

Test

- 1) What is physical Exercise? (2)
- 2) List out importance of warm up exercise? (2)
- 3) Why should we perform exercise of waist before playing games?
- 4) Define circulatory system.
- 5) Write functions of RBC, WBC.

Note: Pls submit dashain Vacation work in google classroom (physical exercise topic is there) before you submit the paper to school.

Answer:

- 1) Physical exercise is the activity which is done to be healthy and which involves the full movement of all the body.

2.) ~~The~~ importance of warm up exercise is;
• It makes our body flexible
- It prevents us from injuries during the games and other active physical exercises.

3. → We should perform exercise of waist before playing games because it helps to reduce the back pain and ~~str~~ waist strain while playing games.

4.
→ Circulatory system is a system of blood, blood vessels and heart which is responsible to circulate the blood throughout the ~~to~~ body.

5.
RBC → To make blood red and transport ^{oxygen in blood} throughout the body.
WBC → To protect the human body from various diseases by fighting them.