



Sarasa Witaeed 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.