

Health Education

1. What is body movement? _____.
2. List the types of body movement. _____, _____,
_____.
3. The parts of the body responsible for movement are; _____,
_____.
4. Locomotive movement is the movement the body makes when we walk, leap and run. True/False
5. The 3 types of Locomotive movement are; _____, _____,
_____.
6. Mention 2 wrong ways of walking. _____, _____.
7. Non-locomotive body movement is when the body moves in one position. True/ False.
8. Examples of non-locomotive body movement include; stretching,
_____.
9. Manipulative body movement include; _____, _____.
10. What is safety? _____.
11. Identify 3 safety rules on the playground. _____,
_____.