

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.

Hips widen, boys gain weight , shoulders get wider , etc

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

It can enhance our time management and stress management skills , improving overall productivity .

3. How many bones are there in our body?

206.

4. What is the function of a skeletal system?

Holds our body upright, protect our inner organs like lungs, heart and brain.

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

Fixed or immovable joints, hinged joints, Ball and socket joints.

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



