Banthepha School Mini English program

Name_____ class: ___ Number: ____

Multiple Choice: Select the correct answer:

1. 

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

2. 

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

3. 

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

4. 

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

5. 

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

6. 

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

LIVEWORKSHEETS

• 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

LIVEWORKSHEETS