



**Provincial Department of Education – Sabaragamuwa- Week School**

**Week: 13<sup>th</sup> Week – 17<sup>th</sup> –23<sup>rd</sup> Jan, 2021**

**Subject- Civics**

**Grade 10**

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Let us maintain correct posture

- 1.What is a correct posture?
- 2.What are the benefits of maintaining correct posture in our day-to-day activities?
- 3.Postures can be divided into two groups. What are they?
- 4.Give three examples for static postures.
- 5.Give three examples for dynamic postures.
- 6.Mention the principle of bio mechanics which affect the postures.
- 7.What is “Centre of gravity”.
- 8.What is “balance”?
- 9.What are the factors that affect to keep the balance in engaging in activities?
- 10.What is the “line of gravity”?
- 11.What are the factors that affect to keep the balance of the body?
- 12.What are the important factors which should be considered in the sitting posture?
- 13.What are the important factors which should be considered in standing posture?
- 14.What are the important factors which should be considered in the lying down posture?
- 15.Mention three factors which affect wrong postures?