JAFFNA HINDU COLLEGE

Risk Holiday Self - Education Worksheet (2) – 2020

Grade – 07 | Health and Physical Education

Name/Index No : …… Miss.K.Thatchayini, B.Sc in Agri

INSTRUCTIONS :

- Answer all the questions.
- Answer the questions on answer sheets only.
- Read the respective lesson units thoroughly and comprehend before you attempt answering the questions.
- File the completed answer and hand over to the class teacher when the school reopens.

Unit: 07

1. What is correct posture?
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2. Write down two types of posture?
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3. Give four instances to maintain the correct posture?
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4. Write down the 06 sort of sitting postures?
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5. Write down the correct posture that should be maintained while sitting on a chair?
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6. What are the merits of sitting correctly?
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   ……
7. What are the demerits of sitting incorrectly?
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8. Give 10 different kind of walking can be practiced to improve walking postures?
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9. List out the positioning of body when correct walking?

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10. Give 06 advantages of correct walking?

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11. Write down the 4 different postures of lying down?

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12. Give the points to remember when lying down correctly?

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13. Write down the 4 merits of lying correctly?

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14. What are the causes of wrong postures?

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Unit: 08

1. What are the types of running?

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2. Write down the correct movement of legs in running?

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3. Write down the correct movement of hands in running?

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4. Write down the exercises to improve running?

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5. Write down the two types of jumping?

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6. List out the main 03 stages of jumping?

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7. Give two examples for each type of jumping?

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8. Give 04 exercises to improve jumping techniques?

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9. List out the positioning of body when correct walking?

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10. Write down the four sports which having jumping?

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11. Give the four throwing games in athletics?

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12. What are the exercises to improve throwing techniques?

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Unit: 09

01. Define the term of physical fitness?

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02. List out the five factors of physical fitness?

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03. What is speed?

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04. List out the games which have to have speed?

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05. What is strength?

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06. What are the games required strength?

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07. What is flexibility?

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08. List out the games which are required flexibility?

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09. What is co-ordination?
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10. List out the games which are required co-ordination?
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11. What is endurance?
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12. List out the games which are required endurance?
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13. List out the activities to improve speed?
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14. List out the activities to improve strength?
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15. List out the activities to improve flexibility?
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