



Provincial Department of Education – Sabaragamuwa – Week School

Week: 11

Subject: Health and physical education

Grade -10

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Let us maintain correct postures

Answer all the questions.

- 01.What is the correct posture?
- 02.What are the advantages of maintain the correct postures in daily activities?
- 03.Postures can be divided into two main parts. What are they?
- 04.Write three examples for static postures.
- 05.Write three examples for dynamic postures.
- 06.Name the principle of biomechanics that affects posture.
- 07.What is the center of gravity?
- 08.What is balance?
- 09.What are the factors that help maintain balance in movements?
- 10.What is the line of gravity?
- 11.What are the factors that affect the balance of the body?
- 12.What are the things to consider in the correct sitting posture?
13. What are the things to consider in the correct standing posture?
14. What are the things to consider in the correct lying down posture?
- 15.Write down three factors that contribute to poor posture.

