



**Sarasas Witaed Ratchaphruek School**  
**Academic Year 2020-2021**  
**Asean Bilingual Program**  
**Health Education - ABP 3**

Name: \_\_\_\_\_ Class: \_\_\_\_\_ No: \_\_\_\_\_

**Body Movements, Good Posture**

**Directions:** Choose “change location” or “do not change location”.

1. Running



2. Sitting



3. Sliding



4. Bending



5. Walking



**Directions: True or False.** Click “True” if the statement is correct and “False” if the statement is incorrect.

**True**

**False**

1. We need to practice holding our body in a good posture.

**True**

**False**

2. When we sit, we must adjust our chairs so that we can sit up straight.

**True**

**False**

3. It's good to lie down when reading a book.

**True**

**False**

4. When we stand or walk, we hold our heads up and keep our backs straight.

**True**

**False**

5. Bad posture DOESN'T damage our backs.