

Week School – Grade 07
Health and Physical Education
Second Term- Second week
Topic 7

Let us learn correct posture

1. Select the movement of the man which is not natural.

- I. Running
- II. Walking
- III. Dancing
- IV. Sitting

2. Advantage of accurate walking

- I. Reducing efficiency
- II. Reducing personality
- III. Minimizing discomfort
- IV. Increasing injuries

3. The systems that involve in maintaining body postures are

- I. Skeletal system and nervous system.
- II. Skeletal system and muscular system.
- III. Nervous system and muscular system.
- IV. Muscular system and spinal cord.

4. A style walking which not use to practice walking correctly.

- I. Walking on heels
- II. Walking backwards
- III. Walking on a pole
- IV. Walking with long strides

5. What is the correct posture of body when walking?

- I. Walk with head bowed.
- II. Upper body be curved.
- III. Keeping the body straight.
- IV. Keeping the side leg space.

6. The first contact when walking on the ground.

- I. Ball of the feet
- II. Full feet
- III. Heel
- IV. Toes

7.What is not a correct lying down position ?

- I. Lying with face upward
- II. Lying with face down
- III. Lying down with bended
- IV. Lying down in crook position

8.Select the incorrect statement regarding the position of body when walking.

- I. Legs should move rhythmically forward and backward at the hip.
- II. The weight of body should gradually move from toes, the ball and to the heel.
- III. Feet should be placed with the toes facing the direction of walking.
- IV. Body should be kept straight

9.A factor that obstruct the maintain in your day to day life

- I. Carefulness
- II. Mental imbalance
- III. Maintaining balance
- IV. Ability to pay attention

10.Select the reason that result incorrect posture

- I. Weaning unsuitable clothes and foot wear
- II. Unsuitable equipment
- III. Getting accustomed to wrong to wrong posture
- IV. All mentioned above

Answer the following questions.

1.State the various occasions that you use walking in your day to day life.

2.Write different methods of walking can be practice to improve walking postures.

3.Write some advantages of correct walking.

4.Explain the right way of body posture when walking.

5.State the various occasions that you use lying in your day to day life.

6.What are the different types of lying down postures?

7.What are the point to remember when lying down correctly?

8.What are the advantages of lying correctly?

9.Write the reasons that cause wrong posture.

10.Write the disadvantages of getting used to wrong posture

(go ,three, running drills, above, pleasant, short, fast, active, natural, 800m)

Answer all questions.

1. What are the natural movements of the man?
2. Write the difference between running and walking.
3. Describe the leg movements when running.
4. Describe the hand movements when running.
5. Name three types of running events according to athletics.
6. Write some exercise to improve running.
7. What are the skills that are needed to be a good cricket player?
8. Mention a few organized games that use running.