



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 28 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

09. Let us improve fitness for a balance life.

❖ Select answers in brackets and fill in the blanks.

(strength / sportsmanship / speed / co-ordination / endurance)

1. The ability to run less than 100m is called
2. is the ability to engage in a task for a longer period of time without feeling any discomfort.
3. Is the ability of a player to run and successfully catch a ball in a cricket match.
4. is the ability to do something against resistance.
5. Hitting a player during a football match is not a quality.

