

wǒ xǐ huan yùn dòng
我喜欢运动

I Like Sports

PAGE 1

wǒ xǐ huan yùn dòng
我 喜 欢 运 动

I like sports.

PAGE 4

wǒ xǐ huan pǎo bù
我 喜 欢 跑 步

I like running.

PAGE 2

yùn dòng hěn hǎo wán
运 动 很 好 玩

Sports are fun.

PAGE 5

gē ge xǐ huan yóu yǒng
哥 哥 喜 欢 游 泳

Big brother likes swimming.

PAGE 3

nǐ xǐ huan shén me
你 喜 欢 什 么

What do you like?

PAGE 6

mā ma xǐ huan tiào wǔ
妈 妈 喜 欢 跳 舞

Mom likes dancing.

PAGE 7

bà ba xǐ huan pá shān
爸爸喜欢爬山

Dad likes hiking.

PAGE 10

wǒ men chū qù wán ba
我们出去玩吧

Let's go out and play.

PAGE 8

wǒ men dōu xǐ huan yùn dòng
我们都喜欢运动

We all like sports.

PAGE 11

nǐ yào qù nǎ lǐ
你要去哪里

Where do you want to go?

PAGE 9

jīn tiān tiān qì hěn hǎo
今天天气很好

The weather is nice today.

PAGE 12

wǒ yào qù gōng yuán
我要去公园

I want to go to the park.

PAGE 13

gōng yuán hěn dà
公 园 很 大

The park is big.

PAGE 16

wǒ yě yào yùn dòng
我 也 要 运 动

I want to exercise too.

PAGE 14

gōng yuán lǐ rén hěn duō
公 园 里 人 很 多

There are many people in the park.

PAGE 17

yùn dòng shēn tǐ hǎo
运 动 身 体 好

Exercise keeps you healthy.

PAGE 15

dà jiā dōu zài yùn dòng
大 家 都 在 运 动

Everyone is exercising.

PAGE 18

wǒ men yì qǐ qù
我 们 一 起 去

Let's go together.

我喜欢运动 · Writing Practice

I Like Sports

Name: _____

Date: _____

喜欢

xǐ huan
to like

喜	欢				
---	---	--	--	--	--

运动

yùn dòng
to move

运	动				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

公园

gōng yuán
park (for public recrea...)

公	园				
---	---	--	--	--	--

跑步

pǎo bù
to run

跑	步				
---	---	--	--	--	--

好玩

hào wán
to be playful

好	玩				
---	---	--	--	--	--

哥哥

gē ge
older brother

哥	哥				
---	---	--	--	--	--

游泳

yóu yǒng
swimming

游	泳				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

wǒ huì tiào wǔ
我会跳舞

I Can Dance

PAGE 1

wǒ huì tiào wǔ
我会跳舞

I can dance.

PAGE 4

yīn yuè hěn hǎo tīng
音乐很好听

The music sounds lovely.

PAGE 2

mā ma jiāo wǒ tiào wǔ
妈妈教我跳舞

Mom teaches me to dance.

PAGE 5

mā ma tiào de hěn hǎo
妈妈跳得很好

Mom dances very well.

PAGE 3

wǒ men tīng yīn yuè
我们听音乐

We listen to music.

PAGE 6

wǒ tiào de bù hǎo
我跳得不好

I don't dance well.

PAGE 7

màn màn lái
慢慢来

Take your time.

PAGE 10

yī èr sān kāi shǐ
一二三开始

One, two, three, go!

PAGE 8

xiān kàn wǒ
先看我

Watch me first.

PAGE 11

wǒ huì le
我会了

I've got it!

PAGE 9

rán hòu nǐ tiào
然后你跳

Then you dance.

PAGE 12

nǐ tiào de hěn hǎo
你跳得很好

You dance well.

PAGE 13

xiè xie mā ma
谢谢妈妈

Thank you, Mom.

PAGE 16

wǒ yǒu diǎn lèi le
我有点累了

I'm a little tired now.

PAGE 14

tiào wǔ hěn hǎo wán
跳舞很好玩

Dancing is fun.

PAGE 17

wǒ men xiū xi yí xià
我们休息一下

Let's rest for a moment.

PAGE 15

wǒ men zài tiào yí cì
我们再跳一次

Let's dance one more time.

PAGE 18

tiào wǔ zhēn kāi xīn
跳舞真开心

Dancing is really fun.

我会跳舞 · Writing Practice

I Can Dance

Name: _____

Date: _____

跳舞

tiào wǔ
to dance

跳	舞				
---	---	--	--	--	--

妈妈

mā ma
mama

妈	妈				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

音乐

yīn yuè
music

音	乐				
---	---	--	--	--	--

得很

de hěn
very

得	很				
---	---	--	--	--	--

好听

hǎo tīng
pleasant to hear

好	听				
---	---	--	--	--	--

不好

bù hǎo
no good

不	好				
---	---	--	--	--	--

慢慢来

màn màn lái
take your time

慢	慢	来			
---	---	---	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

qù yóu yǒng
去游泳

Going Swimming

PAGE 1

jīn tiān hěn rè
今天很热

It is hot today.

PAGE 4

shuǐ hěn liáng
水很凉

The water is cool.

PAGE 2

wǒ men qù yóu yǒng ba
我们去游泳吧

Let's go swimming.

PAGE 5

gē ge huì yóu yǒng
哥哥会游泳

Big brother can swim.

PAGE 3

yóu yǒng chí hěn dà
游泳池很大

The pool is big.

PAGE 6

tā yóu de hěn kuài
他游得很快

He swims fast.

PAGE 7

wǒ bú huì yóu yǒng
我 不 会 游 泳

I can't swim.

PAGE 10

wǒ yǒu diǎn pà
我 有 点 怕

I'm a little scared.

PAGE 8

gē ge jiāo wǒ
哥 哥 教 我

Big brother teaches me.

PAGE 11

wǒ bāng nǐ
我 帮 你

I'll help you.

PAGE 9

bié pà
别 怕

Don't be afraid.

PAGE 12

wǒ shì yì shì
我 试 一 试

I'll give it a try.

PAGE 13

wǒ huì yóu le
我会游了

I can swim!

PAGE 16

wǒ men zài yóu yí cì
我们再游一次

Let's swim once more.

PAGE 14

nǐ yóu de hěn hǎo
你游得很好

You swim well.

PAGE 17

wǒ lèi le
我累了

I'm tired.

PAGE 15

yóu yǒng hěn hǎo wán
游泳很好玩

Swimming is fun.

PAGE 18

wǒ men huí jiā ba
我们回家吧

Let's go home.

去游泳 · Writing Practice

Going Swimming

Name: _____

Date: _____

游泳

yóu yǒng
swimming

游	泳				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

哥哥

gē ge
older brother

哥	哥				
---	---	--	--	--	--

得很

de hěn
very

得	很				
---	---	--	--	--	--

今天

jīn tiān
today

今	天				
---	---	--	--	--	--

游泳池

yóu yǒng chí
swimming pool

游	泳	池			
---	---	---	--	--	--

不会

bù huì
improbable

不	会				
---	---	--	--	--	--

有点

yǒu diǎn
a little

有	点				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

wǒ men qù pá shān
我们去爬山

We Go Hiking

PAGE 1

jīn tiān wǒ men qù pá shān
今天我们去爬山

Today we go hiking.

PAGE 4

wǒ men dài le shuǐ
我们带了水

We brought water.

PAGE 2

shān hěn gāo
山很高

The mountain is high.

PAGE 5

yě dài le shuǐ guǒ
也带了水果

We brought fruit too.

PAGE 3

lù hěn cháng
路很长

The path is long.

PAGE 6

wǒ men kāi shǐ zǒu
我们开始走

We start walking.

PAGE 7

wǒ zǒu de hěn màn
我 走 得 很 慢

I walk slowly.

PAGE 10

wǒ yǒu diǎn lèi
我 有 点 累

I'm a little tired.

PAGE 8

bà ba zǒu de hěn kuài
爸 爸 走 得 很 快

Dad walks fast.

PAGE 11

wǒ men xiū xi yí xià
我 们 休 息 一 下

Let's rest for a moment.

PAGE 9

děng deng wǒ
等 等 我

Wait for me!

PAGE 12

hē diǎn shuǐ ba
喝 点 水 吧

Have some water.

PAGE 13

shān shàng fēng hěn dà
山上风很大

It's windy up the mountain.

PAGE 16

wǒ men kàn kan ba
我们看看吧

Let's have a look.

PAGE 14

wǒ men dào shān dǐng le
我们到山顶了

We reached the top.

PAGE 17

pá shān hěn lèi
爬山很累

Hiking is tiring.

PAGE 15

shān shàng zhēn měi
山上真美

It's beautiful up here.

PAGE 18

kě shì wǒ hěn kāi xīn
可是我很开心

But I'm happy.

我们去爬山 · Writing Practice

We Go Hiking

Name: _____

Date: _____

我们

wǒ men

we

我	们				
---	---	--	--	--	--

爬山

pá shān

to climb a mountain

爬	山				
---	---	--	--	--	--

得很

de hěn

very

得	很				
---	---	--	--	--	--

今天

jīn tiān

today

今	天				
---	---	--	--	--	--

水果

shuǐ guǒ

fruit

水	果				
---	---	--	--	--	--

开始

kāi shǐ

to begin

开	始				
---	---	--	--	--	--

有点

yǒu diǎn

a little

有	点				
---	---	--	--	--	--

爸爸

bà ba

father

爸	爸				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

wǒ qí zì xíng chē
我骑自行车

I Ride a Bike

PAGE 1

wǒ yǒu yí liàng zì xíng chē
我 有 一 辆 自 行 车

I have a bicycle.

PAGE 4

bà ba jiāo wǒ qí chē
爸 爸 教 我 骑 车

Dad taught me to ride.

PAGE 2

zì xíng chē shì hóng de
自 行 车 是 红 的

The bicycle is red.

PAGE 5

kāi shǐ wǒ hěn pà
开 始 我 很 怕

At first I was scared.

PAGE 3

wǒ huì qí zì xíng chē
我 会 骑 自 行 车

I can ride a bicycle.

PAGE 6

bà ba zài hòu miàn
爸 爸 在 后 面

Dad was behind me.

PAGE 7

bié pà wǒ zài
别怕我在

Don't be afraid, I'm here.

PAGE 10

wǒ qí de kuài le
我骑得快了

I'm riding faster now.

PAGE 8

wǒ qí de hěn màn
我骑得很慢

I ride slowly.

PAGE 11

wǒ huì le
我会了

I've got it!

PAGE 9

màn màn qí
慢慢骑

Ride slowly.

PAGE 12

bà ba hěn gāo xìng
爸爸很高兴

Dad is happy.

PAGE 13

wǒ men qù gōng yuán ba
我们去公园吧

Let's go to the park.

PAGE 16

qí chē hěn kuài
骑车很快

Riding is fast.

PAGE 14

wǒ zài qián miàn qí
我在前面骑

I ride in front.

PAGE 17

qí chē hěn hǎo wán
骑车很好玩

Riding is fun.

PAGE 15

fēng hěn dà
风很大

The wind is strong.

PAGE 18

míng tiān zài qí
明天再骑

We'll ride again tomorrow.

我骑自行车 · Writing Practice

I Ride a Bike

Name: _____

Date: _____

自行车

zì xíng chē
bicycle

自	行	车			
---	---	---	--	--	--

爸爸

bà ba
father

爸	爸				
---	---	--	--	--	--

骑车

qí chē
to ride a bike (motorbi...

骑	车				
---	---	--	--	--	--

开始

kāi shǐ
to begin

开	始				
---	---	--	--	--	--

在后

zài hòu
behind

在	后				
---	---	--	--	--	--

得很

de hěn
very

得	很				
---	---	--	--	--	--

慢慢

màn màn
slowly

慢	慢				
---	---	--	--	--	--

高兴

gāo xìng
happy

高	兴				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

xué gōng fu
学功夫

Learning Gong Fu

PAGE 1

wǒ yào xué gōng fu
我要学功夫

I want to learn gong fu.

PAGE 4

lǎo shī jiāo wǒ men
老师教我们

The teacher teaches us.

PAGE 2

gōng fu hěn nán
功夫很难

Gong fu is hard.

PAGE 5

xiān zhàn hǎo
先站好

First, stand properly.

PAGE 3

lǎo shī hěn hǎo
老师很好

The teacher is good.

PAGE 6

rán hòu kàn lǎo shī
然后看老师

Then watch the teacher.

PAGE 7

lǎo shī liàn de hěn hǎo
老师练得很好

The teacher practises beautifully.

PAGE 10

wǒ tiān tiān liàn
我天天练

I practise every day.

PAGE 8

wǒ xué de hěn màn
我学得很慢

I learn slowly.

PAGE 11

liàn gōng fu hěn lèi
练功夫很累

Practising gong fu is tiring.

PAGE 9

bié jí màn màn xué
别急慢慢学

Don't rush, learn slowly.

PAGE 12

kě shì wǒ bú pà lèi
可是我不怕累

But I'm not afraid of being tired.

PAGE 13

wǒ xué huì le
我 学 会 了

I have learned it.

PAGE 16

gōng fu ràng shēn tǐ hǎo
功 夫 让 身 体 好

Gong fu is good for your body.

PAGE 14

lǎo shī shuō hěn hǎo
老 师 说 很 好

The teacher says it's good.

PAGE 17

wǒ yào tiān tiān liàn
我 要 天 天 练

I will practise every day.

PAGE 15

wǒ hěn gāo xìng
我 很 高 兴

I am happy.

PAGE 18

míng tiān zài lái
明 天 再 来

Come again tomorrow.

学功夫 · Writing Practice

Learning Gong Fu

Name: _____

Date: _____

老师

lǎo shī
teacher

老	师				
---	---	--	--	--	--

功夫

gōng fu
skill

功	夫				
---	---	--	--	--	--

得很

de hěn
very

得	很				
---	---	--	--	--	--

天天

tiān tiān
every day

天	天				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

然后

rán hòu
then

然	后				
---	---	--	--	--	--

练功

liàn gōng
to do tai chi

练	功				
---	---	--	--	--	--

慢慢

màn màn
slowly

慢	慢				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

yì qǐ pǎo bù
一起跑步

Running Together

PAGE 1

jīn tiān wǒ qù pǎo bù
今天我去跑步

Today I go running.

PAGE 4

gōng yuán lǐ hěn ān jìng
公园里很安静

The park is quiet.

PAGE 2

gē ge yě qù
哥哥也去

Big brother goes too.

PAGE 5

wǒ men xiān zǒu yí zǒu
我们先走一走

First we walk a little.

PAGE 3

wǒ men yì qǐ pǎo
我们一起跑

We run together.

PAGE 6

rán hòu kāi shǐ pǎo
然后开始跑

Then we start running.

PAGE 7

gē ge pǎo de hěn kuài
哥哥跑得很 快

Big brother runs fast.

PAGE 10

màn màn pǎo bié jí
慢慢跑别 急

Run slowly, don't rush.

PAGE 8

wǒ pǎo de hěn màn
我跑得很 慢

I run slowly.

PAGE 11

wǒ pǎo le hěn jiǔ
我跑了很 久

I ran for a long time.

PAGE 9

děng deng wǒ
等等我

Wait for me!

PAGE 12

wǒ lèi le
我累了

I'm tired.

PAGE 13

wǒ men xiū xi yí xià
我 们 休 息 一 下

Let's rest for a moment.

PAGE 16

kě shì hěn kāi xīn
可 是 很 开 心

But it feels good.

PAGE 14

hē diǎn shuǐ
喝 点 水

Have some water.

PAGE 17

pǎo bù shēn tǐ hǎo
跑 步 身 体 好

Running keeps you healthy.

PAGE 15

pǎo bù hěn lèi
跑 步 很 累

Running is tiring.

PAGE 18

míng tiān zài pǎo
明 天 再 跑

We'll run again tomorrow.

一起跑步 · Writing Practice

Running Together

Name: _____

Date: _____

跑步

pǎo bù
to run

跑	步				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

哥哥

gē ge
older brother

哥	哥				
---	---	--	--	--	--

得很

de hěn
very

得	很				
---	---	--	--	--	--

今天

jīn tiān
today

今	天				
---	---	--	--	--	--

我去

wǒ qù
what the ...!

我	去				
---	---	--	--	--	--

公园

gōng yuán
park (for public recrea...)

公	园				
---	---	--	--	--	--

安静

ān jìng
quiet

安	静				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

dǎ pīng pāng qiú
打乒乓球

Playing Table Tennis

PAGE 1

wǒ huì dǎ pīng pāng qiú
我会打乒乓球

I can play table tennis.

PAGE 4

qiú tái zài zhè lǐ
球台在这里

The table is here.

PAGE 2

pīng pāng qiú hěn hǎo wán
乒乓球很好玩

Table tennis is fun.

PAGE 5

qiú pāi zài nà lǐ
球拍在那里

The paddles are there.

PAGE 3

wǒ hé gē ge dǎ qiú
我和哥哥打球

Big brother and I play.

PAGE 6

wǒ men kāi shǐ ba
我们开始吧

Let's begin.

PAGE 7

gē ge dǎ de hěn hǎo
哥哥打得很好

Big brother plays well.

PAGE 10

wǒ méi dǎ dào
我没打到

I missed it.

PAGE 8

wǒ dǎ de bù hǎo
我打得不好

I don't play well.

PAGE 11

màn yì diǎn ba
慢一点吧

A little slower, please.

PAGE 9

qiú tài kuài le
球太快了

The ball is too fast.

PAGE 12

hǎo wǒ màn yì diǎn
好我慢一点

All right, I'll slow down.

PAGE 13

wǒ dǎ dào le
我 打 到 了

I hit it!

PAGE 16

wǒ yíng le yí cì
我 赢 了 一 次

I won once.

PAGE 14

hěn hǎo
很 好

Well done!

PAGE 17

gē ge yíng le sān cì
哥 哥 赢 了 三 次

Big brother won three times.

PAGE 15

wǒ men dǎ le hěn jiǔ
我 们 打 了 很 久

We played for a long time.

PAGE 18

míng tiān zài dǎ ba
明 天 再 打 吧

Let's play again tomorrow.

打乒乓球 · Writing Practice

Playing Table Tennis

Name: _____

Date: _____

哥哥

gē ge
older brother

哥	哥				
---	---	--	--	--	--

乒乓球

pīng pāng qiú
table tennis

乒	乓	球			
---	---	---	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

一点

yī diǎn
a bit

一	点				
---	---	--	--	--	--

球台

qiú tái
table (for games using ...)

球	台				
---	---	--	--	--	--

这里

zhè lǐ
here

这	里				
---	---	--	--	--	--

好玩

hào wán
to be playful

好	玩				
---	---	--	--	--	--

球拍

qiú pāi
racket

球	拍				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

nǐ huì shén me
你会什么

What Can You Do?

PAGE 1

nǐ huì shén me yùn dòng
你会什么运动

What sports can you do?

PAGE 4

nǐ huì tiào wǔ ma
你会跳舞吗

Can you dance?

PAGE 2

wǒ huì yóu yǒng
我会游泳

I can swim.

PAGE 5

wǒ bú huì tiào wǔ
我不会跳舞

I can't dance.

PAGE 3

wǒ yě huì pǎo bù
我也会跑步

I can run too.

PAGE 6

wǒ huì dǎ pīng pāng qiú
我会打乒乓球

I can play table tennis.

PAGE 7

nǐ zuì xǐ huan shén me
你 最 喜 欢 什 么

What do you like best?

PAGE 10

yīn wèi yóu yǒng hěn hǎo wán
因 为 游 泳 很 好 玩

Because swimming is fun.

PAGE 8

wǒ zuì xǐ huan yóu yǒng
我 最 喜 欢 游 泳

I like swimming best.

PAGE 11

nǐ xǐ huan pǎo bù ma
你 喜 欢 跑 步 吗

Do you like running?

PAGE 9

wèi shén me
为 什 么

Why?

PAGE 12

pǎo bù hái shì qí chē
跑 步 还 是 骑 车

Running or cycling?

PAGE 13

wǒ xǐ huan qí chē
我 喜 欢 骑 车

I like cycling.

PAGE 16

kě shì hěn yǒu yòng
可 是 很 有 用

But it is very useful.

PAGE 14

pá shān yě hěn hǎo
爬 山 也 很 好

Hiking is good too.

PAGE 17

měi gè rén dōu bù tóng
每 个 人 都 不 同

Everyone is different.

PAGE 15

gōng fu zuì nán
功 夫 最 难

Gong fu is the hardest.

PAGE 18

yùn dòng dōu hěn hǎo
运 动 都 很 好

All sports are good.

你会什么 · Writing Practice

What Can You Do?

Name: _____

Date: _____

喜欢

xǐ huan
to like

喜	欢				
---	---	--	--	--	--

游泳

yóu yǒng
swimming

游	泳				
---	---	--	--	--	--

跑步

pǎo bù
to run

跑	步				
---	---	--	--	--	--

什么

shén me
what?

什	么				
---	---	--	--	--	--

运动

yùn dòng
to move

运	动				
---	---	--	--	--	--

跳舞

tiào wǔ
to dance

跳	舞				
---	---	--	--	--	--

骑车

qí chē
to ride a bike (motorbi...

骑	车				
---	---	--	--	--	--

不会

bù huì
improbable

不	会				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

tiān tiān yùn dòng

天天运动

Exercise Every Day

PAGE 1

wǒ tiān tiān yùn dòng
我 天 天 运 动

I exercise every day.

PAGE 4

xīng qī sān tiào wǔ
星 期 三 跳 舞

Wednesday, dancing.

PAGE 2

xīng qī yī pǎo bù
星 期 一 跑 步

Monday, running.

PAGE 5

xīng qī sì liàn gōng fu
星 期 四 练 功 夫

Thursday, gong fu.

PAGE 3

xīng qī èr yóu yǒng
星 期 二 游 泳

Tuesday, swimming.

PAGE 6

xīng qī wǔ dǎ qiú
星 期 五 打 球

Friday, table tennis.

PAGE 7

xīng qī liù pá shān
星 期 六 爬 山

Saturday, hiking.

PAGE 10

kě shì wǒ hěn kāi xīn
可 是 我 很 开 心

But I am happy.

PAGE 8

xīng qī tiān qí chē
星 期 天 骑 车

Sunday, cycling.

PAGE 11

wǒ pǎo de kuài le
我 跑 得 快 了

I run faster now.

PAGE 9

wǒ hěn máng
我 很 忙

I am busy.

PAGE 12

wǒ yóu de yuǎn le
我 游 得 远 了

I swim farther now.

PAGE 13

wǒ de shēn tǐ hěn hǎo
我的身体很好

I am strong and well.

PAGE 16

wǒ men yì qǐ wán
我们一起玩

We'll play together.

PAGE 14

mā ma shuō hěn hǎo
妈妈说很好

Mom says that's good.

PAGE 17

yùn dòng zhēn hǎo
运动真好

Exercise is really good.

PAGE 15

nǐ yě lái yùn dòng ba
你也来运动吧

Come and exercise too.

PAGE 18

wǒ men míng tiān jiàn
我们明天见

See you tomorrow.

天天运动 · Writing Practice

Exercise Every Day

Name: _____

Date: _____

星期

xīng qī
week

星	期				
---	---	--	--	--	--

运动

yùn dòng
to move

运	动				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

天天

tiān tiān
every day

天	天				
---	---	--	--	--	--

跳舞

tiào wǔ
to dance

跳	舞				
---	---	--	--	--	--

跑步

pǎo bù
to run

跑	步				
---	---	--	--	--	--

练功

liàn gōng
to do tai chi

练	功				
---	---	--	--	--	--

游泳

yóu yǒng
swimming

游	泳				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.