



Subject - Health & Physical Education

2021 - 26 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

09. Let us improve fitness for a balance life.

❖ If the given statements are true, put a (√) mark. If they wrong put (X) mark.

- 1. Jumping activity is a fitness factor. ()
- 2. Being forward, this test can be found physical flexibility. ()
- 3. Physical fitness is important for developing athletic events. ()
- 4. Working is rhythm is not a waste of time. ()
- 5. The heart beat is a rhythmic activity. ()

❖ Select the appropriate word in the blank.

(co-ordination, physical fitness, strength)

- 6. The ability to do something against a resistance is called
- 7. The ability to perform activities correctly and easily through a good connection between nerves and muscles is called
- 8. You can improve your by engaging in rhythmic activities.

❖ Answer the following questions.

9. What is the rhythm?
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10. Write down three activities you can do to improve your physical qualities.
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