



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 36 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

05. Let us develop basic athletic skills

Running



❖ Fill in the blanks.

(athletic, running, rhythmically, speed, air, 90°)

1. Running is an Event.
2. is a good exercise for the body.
3. The arms and legs move
4. Running drills can increase
5. At one point both feet are in the
6. Both arms bend forward and backward and bend

7. Create a suitable activity to practice running.

.....
.....
.....

