

Health and Physical Education

Grade 6

Second week

- **Answer all the questions**

1. Write down four benefits of walking correctly.
2. Draw the footprint of the foot during the correct walk.
3. Write down four situations that will help you run into everyday activities.
4. Write down two situations where you use jumps in your daily activities.
5. Write down two examples for short distance events, long distance events, jumping events and throwing events seen in athletics.
6. Draw a diagram of possible activity for running training.
7. Write down a few things to keep in mind when playing throwing events on the playground.