

Worksheet

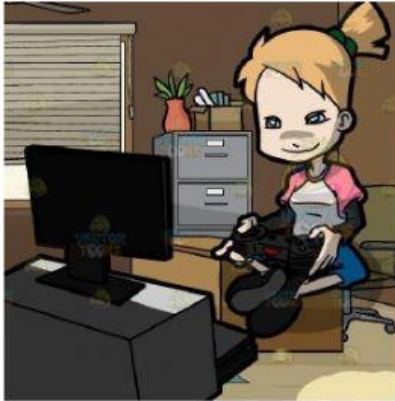
Subject: Science

Grade: I Section: _____

Name: _____ Date: _____

Chapter 6: Physical Fitness and Exercise

Q1. Sakshi and Suman love to play games during their free time. Sakshi loves to play video games while Suman loves to skip rope.

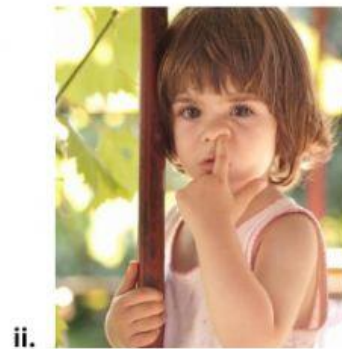


- Who is playing:
 - i. An indoor game? _____
 - ii. An outdoor game? _____
- Who will have stronger bones? _____
- Why? _____

Q2. Tick (✓) for the good habits and (✗) for the bad habits.



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