



Provincial Department of Education Sabaragamuwa- week school

Week- 27<sup>th</sup> June- 3<sup>rd</sup> July, 2021

Subject – Health

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Grade-10

## Physical Fitness

Let us maintain fitness for a healthy life

Answer all the questions:

1. What is **Physical Fitness**?

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2. What is **Mental Fitness**?

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3. What is **Social Fitness**?

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4. What is the meaning of **Health-Related Physical Fitness**?

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5. Mention the **five components** of **Health-Related Physical Fitness**.

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