



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 7 week

Grade - 6

**Mawanella Education Zone
Mrs. Thilini Deshapriya**

03. Let us improve personality through sports.

❖ If the given statements are true, put a (✓) mark. If they wrong, put (X) mark.

01. When lifting a weight, keep the knees straight and do not lift ()
02. Pushing and pulling equipment should be done by hand ()
03. Failure to maintain proper posture does not cause damage to the muscles, bones and joints ()
04. When standing, only leg should be supported, not both feet ()
05. Wearing high heels is bad for the body ()
06. There should be a waist belt in a healthy school bag ()
07. Using the wrong posture reduces efficiency ()
08. Proper posture can improve the appearance of the body ()
09. It is suitable to sit with the school bag on the chair ()
10. Do not swing the chair while sitting ()