



# How we move

We can move in many ways.

We can walk.

We can run.

We can lift our arms.

We can hop.

We can swim.

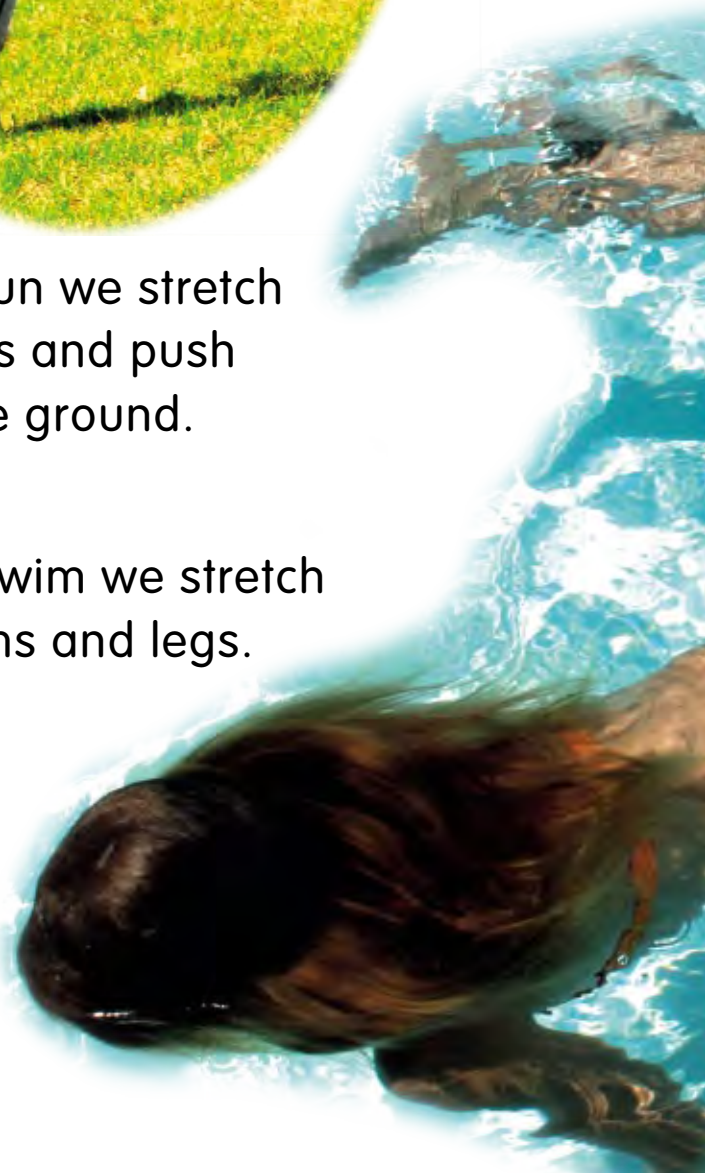


When we run we stretch out our legs and push hard on the ground.

When we swim we stretch out our arms and legs.



When we jump we spring up.







When we play hopscotch we use our feet to spring up.



When we skip we jump and move our hands in a circle.



**How many different ways can you move about?**