



CLASS :- U.KG

SUBJECT :- P.T

ACTIVITY :- 37

DATE :- 18/09/2020

Time limit :- 30 min.



Exercise not only changes your body, it changes your mind, your attitude and your mood.

Please click on the link for video :-

<https://youtu.be/b9MzSetzy4Y>

Note for parents :-

Help your child follow the instruction given in the video.