

WORKSHEET 1

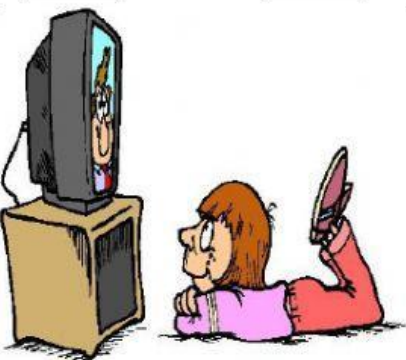
Q1. How to keep your body fit and healthy?



DO'S	DON'TS

Q2. Choose yes or no for the healthy habits.

 YES NO	 YES NO
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 YES NO	 YES NO
 YES NO	 YES NO
 YES NO	 YES NO

Q3. Fill in the blanks:

Posture smart exercise yoga outdoor games

(drag the words down to fill the blanks)

- The correct way of our sitting, walking and standing is termed as
- help us to keep our body parts strong and flexible.
- Playing is a form of an exercise.
- is important to keep our body fit.
- A correct posture makes us look

