

Week School – Grade 07
Health and Physical Education
Second Term- First week
Topic 7 Let us learn correct posture

Read the following statements and mark (✓)if correct and mark (✗) if incorrect

1. Correct posture is important to lead a healthy life ()
2. Correct posture maintains the balance of the body ()
3. Correct posture causes damage to joints and muscles ()
4. When relaxing we sit cross legged ()
5. Sitting posture vary according to the situation ()
6. Incorrect posture may not cause physical disabilities and discomfort ()
7. Correct walk adds a good appearance to your personality ()
8. Incorrect posture give discomfort and fatigue ()
9. When sitting on a chair the weight of the body should be on the thighs ()
10. Incorrect posture results spine ailments ()

Answer all questions

1. What is meant by word posture ?
2. What is meant by word correct posture ?
3. Mention two types of posture with two examples ?
4. Write various posture you have in your day to day life ?
5. What are the various ways of sitting ?
6. Write steps how the body parts should be placed when sitting on a chair ?
7. What are the advantages of having a bad posture ?
8. What are the disadvantages of having a bad postures ?