



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 35 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

**05. Let us develop basic athletic skills.**

**Walking**



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

01. Walking is not an athletic event ( )

02. The heel should touch the ground first when walking. ( )

03. One foot should always be contact with the ground. ( )

04. It is advisable to wear high heels for proper walking. ( )

05. Proper walking can lead to physical disability. ( )

06. Proper walk is beneficial to lead an active life ( )

07. Walking is not an exercise. ( )

08. Write a suitable activity to practice walking.

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