



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 6 week

Grade - 6

Mawanelle Education Zone  
Mrs. Thilini Deshapriya

**03. Let us improve personality through posture.**

➤ Fill in the blanks.

1. ( Stand ease, heel, correct posture, stand at attention, stand at ease )

- I. .... are the correct way we keep our body during a certain situation or activity.
- II. We normally, ..... posture use for an assembly.
- III. .... Posture is taken when we have to stay long as in an assembly or a lecture.
- IV. When walking, the first thing that touches the ground is the .....
- V. The feet are kept in a "V" shape and heels touching each other for ..... posture.

2. What are the opportunities to maintain the correct posture?

.....  
.....

3. Name the basic postures shown in the picture below.

1. Picture



2. Picture



3. Picture



4. (A) Named the parts marked in the diagram below.



(B) When walking correctly, write down the order in which the foot touches the ground.

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