Department of Linear Weekly School Department of Education, Sabaragamuwa Province/ Weekly School Department of Education, Sa	Province/Week	Sabaragamuwa provincial Department of Education – Sati pasala	Weekly Scho
Department of Education, Sabaragamuwa Province/ Weekly School	Department of Education, Sabatagamin warrow		ducation Sabaragamuv
Education Sabaragamuwa Province/ Weekly School Department of Education School Department	Health and Physi	cal Education 1 442	21-6 week y School Department
Tiovinge Hotaly oche a Department of Januarion Januario (incentional de la contecta de la contec	Education Sabaragamuwa Provi Province: Weeldy School Depar	<u>nce/Weekdy School Dep</u> ertment of Education, Sabaragamu <u>wa Province/Weekdy School Department of E</u> <del>Insent of E</del> ducation, Sabaragamuwa Province/Weekly School D <b>Mawanella Zone</b> ion, Sabaragamuwa P	ducation Sabaragamuv 'rovince/ Weekly Scho

## 3. let us improve personality through posture.

## $\clubsuit$ If the given statements are true put a ( $\checkmark$ ) mark. If they wrong put ( X) mark.

1.	When lifting a weight keep the knees straight and do not lift	(	)
2.	Pushing and pulling equipment should be done by hand	(	)
3.	Failure to maintain proper posture does not cause damage to the muscles bones and joints	(	)
4.	When standing only one leg should be supported not both feet	(	)
5.	Wearing high heels is bad for the body	(	)
6.	There should be a waist belt in a healthy school bag	(	)
7.	Using the wrong pasture reduces efficiency	(	)
8.	Proper posture can improve the appearance of the body	(	)
9.	It is suitable to sit with the school bag on the chair	(	)
10.	. Do not swing the chair while sitting	(	)