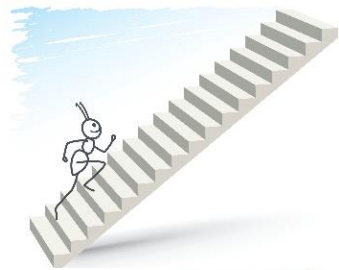
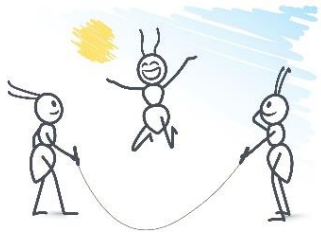


Workout with Alan Ant!

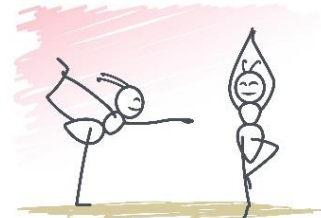
Write instructions for Alan and his friends about the best way to exercise and keep healthy. You can use the pictures to help you or write down your own ideas. Remember to number the instructions.











Word Bank

first

next

then

finally

run

jump

hop

skip

climb

balance