

Grade 3 Physical Education Worksheet



Sports, Fitness & Healthy Habits

Let's Learn While Having Fun!

Name: _____ Class: _____ Date: _____



Part A: One-Word Answers

Write the correct answer.

1. We wear this to protect our head while cycling. _____
 2. A game played with a bat and a ball. _____
 3. This healthy drink keeps our body cool. _____
 4. We should eat more _____ and vegetables.
 5. We use this to play badminton. _____
 6. A person who teaches sports is called a _____.
 7. We wear these on our feet while running. _____
 8. Jumping rope is also called _____.
-



Part B: Match the Columns

A

B

- | | | |
|---------------|--------------------------|----------------|
| 1. Football | ☐ | a. Bat |
| 2. Cricket | ☐ | b. Shuttlecock |
| 3. Badminton | ☐ | c. Football |
| 4. Basketball | ☐ | d. Hoop |
| 5. Tennis | ☐ | e. Racket |
-



Part C: Healthy or Unhealthy?

Write **Healthy** or **Unhealthy**.

1. 🍏 Apple _____
 2. 🍟 French Fries _____
 3. 🥛 Milk _____
 4. 🍬 Candy _____
 5. 🥦 Broccoli _____
 6. 🥤 Soft Drink _____
 7. 🍌 Banana _____
 8. 🍕 _____
-



Part D: Choose the Correct Answer

Circle the correct answer.

1. Which food helps us stay healthy?

- A) Chips
 - B) Apple
 - C) Candy
 - D) Chocolate
-

2. Which sport uses a shuttlecock?

- A) Cricket
 - B) Football
 - C) Badminton
 - D) Basketball
-

3. Which item protects your head?

- A) Helmet

- B) Socks
 - C) Gloves
 - D) Belt
-

4. Which of these is good for your body?

- A) Exercise
 - B) Sleeping all day
 - C) Watching TV all day
 - D) Eating too many chocolates
-

5. Which sport is played with a football?

- A) Tennis
 - B) Football
 - C) Cricket
 - D) Badminton
-

6. Which drink is the healthiest?

- A) Water
 - B) Cola
 - C) Energy Drink
 - D) Soda
-



Part E: Fill in the Blanks

Choose from the box.

(run helmet water fruits exercise)

1. We should drink plenty of _____.
 2. We should wear a _____ while cycling.
 3. Daily _____ keeps us fit.
 4. Eating _____ keeps us healthy.
 5. We _____ to stay active.
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Part F: Tick (✓) the Healthy Habits

- ☐ Drink plenty of water.
 - ☐ Eat vegetables every day.
 - ☐ Brush your teeth twice a day.
 - ☐ Play outdoors.
 - ☐ Wash your hands before eating.
 - ☐ Eat only chocolates.
 - ☐ Sleep late every night.
 - ☐ Exercise every day.
-

Part G: Name the Sports Equipment

Write the name.











(Teacher may draw or paste pictures of a cricket bat, basketball, tennis racket, shuttlecock, and football in the spaces above.)



Part H: True or False

Write **True** or **False**.

1. Drinking water is good for health. _____
 2. We should exercise every day. _____
 3. Chocolates should be eaten all day. _____
 4. Fruits help us grow strong. _____
 5. Helmets help keep us safe. _____
 6. Outdoor games keep us active. _____
-



Part I: My Favourite Sport

My favourite sport is: _____

I like it because:



Bonus Challenge

Draw **one healthy food** and **one sports equipment** in the boxes below.

Healthy Food 🥕

Sports Equipment 🏀

_____	_____
_____	_____



Great Job!

Remember:

🥗 Eat healthy food • 💧 Drink water • 🏃 Exercise every day • 😊 Stay active and have fun!