



## Royal College - Colombo 07

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**Grade 6 – Second Term Test – July 2019**

දෙවන වාර පරීක්ෂණය - 2019 ජූලි - 6 ශ්‍රේණිය

කාලය : පැය 2  
Time : 2 hours

### Health and Physical Education

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Name :- ..... Grade : - ..... Index number:-.....

#### Part I

Underline the correct answer.

- Secondary needs of human.  
(i) Protection (ii) Water (iii) Air (iv) Food
- Not important for rules, regulations and ethics of sports.  
(i) Minimize accidents (ii) Expected victory only  
(iii) Easy Judgments (iv) Appreciations of audience.
- Not a nutritional components,  
(i) protein (ii) Fruits (iii) Minerals (iv) Lipids
- What is know as decreased macronutrients,  
(i) Anemia (ii) Under nutrition  
(iii) Immunizations (iv) Over nutrition
- Not consider in food consume  
(i) Sufficient quality (ii) Food hygiene  
(iii) High cost (iv) Variety
- Ability success our activity called as 'fitness' not include in the parts of the fitness.  
(i) Mental (ii) Spiritual (iii) Physical (iv) Social
- Not advantage of be a rhythmic.  
(i) Excessive tiredness (ii) Discreased physical disability.  
(iii) Improving nervous muscle coordination (iv) To be happy
- Not a feature of physical fitness,  
(i) Equality (ii) Strength (iii) Flexibility (iv) Endurance.

9. Not a feature of minor games,
- (i) The rules can be adjusted as needed. (ii) Fixed number of players.
- (iii) Not a standard equipments. (iv) Not a playground.
10. The correct walking foot should touch the ground.
- (i) Fingers, ball, Heel (ii) Ball, Fingers, heel
- (iii) Heel, Ball, Fingers (iv) None of the above.

• Mark '✓' for correct statements and '✗' for wrong statements.

11. Social fitness is the ability to do everyday tasks with maximum efficiency. ( )
12. Maintaining the correct posture can lead to a healthier, more efficient lifestyle. ( )
13. Hygiene is personal cleanliness. ( )
14. Strength is the ability to perform a task in less time. ( )
15. Since micronutrients are required daily, they are not a problem. ( )
16. It helps the bones and muscles to do simple movements. ( )
17. Volleyball was introduced to Sri Lanka by Williom G. Morgan and Introduced to the world by Robert Walter Camac. ( )
18. Health is combination of physical, mental, social and spiritual well being. ( )
19. Posture is best when standing in a land for long periods of time. ( )
20. Minor games is games made using the available resources. ( )

## Part II

**Answer the five questions, including the first question.**

01. A healthy and efficient lifestyle can be achieved by preparing a diet that provides all the nutrients.
- (i) Write 4 main nutrients we get from food. (4 marks)
  - (ii) Name 3 main functions of food. (3 marks)
  - (iii) Write 3 problems faced due to under nutrition. (3 marks)
  - (iv) Write 2 problems faced due to macronutrients. (2 marks)
  - (v) Write 3 points to consider when choosing healthy food. (3 marks)
  - (vi) What are the two main nutrients. (2 marks)
  - (vii) Write 3 nutritionally mixed foods. (3 marks)
- [Total = 20 marks]
02. Maintaining the wellbeing for maintaining a healthy state can lead to a healthy life.
- (i) Write 2 factors and good habits required for proper physical well - being (2 marks)
  - (ii) Write a short word for water and Sanitation. (2 marks)
  - (iii) Write a features that determine physical well being. (3 marks)
  - (iv) Write the formula for measuring body mass index. (2 marks)
  - (v) What are the 2 indices that can be used to measure the nutritional status? (3 marks)
- [Total = 10 marks]
03. Identifying needs and desires can lead to a balanced life.
- (i) What are the 2 types of needs? (2 marks)
  - (ii) Give 2 examples each of the above 2 types. (2 marks)
  - (iii) List two needs and desires from the items you brought home this week. (2 marks)
  - (iv) What are the 2 factors to be concerned of in fulfilling needs and desires? (2 marks)
  - (v) Write 2 reasons human needs to be different? (2 marks)
- [Total = 20 marks]

04. Fitness factors are important for developing the ability to succeed in activities.
- (i) What's the mean of physical fitness. (2 marks)
  - (ii) Write 3 characteristics of physical fitness. (2 marks)
  - (iii) Give 3 advantages of maintaining fitness. (2 marks)
  - (iv) Write 4 activities that can be carried out to improve fitness. (2 marks)
  - (v) Write 3 main types of fitness. (2 marks)
05. You will learn the proper techniques of walking, running, jumping, throwing and how they are used in your daily activities.
- (i) Write 2 activities to practice walking . (2 marks)
  - (ii) Write 2 activities to practice running. (2 marks)
  - (iii) Write 2 activities to practice jumping. (2 marks)
  - (iv) Mention a features which can be seen in running, but cannot be seen in walking. (2 marks)
  - (v) Name the throwing event not found in school athletic. (2 marks)
06. Organized games are played in accordance with approved measurements with playground. netball, volleyball, football are some examples of organized games.
- (i) Write 3 activities to practice ball handling in volleyball. (2 marks)
  - (ii) Who introduced the game of netball to Sri Lanka. (2 marks)
  - (iii) Write 2 activities to practice foot work in Volley ball. (2 marks)
  - (iv) Write 2 facilities needed to conduct the football game. (2 marks)
  - (v) Write 2 activities to practice foot work in foot ball. (2 marks)