



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 35 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

05. Let us develop basic athletic skills.

Walking



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

01. Walking is not an athletic event ()

02. The heel should touch the ground first when walking. ()

03. One foot should always be contact with the ground. ()

04. It is advisable to wear high heels for proper walking. ()

05. Proper walking can lead to physical disability. ()

06. Proper walk is beneficial to lead an active life ()

07. Walking is not an exercise. ()

08. Write a suitable activity to practice walking.

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