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## 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]*

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

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

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

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

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

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