



**Provincial Department of Education – Sabaragamuwa – Week School**

**Week: 06**

**Subject: Health and Physical Education**

**Grade -10**

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### 3. Let us maintain correct posture.

➤ Answer all the questions.

1. What is a correct posture?
2. What are the advantages of maintaining correct postures in day to day life?
3. Postures can be divided in to two parts. What are they?
4. State three examples for Static postures.
5. State three examples for dynamic postures.