				ol Departmen
Sabara	Sabaragamuwa Provincial Department of Eucation - Weekly School			
Sabaragamu	wa Province/ Weekly	v School Department of Education,Sab	~	chool Departmen
Subject - Health & Physi	cal Education	Education,SabaragannuwaProvince/We Province/WeeklySchool Department o		eek
		chool Department of Education,Sp	75 . / 777 1.1 /	1 1 2
		t of Education, Sabaragamuwa Province/	Mawanella Educat	ion Zone
		waProvince/WeeklySchoolDepartmer	Mrs. Thilini Desh	
		y School Department of Education,S t of Education,SabaragamuwaProvince/	IVITS. TTIIIITII DESIT	ahiiya

09. Let us improve fitness for a balance life.

- Choose the correct answer for the following statements.
- 01. A healthy person has a high level ability to perform certain tasks successfully. (Yes/No)
- 02. Fitness tests can be done to measure physical fitness. (Yes/No)
- 03. The ability to do physical activity in a proper manner with maximum efficiency called physical fitness. (Yes/No)
- 04. Posture is essential for maintaining proper physical fitness. (Yes/No)
- 05. Fitness can be divided into four main parts. (Yes/No)

