



PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

SUBJECT :- HEALTH AND PHYSICAL EDUCATION

WEEK :- 7TH – 11TH WEEK

GRADE :- 8

**CREATED BY : – ZONAL EDUCATION OFFICE,
EMBILIPITIYA**

1. Study the pages 156-160 of your text book and answer the following questions.

- a. Define what muscular strength, flexibility and body composition are.
- b. Write the necessary activities that we can use to develop above mentioned fitness factors.
- c. Mention the advantages that you can gain through developing above mentioned fitness factors.