



Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

2021-6 week

Grade - 6

Mawanella Zone

3. let us improve personality through posture.

✚ If the given statements are true put a (√) mark. If they wrong put (X) mark.

1. When lifting a weight keep the knees straight and do not lift ()
2. Pushing and pulling equipment should be done by hand ()
3. Failure to maintain proper posture does not cause damage to the muscles bones and joints ()
4. When standing only one leg should be supported not both feet ()
5. Wearing high heels is bad for the body ()
6. There should be a waist belt in a healthy school bag ()
7. Using the wrong pasture reduces efficiency ()
8. Proper posture can improve the appearance of the body ()
9. It is suitable to sit with the school bag on the chair ()
10. Do not swing the chair while sitting ()