



**CLASS: NURSERY
WORKSHEET: 52**

**TIME: 30MINS
DATE: 21/8/20**

SUBJECT: ACTIVITY (P.T)



EXERCISE IS ANY BODILY ACTIVITY THAT ENHANCES OR MAINTAINS PHYSICAL FITNESS AND OVERALL HEALTH AND WELLNESS.

NOTE FOR PARENTS:

HELP YOUR CHILD FOLLOW THE INSTRUCTIONS GIVEN IN THE VIDEO.

CLICK ON THE LINK FOR VIDEO: <https://youtu.be/afTWthRaUEE>