Sarasas Witaed Chonburi School

Worksheet -Bilingual Programme – Term 1 – A.Y. 2021

Name: _____ Grade: 3 / ___

Subject: Health Education Student Number: _____

Body Movements, Good Posture

Part 1: Choose "Change location" or "Do not change location".

1. running	2. standing	3. sliding
4. walking	5. bending	6. sitting
7. pushing	8. jumping	9. twisting

Part 2: Click True or False.

True	**False**	1. When we stand or walk, we hold our heads up and keep our backs straight.
True	**False**	2. When we sit, we must adjust our chairs so that we sit up straight.
True	**False**	3. Bad posture doesn't damage our backs.
True	**False**	4. It's good to lie down when reading.
True	**False**	5. Do not stay close to the T.V. when watching.

LIVEWORKSHEETS