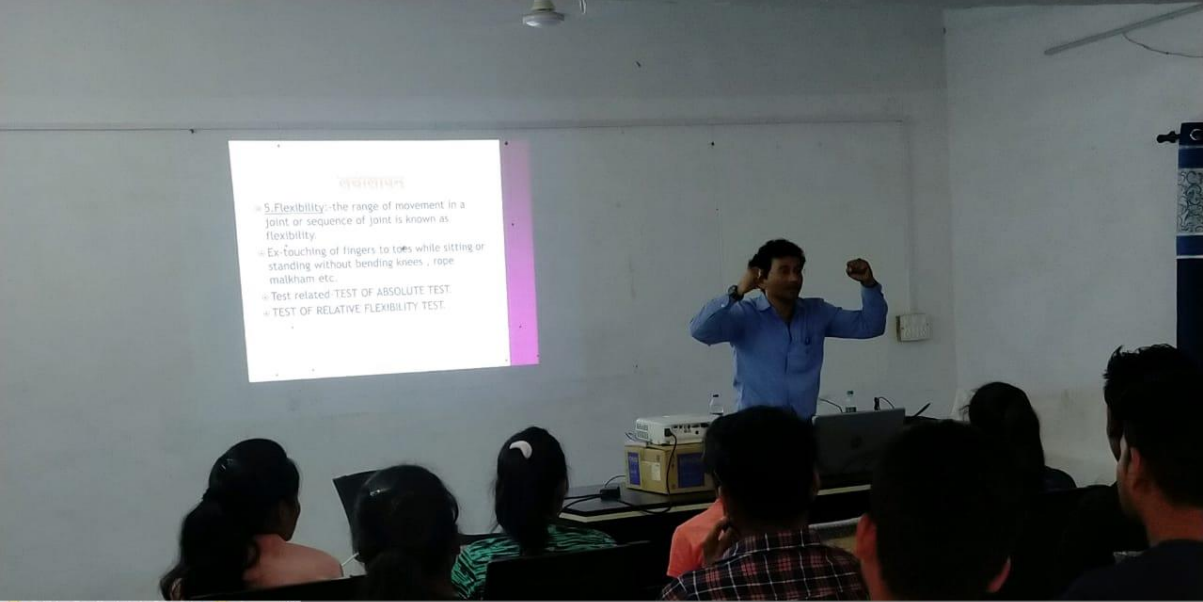


ICT use for teaching learning process



मर्यादा


- Flexibility: the range of movement in a joint or sequence of joint is known as flexibility.
- Ex-touching of fingers to toes while sitting or standing without bending knees , rope walkham etc.
- Test related :TEST OF ABSOLUTE TEST
- TEST OF RELATIVE FLEXIBILITY TEST.

WQRC+G3Q, Paranjpe Colony, Amravati, Maharashtra 444603, India

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39°C
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2022-03-24(Thu) 01:32(pm)







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Maharashtra
India

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