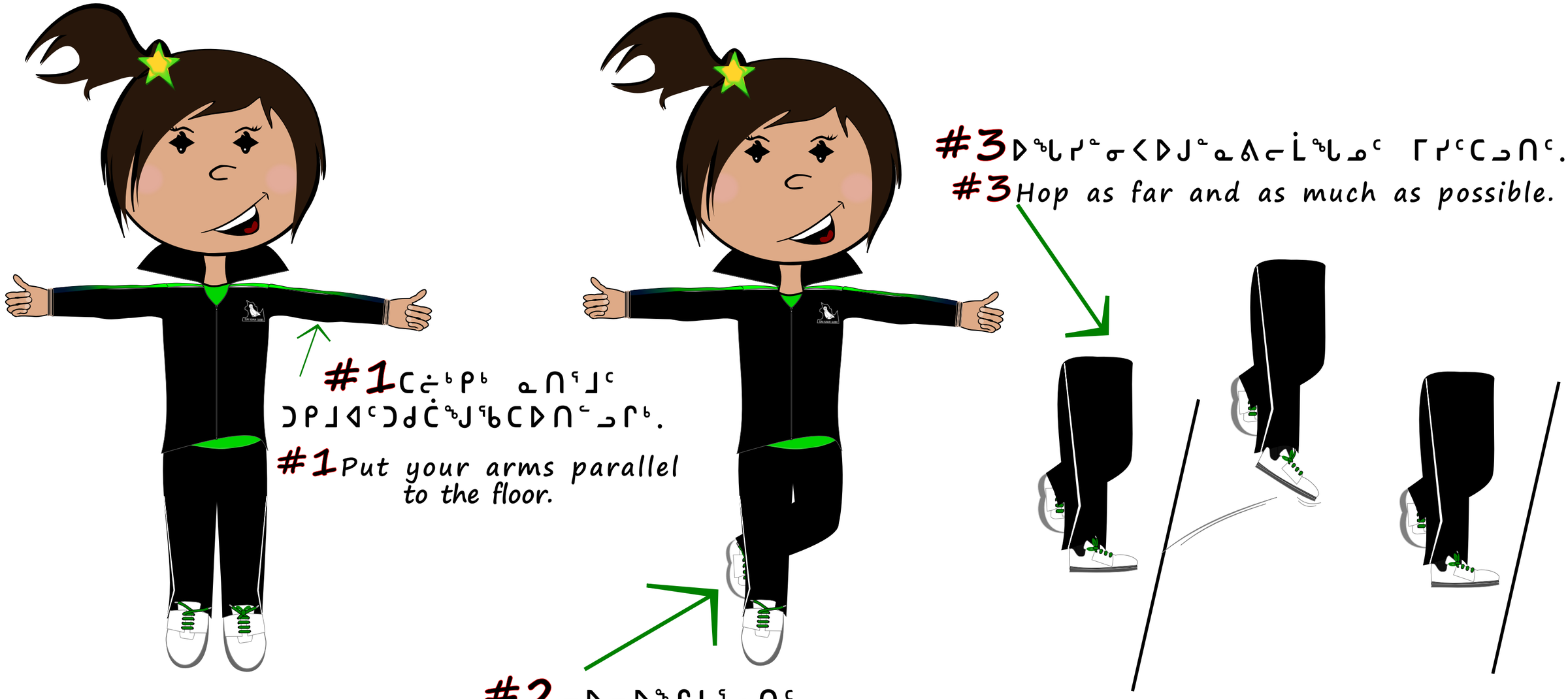
ᐅᒃᐱᒃ ᒥᓯᑦᑐᖅ

Owl Hop


#1 ᑕᓖᒃᑭᒃ ᓇᑎᕐᒧᑦ ᑐᑭᒧᐊᑦᑐᑯᑖᖑᖃᑕᐅᑎᓪᓗᒋᒃ.
#1 Put your arms parallel to the floor.
#2 ᓂᐅᓂᐅᖕᒋᔭᕐᓗᑎᑦ.
#2 Hook your foot to the other leg.
#3 ᐅᖓᓯᓐᓂᐸᐅᒍᓐᓇᕕᓕᒫᖓᓄᑦ ᒥᓯᑦᑕᓗᑎᑦ.
#3 Hop as far and as much as possible.

©Commission scolaire Kativik School Board / ᑲᑎᕕᒃ ᐃᓕᓐᓂᐊᓂᓕᓇᓂᖅ 2014