



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 11 week

Grade - 6

**Mawanella Education Zone
Mrs. Thilini Deshapriya**

❖ **Answer 1, 2, 3 or 4 lessons in your test book.**

❖ Answer the following questions.

1. What is the indicator that checks if there is a weight that matches the height. Write down that formula.

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2. Write down the formula for finding the circumferences of the waists.

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3. Draw diagram of how the foot should land of the ground during correct walking.

4. Write down two harmful situations that can occur due to wrong postures.

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5. Write down two benefits of using the correct postures.

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