

as possible 10 times (5 each side)

The illustration shows a sequence of 14 children performing different physical education exercises. From left to right: a boy in a blue shirt and red shorts is in a low lunge; a girl in an orange shirt and blue shorts is in a squat; a girl in a blue shirt and purple shorts is in a side lunge; a boy in a blue shirt and yellow shorts is in a wide stance with arms raised; a girl in a purple shirt and blue shorts is in a side lunge; a boy in an orange shirt and blue shorts is in a handstand; a girl in a purple shirt and pink shorts is in a side lunge; a boy in a blue shirt and black shorts is in a side lunge; a girl in a yellow shirt and red shorts is in a side lunge; a boy in a purple shirt and yellow shorts is in a side lunge; a girl in a purple shirt and blue shorts is in a side lunge; a boy in a purple shirt and blue shorts is in a side lunge; a girl in a blue shirt and purple shorts is in a side lunge; a boy in a blue shirt and yellow shorts is in a wide stance with arms raised; and a girl in a purple shirt and blue shorts is in a side lunge.