



Hanjo Fritzsche

Dance Like a Penguin!

durchgehend farbig illustriert von Olga Antonava

1st edition 11/01/2023 40 Pages, 20.3 x 25.5 cm ISBN 978-3-7432-1231-2 Hardcover

15.00 € (D) incl. VAT, shipping extra

Story

Keep Moving!

Frolicking like dolphins, crawling like snakes or fluttering like bats: imitating animals is fun and with these and thirteen other exercises, children really get moving! Easy-to-understand step-by-step instructions and lively pictures make them want to get started right away. The combination of partner and individual exercises adds to the fun – and along the way, coordination and posture are trained, muscles are built up and the brain is kept on its toes with exciting fun facts.

- 16 stimulating movement exercises
- Perfect for primary school children
- With different difficulty levels



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