Department of Education, Sabaragamuwa Province/ Weekly School Department of Education, Sabaragamuwa Province/ Weekly School	l Department of
Education – Sabaragamuwa – Week School	ragamuwa
Provincial Department of Education – Sabaragamuwa – Week School	kly School
Depar ation, Sabaragamuwa Province/ Weekly School Department of Education, Sabaragam Weekly School Department of Education, Sabaragam Weekly School Department of Education, Sabaragam Weekly School Department of Weekly School Department of Education, Sabaragam Weekly School Departme	Densetment of iwa ool
Depar Educa Provin Of Education Sabaragamuwa Province/ Week Translated by: S.A.D.L.Navodani	Popartment of paragamuwa ekly School
Depart Grade -10 muwa Province/ Weekly School Departm	partment of
Education, Sabaragannuwa Province/ Weekly School Department of Education, Sabaragannuwa Province/ Weekly School Department of Education	"Sabaragamuwa

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?

.....

03.What commands are used at the starting of the race walking?

.....

04. Write down two activities you can do to practice race walking.