





PM+



How People Move Around

by Linda Bruce

For teachers' inspection ONLY

Introduction

People move in different ways.

Newborn babies cannot move from one place to another by themselves.



baby



child

The ages

Children walk, run, ride bikes and even skate.



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Adults walk and run, too.
They also use bikes and other machines to move around.





adult

of movement

older person

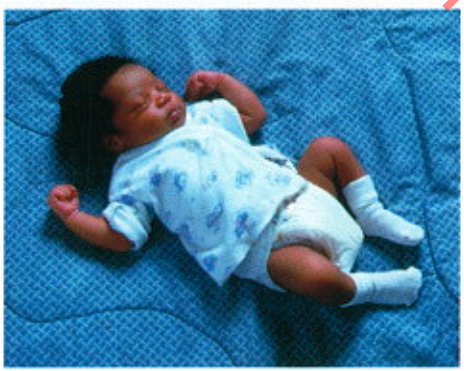
Older people sometimes need help to walk.



How babies move

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Newborn babies cannot walk, because their muscles and bones are not strong enough.



Newborn babies can move their arms and kick their legs.

As babies grow stronger, they learn to roll over.





Next, they learn to crawl.

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When babies are about one year old,
they learn how to stand up by themselves.



After they can balance,
they try to take their first steps.
Soon they can walk and run everywhere.

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Playing games

Before children go to school, they learn how to climb ladders and swing on bars.

