

WELLAND GOULDSMITH SCHOOL

CLASS - 1

SUBJECT: SCIENCE WORKSHEET

TOPIC: REST AND EXERCISE

Children as you know we use our muscles in doing our work. We feel tired when we do heavy work. Muscles get repaired each time we take some rest or sleep. Rest gives energy to the tired body and also Refreshes the mind.

Exercise and games

*Makes our body strong

*Improve our digestion

*Gives us happiness

Recreation

We all need some recreation to make the mind feel fresh again. After a day's work we should enjoy music, read stories or play some indoor games.

Posture

Posture is the position in which someone holds their body when standing, sitting or walking. We should always sit straight, stand straight and walk upright.

***Children please do the following exercise in your science exercise book.**

1. Answer the following questions.

1. Why it is necessary to take rest?
2. How should we sleep?
3. What must we do before going to bed?
4. Why is exercise necessary?
5. Why is recreation necessary?
6. Name 3 outdoor?
7. Name 3 indoor?
8. What is posture?
9. Name 3 correct posture?
10. When do our muscles get repaired?

2.Fill in the blanks:

- 1.Rest gives _____ to the tired body and also refreshes the mind.
- 2.We use our _____ while writing.
- 3.Early to bed and early to rise makes us _____, _____ and _____.
- 4.Good exercise brings us a sound _____.

5. Exercise also improve our _____
6. After playing, we feel _____
7. We should always remember , a sound mind is a _____ body.
8. We should not sleep with our _____ covered.
9. We should get up _____ in the morning.
10. Always sit, stand and _____ straight.

3. Unscramble the names of games.

1. allbtoof
2. mimwsgin
3. allbketbas
4. belta nintes
5. dolu
6. hessc
7. ketricc
8. keyhoc
9. tonmindab
10. bblearcs

4. Match

- | | |
|-----------------------------|----------------------|
| 1. We feel tired | upright. |
| 2. Exercise and play | of our room open. |
| 3. We should always walk | gives us good rest. |
| 4. We must keep the windows | gives us happiness. |
| 5. Sleep | after work and play. |

5. Write what do you understand from the following recreation

a)



b)





c)



d)

6. Stick or draw three pictures of each

a) Indoor games

b) Outdoor games

c) recreation