

Health and physical education.

Covid 19 weekly school .

Grade 9

Review Exercises December - Third Week

Choose the correct answer and draw a straight line.

*A person's health is the absence of disease and infirmity, as well as physical, mental, social and spiritual well-being.

1) Mental well-being is,

1. Avoiding diseases and being in good physical condition.
2. Facing challenges and living productively in society.
3. Living in harmony with the people around us,
4. Recognize the meaning of life and work with good relationships.

2) The lower part of the spine (lumbar spine) is unnecessarily pushed forward.

1. The camel's neck.
2. Side jump.
3. The back heel.
4. Flat back,

3) What is the name of a meal that contains all the nutrients that the body needs?

- 1) A balanced diet.
2. Special meals.
3. Lunch.
- 4)Lunch at night

4) Adverse effects of adolescent malnutrition on a girl child in the future,

1. Be of good vitality.
2. Low birth weight,
3. Resistance to disease,

4 being an active person,

5) According to the classification of sports, a life-saving sport is,

1. Cricket

3. Diving

6) Sports that are conducted in accordance with the rules, using specific sports equipment and specific playing fields,

1. is a minor sport,

2. is a fun sport.

3. Organized sports are,

4 are unorganized sports.

7) Athlete who takes the baton in support running competitions looks at the baton and gets the baton,

1, as wan sharu today.

2. As the outer shift.

3. As the Miu shift,

4) As a phase shift.

8) One of the various tests for measuring muscle strength is a test performed in schools in Sri Lanka.

1.. 100m run,

2. Sit ass test,

3. Jump high catch test.

4. Sit-forward bending test.