**Muscles**

|  |  |
| --- | --- |
| <div class="slide-title"><h2>Muscles &nbsp;<br></h2></div> <p>Strong muscles under your skin help you bend and stretch your body. You use muscles every time you shake your head, wiggle a toe, or jump up and down. These children are playing leapfrog. This game uses lots of muscles!</p> | Strong muscles under your skin help you \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ your body. You use muscles every time you shake your head, wiggle your toe, or \_\_\_\_\_\_\_\_\_ up and down. These children are playing leapfrog. This game uses lots of \_\_\_\_\_\_\_\_\_\_\_\_\_\_! |
| <div class="slide-title"><h2>Dancing &nbsp;<br></h2></div> <p><vocabulary>Dancing</vocabulary> is a really fun way to exercise. Everybody has a good time moving their arms and legs to music!</p> | Dancing is a really fun way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Everybody has a good time moving their arms and \_\_\_\_\_\_\_\_ to music! |
| <div class="slide-title"><h2>Jumping &nbsp;<br></h2></div> <p>With lots of practice, your body can do amazing things. This girl can jump up high and stretch her legs wide apart.</p> | With lots of practice, your body can do amazing things. This girl can jump up high and \_\_\_\_\_\_\_\_\_ her legs wide apart. |
| <div class="slide-title"><h2>Exercising &nbsp;<br></h2></div> <p>Exercise makes your muscles stronger. Your body has more than 600 muscles!</p> | Exercise makes your muscles \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Your body has more than \_\_\_\_\_\_\_\_ muscles! |
| What are some of your favourite ways to exercise? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |