



Aerobic

Level **2nd**

roleplay

- Teacher - Hello everybody

- Boys and girls - Hello teacher

- Teacher - Everybody stand up, let's start. One, two, three, four, five

- Boys and girls - Up, down, turn around, turn around. Up, down, turn around, turn around. Up, up, up, down, down, down, down, down, down. Turn around, jump.

- Teacher - Very good. Now repeat with me: Hands up!

- Boys and girls - Hands up!

- Teacher - Hands down.

- Boys and girls - Hands down.

- Teacher - 1, 2, 3, 4, 5, clap!

- Boys and girls - 1, 2, 3, 4, 5, clap!

- Teacher - stop and relax