

Worksheet

Subject: Science

Grade: I Section: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Chapter 6: Physical Fitness and Exercise**

**Q1. Sakshi and Suman love to play games during their free time. Sakshi loves to play video games while Suman loves to skip rope.**



- Who is playing:
  - i. An indoor game? \_\_\_\_\_
  - ii. An outdoor game? \_\_\_\_\_
- Who will have stronger bones? \_\_\_\_\_
- Why? \_\_\_\_\_

Q2. Tick (✓) for the good habits and (✗) for the bad habits.



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