9. Let us improve fitness for balanced life

❖ **Answer all the questions.**

1. There are Three main parts of fitness What is that?
   I. ……..
   II. ……..
   III. ……..
2. Write down Three Benefits We can achieve by maintaining proper fitness.
   I. …….
   II. …….
   III. …….
3. There are some of the fitness qualities We can develop through our daily activities.

❖ **Match with the correct Answers.**

I.	Running less than a 100m	flexibility
II.	The quality required to lift a	Co-ordination
III.	Being able to run longer distances	Speed
IV.	By doing gymnastic exercises	Strength
V.	Throwing and catching a ball	Endurance

❖ **Fill in the blanks.**
(Rhythm, reduces body fatigue and increases the ability to Work longer, fitness exercises and rapid walking and cycling)

4. …….. is the ability of a parson to do a physical activity in the proper manner with maximum efficiency?
5. You can do …….. and …….. To develop physical fitness qualities.
6. A regular repeated pattern of movement of sound is called a …….
7. …… Are rhythmic activities
8. Rhythmic activity …….