

Health & Physical Education

Grade 6

First week

Find the correct answer within bracket and write it on the given spaces to question

(Heel , 100 m ,90 , Equal , Ground)

1. When running, the hand should be bent at a angle near the elbow.
2. In correct walking much touches the ground first.
3. The distance between steps in the when walking.
4. One foot should touch the when walking.
5. in athletic is a short distance event.