



Provincial Department of Education – Sabaragamuwa – Week School

Week: 14

Subject: Health and physical education

Grade -10

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Let us learn about athletics. -Race Walking

Answer all the questions.

01.Draw the two main signals that are shown when a player is eliminated from a incorrect walking in race walking competition.

02.What is the starting method used in a race walking?
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03.What commands are used at the starting of the race walking?
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04.Write down two activities you can do to practice race walking.
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