
 <p style="text-align: center;"> පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - උතුරු මැද පළාත மதகாணக் கல்வித் திணைக்களம் - வட மத்திய மாகாணம் DEPARTMENT OF EDUCATION - NORTH CENTRAL PROVINCE </p>			
<table border="1" style="margin: auto;"> <tr> <td>Grade</td> </tr> <tr> <td style="text-align: center;">06</td> </tr> </table>	Grade	06	<h2 style="margin: 0;">Third Term Test - 2022</h2>
Grade			
06			
<p>Subject :- Health and Physical Education</p>			
School Name : _____ Index Number : _____	<p>Time : 2 hrs</p>		

Paper 1

- Answer all the questions.
- Underline the most suitable answer.

01. Physical, mental, social and spiritual well-being is called

(1) Totally health	(2) Health promotion
(3) Good health	(4) Physical health
02. The most important thing of leading a healthy life,

(1) Beautiful clothes	(2) Fancy fish
(3) Nutritious food	(4) Sports equipment
03. Dengue is spread by

(1) Wind	(2) Mosquitoes
(3) Dogs	(4) Rats
04. When hoisting the national flag,

(1) Stand at attention	(2) Stand at ease
(3) Be calm	(4) Be in a pleasant manner
05. As the basic human needs,

(1) Food	(2) Air
(3) Water	(4) All above

- Put a right (✓) or wrong (x) in the brackets given.

06. The skeletal system is strengthened through sports and exercises. ()
07. In fulfilling the needs, the basic needs should be prioritized. ()
08. The number of teeth in the mouth of a grown man is 32. ()
09. Kurakkan and Helapa are healthy foods ()
10. In volleyball, the number of players that can be registered for one team is 15 ()

- **Choose the correct answer and fill in the blanks**

(Body Mass Index, safety, more, teeth, weight)

11. The nutritional value of a mixed diet is
12. Your needs andare provided by your parents.
13.helps to pronounce words properly.
14. BMI is known as
15. should be measured in light clothing

16. Games you do during your leisure time for enjoyment and happiness by yourself or with friends are known,
 - (1) Lead up games
 - (2) Organized games
 - (3) Minor games
 - (4) Folk games
17. The national sport of Sri Lanka is,
 - (1) Elle
 - (2) Volleyball
 - (3) Cricket
 - (4) Football
18. The main nutrient that gives our body the energy it needs
 - (1) Vitamin
 - (2) Carbohydrate
 - (3) Mineral
 - (4) Protein
19. The sensory organ in our body is,
 - (1) Body
 - (2) Heart
 - (3) Kidney
 - (4) Eye
20. The method used by people living in the Stone Age for food preservation was,
 - (1) Roasting
 - (2) Salting
 - (3) Applying bee honey.
 - (4) Salted lime (*Lunu dehi*)

Paper 11

- **Answer only four questions.**

01. 1. a) What is totally health? (3 marks)
- b) Write four measurable characteristics of physical well-being. (4marks)
2. a) Write two characteristics of a socially well-being person. (2 marks)
- b) Write three things you can do to keep your family members' healthy. (3marks)
3. Write three things you can do to make your school a healthy school. (3 marks)
02. 1. What are the basic needs of man? (3 marks)
2. Explain in brief the difference between needs and desires. (4 marks)
3. a) Describe the ways in which needs and desires can be fulfilled. (4 marks)
- b) In addition to basic needs, write four other needs. (4 marks)
03. 1. How many parts are the diseases that we get mainly divided into? (4marks)
2. Name three non-communicable diseases that you know. (3 marks)
3. a) Mention three steps that can be taken to prevent dengue. (4marks)
- b) Write two things that can be done to prevent and control diseases. (4marks)
04. 1. Name 05 sensory organs that are in connect with the external environment. . (5 marks)
2. Name four types of teeth. . (4marks)
3. a) Name four things you can do to protect your teeth. . (4marks)
- b)What are the main types of taste? . (2 marks)

05. 1.Name four minor games you can play. . (4 marks)

2. a)What is a lead up game . (4 marks)

b) Write four organized games. (4marks)

3. Name three things necessary to play volleyball. (3 marks)

06. 1. What is fitness? (4 marks)

2. Write two benefits of maintaining good fitness. . (4 marks)

3. a) What is rhythm? (4 marks)

b) Write three activities you can use rhythm in everyday life. (3 marks)

07. 1. What is correct posture? (4 marks)

2. Write two benefits of using correct posture. (4 marks)

3. a) Write the order in which the feet should touch the ground during a correct walk (4 marks)

b) Name three running events seen in athletics. (3 marks)



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නිවසටම ගෙන්වා ගන්න



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කෙටි සටහන්, වැඩ පොත්, අතිරේක කියවීම් පොත්, සඟරා
සිංහල සහ ඉංග්‍රීසි මාධ්‍යයෙන් ගෙදරටම ගෙන්වා ගැනීමට

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