



KAMS CONVENT SCHOOL

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Dear Parent ,

Holidays are the time when you can connect with your child in many ways. As parents are the first and the most important teacher for a child, we can encourage our child in many physical activities at home and promote his\her quest to learn. Working together will not only help your child to build , learn and develop his/her skills but also strengthen your bond with him/her.

Physical development

1. Take the child with you for morning/ evening walk.
2. Play different games like hide and seek, football, ludo, chess, snakes and ladders, carrom board etc. with your child. This will encourage them to express freely and will make them more responsible.
3. Do not forgot to share a video in group.

Activity 1- Take help by scanning the QR code for the given activity.













Name: _____

Date: _____

Sports

Look at the pictures and circle the correct words

 <input type="text" value="Football"/> <input type="text" value="Handball"/>	 <input type="text" value="Basketball"/> <input type="text" value="Rugby"/>
 <input type="text" value="Handball"/> <input type="text" value="Basketball"/>	 <input type="text" value="Hockey"/> <input type="text" value="Golf"/>
 <input type="text" value="Golf"/> <input type="text" value="Baseball"/>	 <input type="text" value="Ping Pong"/> <input type="text" value="Tennis"/>
 <input type="text" value="Volleyball"/> <input type="text" value="Handball"/>	 <input type="text" value="Basketball"/> <input type="text" value="Baseball"/>
 <input type="text" value="Badminton"/> <input type="text" value="Bowling"/>	 <input type="text" value="Karate"/> <input type="text" value="Ping pong"/>

Name :

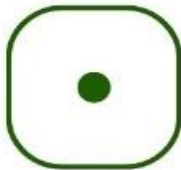
Class :

Dice Brain Break

Roll the dice and perform the Yoga Position of the number you get.



Viveksana



Utthita Trikonasana



Vatayanasana



Bhujangasana



Ardha Chandrasana



Ardha Padmasana

