



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.