

Banthepha School Mini English program

Name _____

class: _____

Number: _____

Multiple Choice: Select the correct answer:

1.



- a. Basic sprint
- b. Standing on one leg
- c. Sprinting up stairs

2.



- a. Relay games
- b. Standing on one leg
- c. Snake move

3.



- a. Basic sprint
- b. Standing on one leg
- c. Sprinting up stairs

4.



- a. Basic sprint
- b. Sit up
- c. Sprinting up stairs

5.



- a. Basic sprint
- b. Standing on one leg
- c. Sprinting up stairs

6.



- a. Walking on the balance beam
- b. Sit up
- c. Sprinting up stairs

• 7.



- a. Jumping jack
- b. Standing on one leg
- c. Chin - up

8.



- a. Jumping jack
- b. Standing on one leg
- c. Chin - up

• 9.



- a. Push - up
- b. Standing on one leg
- c. Chin - up

10.



- a. Push - up
- b. Bending to reach toes
- c. Chin - up

11.



- a. Leg and arm stretching
- b. Standing on one leg
- c. Chin - up

12.



- a. Cone test
- b. Bending to reach toes
- c. Chin - up

13.



- a. Leg and arm stretching
- b. Sit and reach
- c. Chin - up

14.



- a. Physical Fitness test
- b. Bending to reach toes
- c. Chin - up