



**CLASS: LOWER KG**  
**DATE: 16.09.2020**

**WORKSHEET: 36**  
**SUBJECT: ACTIVITY (P.T)**

**TIME LIMIT: 30MINS**



**“TO ENJOY THE GLOW OF GOOD HEALTH,  
YOU MUST EXERCISE”**

**Please click on the link for the video**

**<https://www.youtube.com/watch?v=kG9jaS5ZBNI>**

**Note for parents**

**Help your child follow the instructions given in the video.**