



Provincial Department of Education Sabaragamuwa- week school

Week- 4th - 10th July, 2021

Subject – Health

Grade-10

**Translated by- Ms. Kalani Abeygunawardhana
Kg/Dehi/ Dehiovita National School**

5. Let us learn about athletic.

Running exercises (Running Drills).



- **Answer all the question.**

1. What are running drills? Explain it.

2. Write three running drills that you know.

3. State three functions which can be achieved through engaging in running exercises.

4. Create two activities to practice running exercises.
