Worksheet: Fit Body, Fit Mind, Fit Nation

NIOS · Class 4 · English · 6 questions · 10 marks

Name: _____ Date: _____ Score: _____ / 10

Q1. Name two children in the poem and what they do. *[1 mark]*

Q2. What makes a fit nation? *[1 mark]*

Q3. Write the -ing form of play, sing, and cycle. *[1 mark]*

Q4. What does Geeta learn while skating? *[2 marks]*

Q5. How are a fit body and a fit mind connected? *[2 marks]*

Q6. Write 4-5 lines about your favourite activity and how it keeps you fit. *[3 marks]*