



Grade 7

Health and Physical
 Education.

Unit : 13) Let us develop our physical fitness

Underline the most suitable answer.

- 01) This is a physical fitness factor,
- | | |
|------------------|---------------|
| i) Speed | ii) Strength |
| iii) Flexibility | iv) Happiness |
- 02) This is an activity used to improve speed,
- | | |
|------------------|-----------------------|
| i) Escape a trap | ii) Shuttle relay |
| iii) Cock fight | iv) None of the above |
- 03) The correct formula of calculating speed is,
- | |
|------------------------------|
| i) Speed x Distance = Time |
| ii) Distance / Time = Speed |
| iii) Time / Distance = Speed |
| iv) Speed x Time = Velocity |
- 04) This is not a step in the activity used to test coordination is
- Clap.
 - Skill of Jumping up
 - Stand up.
 - Bend knees and touch the ground.
- 05) The following activity is used to test
- Strength
 - Flexibility
 - Coordination
 - Endurance



Part II

- Write three benefits that you can get through developing physical fitness factors.

2. Define the following terms

- a. Strength
- b. Flexibility
- c. Coordination
- d. Endurance

3. Briefly explain following activities which are used to improve strength

- a. Escape a trap
- b. Jump Standing Broad ("hiti dura panima")

4. Name the physical fitness factor which is measured by following tests.

