



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 27 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

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)

