

Sabaragamuwa Provincial Department of Eucation - Weekly School

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Subject - Health & Physical Education

Weekly School Department of Education, Sabaragamuwa Education,SabaragamuwaProvince/Weekly Schoo Province/Weekly School Department of Education chool Department of Education,S

partment of aragamuwa 2021 - 36 week kly School

Grade - 6

Fill in the blanks.

Education, Sabaragamuwa Province/Weekly School Department of Education, Sabaragamuwa Province/ partment of Education, Sabaragamuwa Province/ Weekly School Departme Sabaragamuwa Province/ Weekly School Department of Education, vince/ Weekly School Department of Education, Sabaragamuwa Province

Mawanella Education Zone Mrs. Thilini Deshapriya

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



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

1.	Running is an		Event.
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- 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

/.	Create a suitable activity to practice running.

