Sarasas Witaed Thonburi School
Bilingual Programme
P.A 5 for Grade 4, Semester 1/2021
Subject: Health Education

Name:_____**Class:**_____**No:** _____

Multiple choice: Choose the letter of the correct answer.

1. _____ is the general way of holding the body.
   a. Exercise b. Posture c. Family
2. Is the condition of keeping our backs straight?
   a. Good posture b. Bad posture c. Bending
3. Exercise is important for our _____.
   a. eyes b. friends c. health
4. Exercise keeps us _____ and fit.
   a. fat b. trim c. weak
5. Bad posture may damage our body _____.
   a. wash b. blood c. organs

Fill in the blanks by dragging the correct answer.

well	posture	fun	warm up	straight

6. Exercise is _____ and enjoyable.
7. I need to _____ my body before I exercise.
8. We keep our backs _____ when we stand, sit or walk.
9. We grow _____ with good posture.
10. Good _____ is the condition of keeping our backs straight when we stand, sit or walk.

LIVEWORKSHEETS