




Grade 07

Health and Physical
 Education

7.Let us learn
 correct posture.

Part I

Answer all questions. Underline most suitable answer.

01. A sitting posture is,
 a) Spine position b) prone position
 c) Crook lying d) Kneeling
02. The correct posture is important to
 a) Maintain a pleasant appearance
 b) Minimize injuries
 c) Coordinate the movements without much stress
 d) All above
03. This is not a style of walking
 a) Walking on heels b) Walking as astride
 c) Walking backwards d) Walking sideways
04. This diagram belongs to,

- a) Walking posture b) Lying posture
 c) Sitting posture d) Lying and sitting posture
05. The advantage of lying correctly is
 a) Deformities from birth b) Extreme tiredness
 c) Avoids waste of energy d) Mental imbalance

(3 x 05 = 15)

Part II

Answer all questions.

1. What do you mean by correct postures. (03)
2. Write 3 correct postures that should be maintained while sitting on a chair. (03)
3. State 3 advantages of correct walking postures. (06)
4. Draw following walking methods. (06)
 - a) Walking zig zag
 - b) Walking with long steps
 - c) Walking with equal strides
4. Write 3 advantages and 3 disadvantages of sitting correctly. (06)
5. Write 3 instances where, lying down posture can be used. (03)
6. Draw the following lying down postures
 - a) Lying face down
 - b) Lying side ways (06)
7. Write 2 reasons that cause bad posture. (02)

(35 marks)