

Covid 19 Week School Sabaragamuwa

Subject - Health and Physical Education

Grade 9

Week of January 04

Lesson-03. Let's identify the physical disabilities that affect the correct posture.

The right posture helps maintain a pleasant appearance and function. Correct posture is the correct positioning of the body during movement or at rest.

Posture Disorders -

1 Cognitive conditions

2 Environmental conditions

> Disorders caused by environmental conditions -

*Malnutrition

- Illness
- Wrong posture

*Improper exercise

Activity

01 Mention the benefits of maintaining the correct posture.

2 What are the possible causes of cognitive impairment?

03 What are the possible negative consequences of wrong posture?

04 Explain to a diagram how to stand and sit correctly.