

**1752 Nadroga Sangam School**  
**HEALTHY LIVING**  
**Year 4**  
**Worksheet 1 2021**

**Short Answers**

1. Write down 2 of the changes that you have noticed in you as you are growing up.

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2. Why is extra-curricular activity important to us?

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3. How many bones are there in our body?

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4. What is the function of a skeletal system?

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5. Name the 3 types of joints in a human body?

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Draw and write the types of exercise / activities / work that you like doing which helps build your bones strongly.