



Grade 08

Health and Physical Education

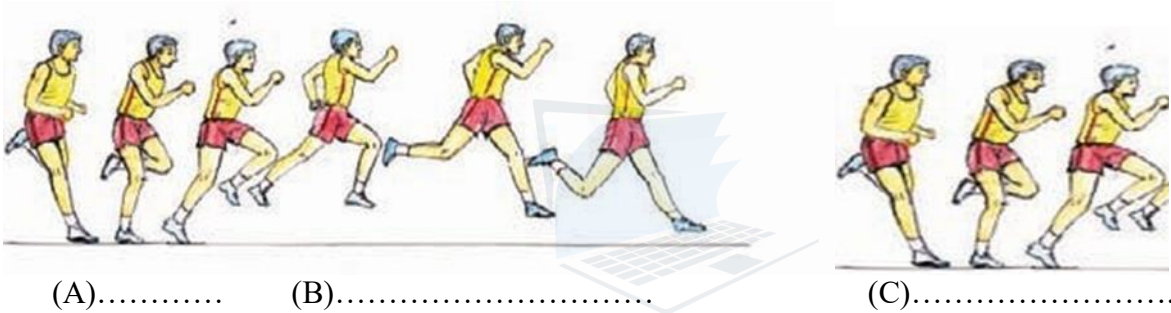
Unit :9.Running Exercises

Part I

Underline the most suitable answer.

1. Select suitable words to fill in the blanks in the diagram.

- i. A-Flight,B-Support, C-Support
- ii. A- Support,B- Flight , C-Support
- iii. A- Support, B- Flight, C- Flight
- iv. A-Support, B-Support,C- Flight



2. Engaging in running drills are more important for ,

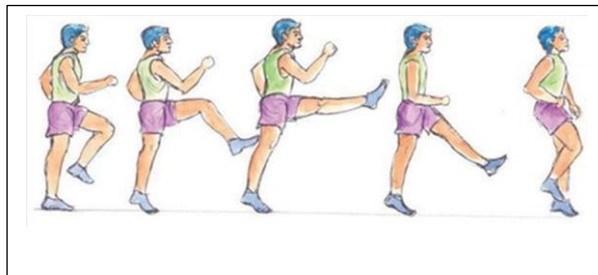
- i. Sprinting events
- ii. Field events
- iii. Jumping events
- iv. Long distance running events

3. By enegaging in running events we can,

- i. Increase the running speed
- ii. Improve the techniques used in running
- iii. Develop our healthy life style
- iv. All of the above

4. The following diagram shows

- i. Runnig drill A
- ii. Runnig drill B
- iii. Runnig drill C
- iv. None of the above



Agaram.LK - Keep your dreams alive!

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Part II

1. Name the main three drills in running and draw the diagrams of them.



agaram.lk

2. Fill in the blanks using suitable words.

- a. In running drill A, the is parallel to the ground.
- b. In running drill B, theleg should be straightened well.
- c. There are main phases in running, namely the phase and thephase. Activities related to these two phases can be developed by engaging in Exercises.
- d. Engaging in running exercises is important for adopting the correct in running and for increasing the running