



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

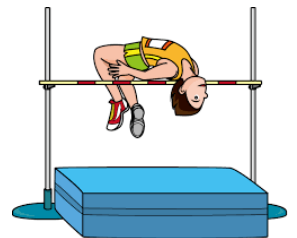
2021 - 37 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

05. Let us develop basic athletic events.

Jumping



❖ Fill in the blanks.

1. The body can maintain balance when jumping with and.....
2. You need to get from the feet at the take-off.
3. The of the feet should be land.
4. Never land using
5. andare jumping events.



6. Write down three possible activities to practice jumping.

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7. Write down things to consider when jumping.

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