

Week School – Grade 07
Health and Physical Education
Second Term- Third week
Topic 8
Let us train for athletics

Select the correct word and fill in the blanks

- 1.Walking is a.....movement.
- 2.Running events can be classified in to.....categories.
- 3.By engaging athletic events can have a.....appearance.
- 4.Hundred meters running is a.....distance race.
- 5.....is a middle distance running event.
- 6.Incorrect running arm should be bent.....at the elbow.
- 7.By engaging in athletic one can have an.....life.
- 8.....can use to improve running.
- 9.In short distance running the movement of the legs will be.....
- 10.When running at one point both feet arethe ground.