



Provincial Department of Education – Sabaragamuwa – Week School

Week: 13

Subject: Health and physical education

Grade -10

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Let us learn about athletics. Race Walking

Answer all the questions.



01.Name the standard walking events.

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02.Briefly explain the difference between walking and running.

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03.Write down two main rules in race walking.

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04.Write down two main reasons for an athlete disqualified during a walking competition.

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05.Draw the two main signals that are shown when a player is eliminated from a walking competition.



