# Worksheet: Fit Body, Fit Mind, Fit Nation

Telangana State Board · 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]*