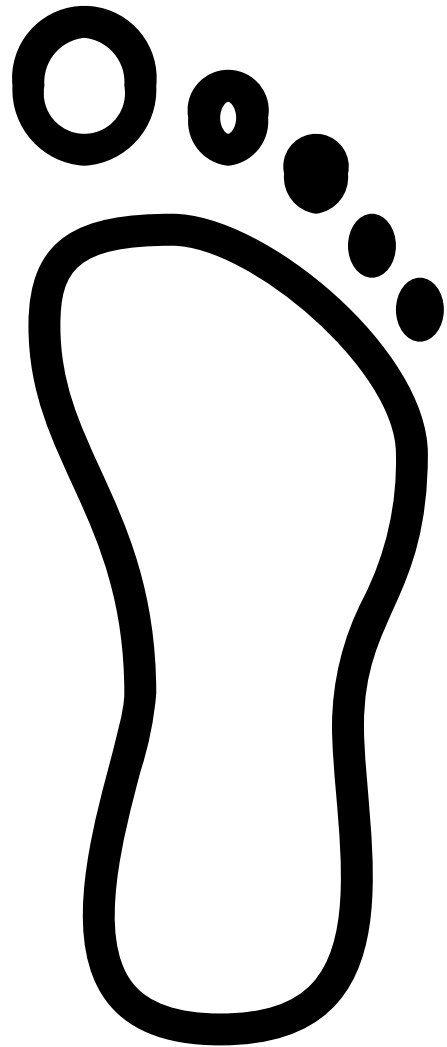
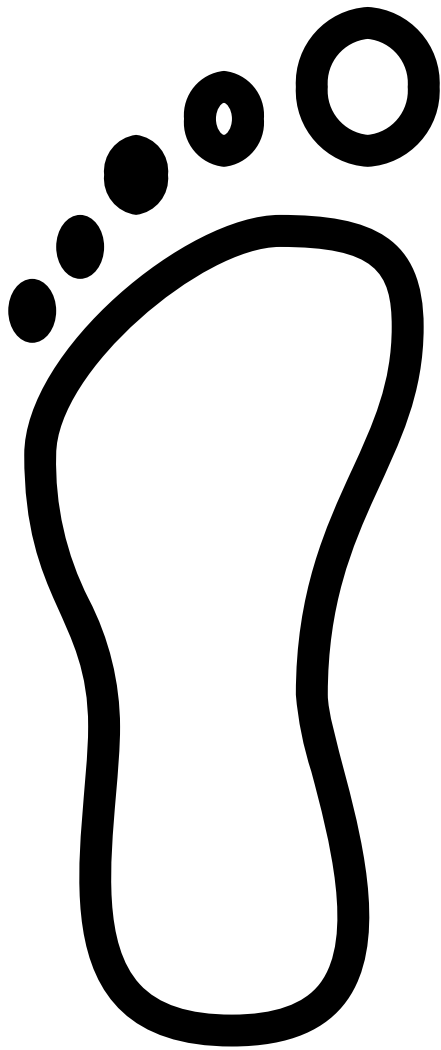


Voorbeeld: Pak die voete in verskillende rigtings om 'n pad te volg en dan dubbelvoet te spring. As dit langs 'n muur is, kan jy die hande teen die muur plak.

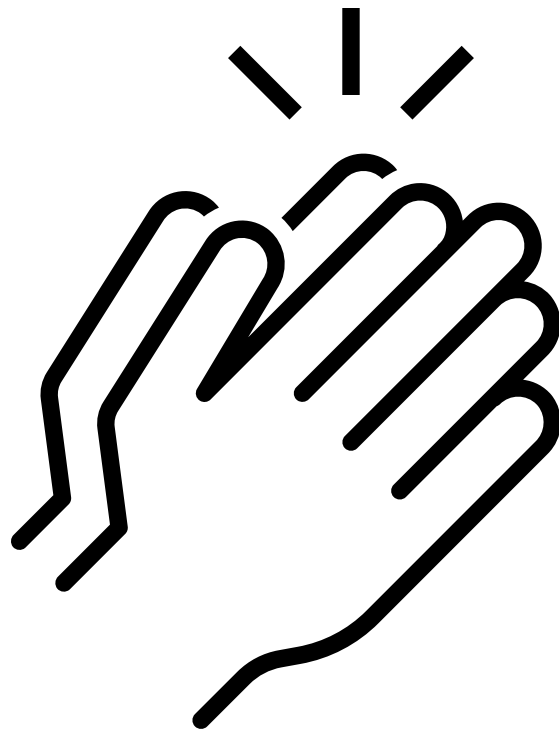


Example: Place the feet in different directions on the ground so the children can hop along a pathway. If your path is next to a wall, add the hands to the walls for extra activities.

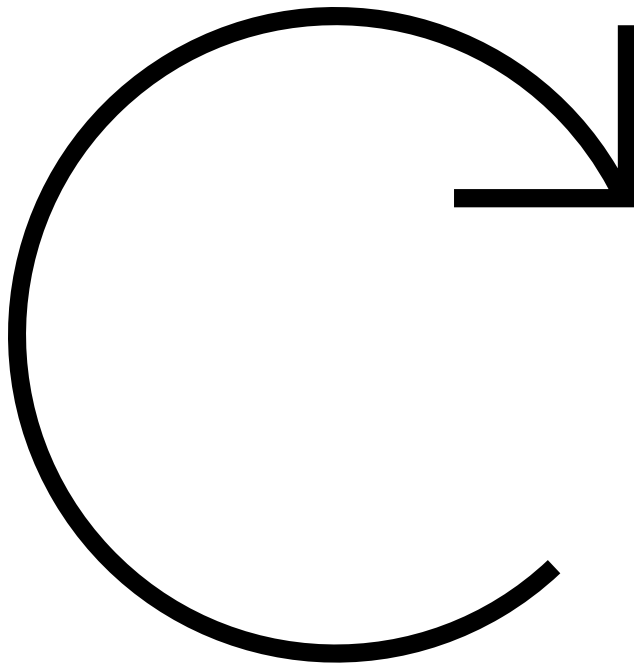




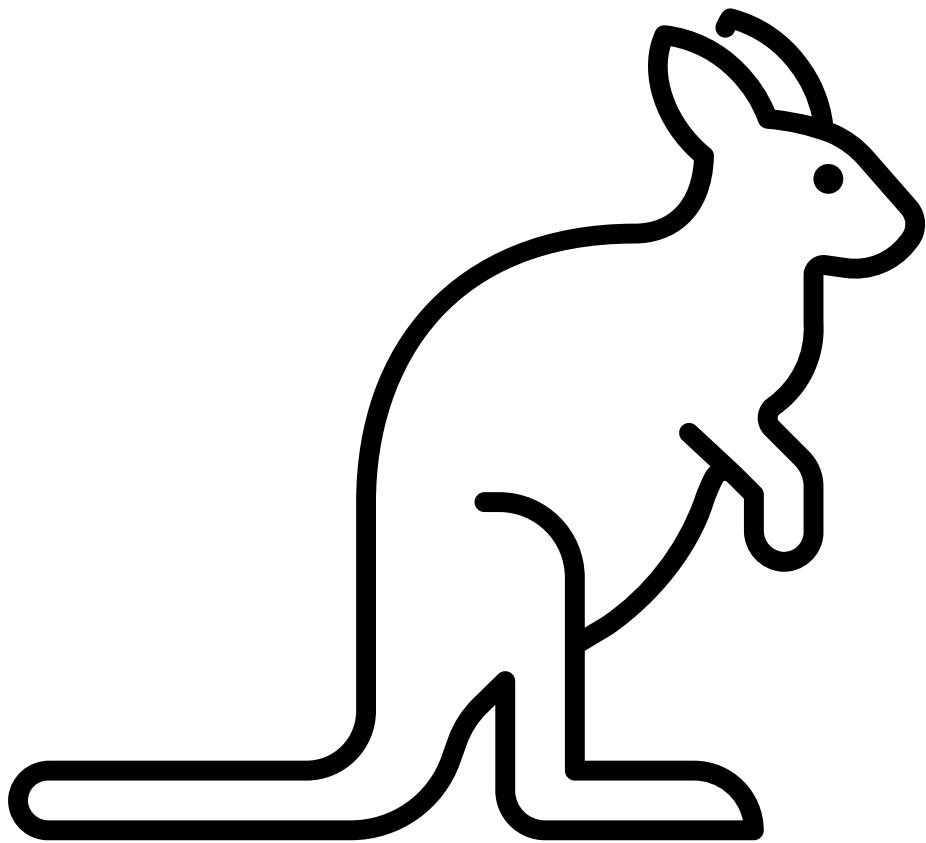
2x



2x



2x



2x



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2x



2x



