



# SCHOOL NAME

Class 3

Physical Education Worksheet

## Chapter 1 Colours

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**General Instructions:** All questions are compulsory.

### Section A – Being Happy 😊

**1. Tick (✓) the activities that make you happy.**

- A.  Gardening
- B.  Playing with friends
- C.  Singing and dancing
- D.  Listening to stories
- E.  Playing with pets
- F.  Eating together with family

**2. Write any two activities you enjoy.**

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**3. Fill in the blanks.**

- A. Happy activities keep our mind \_\_\_\_\_.

B. We should share happy moments with our \_\_\_\_\_.

## Section B – Healthy Habits

### 4. Tick (✓) the healthy habits.

1.  Eating junk food daily
2.  Exercising every day
3.  Washing hands before eating
4.  Sleeping late at night
5.  Playing outdoor games
6.  Practicing cleanliness

### 5. Answer the following.

A. How do you feel after exercising?

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B. How many hours do you sleep daily?

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### 6. Match the following.

#### Column A

Exercising daily

Washing hands

Sleeping early

Eating fruits

#### Column B

Healthy body

Cleanliness

Good health

Strong body

**7. Tick (✓) the kind actions.**

1.  Helping elders
2.  Fighting with friends
3.  Feeding birds
4.  Sharing with siblings
5.  Throwing waste on roads

**8. What will you do?**

1. If your friend falls down and gets hurt?

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2. If you see an old person carrying heavy luggage?

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**Section C – Ashtanga Yoga** 

**9. Fill in the blanks.**

1. Yoga has \_\_\_\_\_ aspects.
2. The first step of Ashtanga Yoga is \_\_\_\_\_.
3. The second step of Ashtanga Yoga is \_\_\_\_\_.

**10. Write True or False.**

- A. Ahimsa means hurting others. \_\_\_\_\_
- B. Shaucha means cleanliness. \_\_\_\_\_
- C. We should be kind to animals and plants. \_\_\_\_\_

## Section D – Ahimsa and Shaucha

### 11. Circle the correct answer.

1. Siddhartha helped the
  - a. dog
  - b. swan
  - c. cat
2. We should wash hands
  - a. before eating
  - b. after eating
  - c. both a and b

## Section E – Yoga Asanas

### 12. Match the Asana with the correct posture.

#### Asana

Vrikshasana

Bhujangasana

Sukhasana

Pavanamuktasana

#### Posture

Tree Pose

Cobra Pose

Easy Sitting Pose

Wind Relieving Pose

## Section F – Breathing and Eye Exercises

### 13. Write True or False.

- A. “Om” chanting helps calm the mind. \_\_\_\_\_
- B. Eye exercises keep our eyes healthy. \_\_\_\_\_
- C. Chin Mudra is done with fingers and thumb. \_\_\_\_\_

### 14. Tick (✓) the eye exercises.

- A.  Palming

- B.  Rotation of eyeballs
- C.  Throwing stones
- D.  Up and down eye movement

## Section G – Good Habits

15. Tick (✓) the habits you follow daily.

- A.  Brushing teeth twice a day
- B.  Throwing waste in dustbin
- C.  Watching TV before sleep
- D.  Covering mouth while coughing
- E.  Sharing things with others