

Banthepha School Mini English program

Name _____

class: ____

Number: ____

Multiple Choice: Select the correct answer:



- a. Basic sprint
- b. Standing on one leg
- c. Sprinting up stairs



- a. Relay games
- b. Standing on one leg
- c. Snake move



- a. Basic sprint
- b. Standing on one leg
- c. Sprinting up stairs



- a. Basic sprint
- b. Sit up
- c. Sprinting up stairs



- a. Basic sprint
- b. Standing on one leg
- c. Sprinting up stairs



- a. Walking on the balance beam
- b. Sit up
- c. Sprinting up stairs

• 7.  a. Jumping jack
b. Standing on one leg
c. Chin - up

8.  a. Jumping jack
b. Standing on one leg
c. Chin - up

• 9.  a. Push - up
b. Standing on one leg
c. Chin - up

10.  a. Push - up
b. Bending to reach toes
c. Chin - up

11.  a. Leg and arm stretching
b. Standing on one leg
c. Chin - up

12.  a. Cone test
b. Bending to reach toes
c. Chin - up

13.  a. Leg and arm stretching
b. Sit and reach
c. Chin - up

14.  a. Physical Fitness test
b. Bending to reach toes
c. Chin - up