Vul die ontbrekende woorde in oor fisieke aktiwiteit

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| **Across**  **8.** Terwyl ons oefen moet ons baie \_\_\_\_\_\_ drink.  **9.** \_\_\_\_\_\_ is baie goed vir ons gesondheid.  **11.** \_\_\_\_\_\_ van die oefensessie bepaal hoe hard jy oefen.  **12.** Ons doen strek oefeninge om meer \_\_\_\_\_\_\_\_ te word. | **Down**  **1.** Voor oefening word daar \_\_\_\_\_\_\_ gedoen.  **2.**  \_\_\_\_\_\_ is die hoeveelheid keer wat jy per week oefen.  **3.** Tydens oefening leer ons nuwe \_\_\_\_\_\_\_.  **4.** Dis belangrik om vir die Juffrou te \_\_\_\_\_ tydens 'n les.  **5.** Na oefening word daar \_\_\_\_\_\_ gedoen.  **6.** Ons moet tenminste \_\_\_\_ minute per dag oefen.  **7.** Jy moet tenminste \_\_\_\_\_\_ keer per week oefen.  **10.** As ons oefen dan word ons spiere \_\_\_\_\_\_\_. |