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Third Term Test - Grade 6 - 2019

Name : Health and Physical Education Time: 02 hours

Part - 1

* Answer all questions

* Underline the most appropriate answer.

(1) Ruwani is a talented athlete in the school. She needs more,

- 1. Physical wellbeing
- 2. Social wellbeing
- 3. Mental wellbeing

(2) Main Factor that is influenced to conduct the morning fitness programme in the school is,

- 1. Speed
- 2. Strength
- 3. Rhythm

(3) How many types of teeth can be appeared in a mouth of an adult?

- 1. Three
- 2. Four
- 3. Five

(4)



The game depicted in the above diagram is,

- 1. Volleyball
- 2. Netball
- 3. Baseball

(5) Disaster situation, mostly affected in the North Western province is,

- 1. Earthquakes
- 2. Tsunami
- 3. Drought

● **Read the following sentences and mark (✓) if it is correct and mark (X) if it is incorrect.**

- (6) It is compulsory to have an adequate rest and sleep. ()
- (7) Toes should be pointed to walking direction in a correct walking. ()
- (8) Mother's leaving abroad for jobs will not affect the protection of children. ()
- (9) We must maintain correct postures only during the school time. ()
- (10) Rules and regulations of the sports will rule the sports and do a justice to everybody. ()

● **Select the correct answer from the bracket and fill in the blank.**

(micro nutrients/ speed/ desire/ running/ oxygen/ need)

- (11) You spend more money to buying beautiful stationeries due to
- (12) You breath heavily while exercising to get
- (13) Both the legs are up in the air when
- (14) Minerals and vitamins are called
- (15) is an ability to do a task within a short time.

● **Match A with B.**

(A)

(B)

- (16) Vaccine given to the baby just after the birth is Social wellbeing
- (17) Non communicable disease wasting
- (18) An organ helps in speaking B C G
- (19) Working co-operatively with others Diabetes
- (20) Not having a weight relative to the height Tongue

(2 × 20 = 40 marks)

Part II

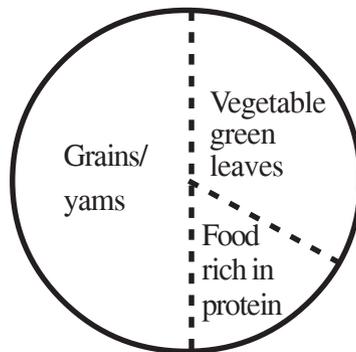
- Answer Five questions only.
- First question is compulsory.

(1) The interhouse sports meet was an unforgettable day. We all built beautiful house tents together. All children took part in the drill display, band display, march past and everyone was very happy and enjoy well. During the break we had a delicious and nutritious meal. Prizes and certificates were presented to the winners of the previous games at the closing ceremony.

- Name an organized game that you think would be included in the inter house sports meet? (02 marks)
- Name an athletic event in which students in your class participated? (02 marks)
- What is the correct posture you should when raising the flags of the ceremony? (02 marks)
- Write in a way that you help when making house tents? (02 marks)
- Write a quality that we can develop by working together? (02 marks)
- What is the vitamin that contains orange that prepared for athletes? (02 marks)
- Give an example to rhythmic activity that mention in the passage? (02 marks)
- Write a quality of the diet that students were given? (02 marks)
- Write a change in the body of Nuwan, who finished 100m race. (02 marks)
- Write down how you responded after your house was announced as the winner? (02 marks)

(2 × 10 = 20 marks)

(2) Balance diet help to lead a healthy life.



- What type of food should be contain in the food plate mostly? (02 marks)
- What is the main nutrient rich in those foods? (04 marks)
- Mention two advantages of having a healthy food? (04 marks)

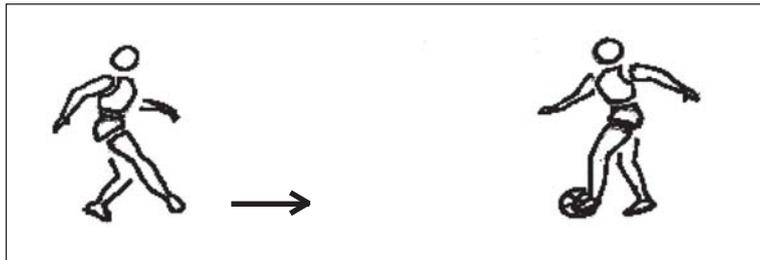
(3) Athletic is a combination of all running, jumping and throwing activities,

- Mention the occasions when you were running in everyday life? (02 marks)
- Write down two jumping activities that you were practice in the school. (04 marks)
- Explain an activity you can practice to develop throwing skills? (04 marks)

(4) Infectious diseases can interfere with our daily activities.

- Write a method of diseases can transmitted. (02 marks)
- Mention two problems can arise due to sick condition. (04 marks)
- Write two health habits you should follow to prevent from diseases. (04 marks)

- (5) Fitness can describe as physical, mental and social capability to do our day today activities effectively.
- (i) What is the fitness factor can develop in Nadun by engaging daily religious activities? (02 marks)
 - (ii) Mention two physical fitness factors. (04 marks)
 - (iii) Write down how you react, when a classmate hurts you in the classroom. (04 marks)
- (6) Heavy rains have caused several disasters in many areas of the country.
- (i) Name a disaster situation can caused by rain. (02 marks)
 - (ii) Write two infectious diseases that can spread due to environmental pollution? (04 marks)
 - (iii) Write two other problems faced by children in disaster areas. (04 marks)
- (7) Outdoor activities are very useful to spend our leisure effectively.



- (i) What is the game related to the above activity shown in the diagram. (02 marks)
- (ii) Write two minor games that can play with equipments. (04 marks)
- (iii) Write two activities suitable to develop ball control in volleyball. (04 marks)



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Provincial Department of Education - NWP

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Third Term Test - Grade 6 - 2019

Health and Physical Education - Answers

Part - I

- | | | | |
|-------|--------|---------------------|-----------------------|
| (1) 1 | (6) ✓ | (11) Desire | (16) B.C.G |
| (2) 3 | (7) ✓ | (12) Oxygen | (17) Diabetes |
| (3) 2 | (8) ✗ | (13) Running | (18) Tongue |
| (4) 2 | (9) ✗ | (14) Micronutrients | (19) Social-wellbeing |
| (5) 3 | (10) ✓ | (15) Speed | (20) Wasting |
- (2 × 20 = 40 marks)

Part - II

- (1)
 - (i) Volley ball, Netball, Food ball, Cricket, Elle, Basket ball.....
 - (ii) 100m, 200m, 400m, Long jump, High jump, Shot put
 - (iii) Attention
 - (iv) Clean the area, provide necessary equipments.....
 - (v) Co-operative, unity, team work etc
 - (vi) Vitamin C
 - (vii) Drill display, Band display, march past.
 - (viii) Cleanliness, Nutritional Value, Taste etc.....
 - (ix) Sweating, increasing body temperature, increasing the speed of respiration, increasing pulse rate etc....
 - (x) Clapping, Shouting etc

(2 × 10 = 20 marks)

- (2)
 - (i) Rice, String hopper, Sweet potatoes, Manioc, Rotti etc
 - (ii) Carbohydrates
 - (iii) Protect from diseases etc.....

(02 marks)
(04 marks)
(04 marks)

- (3)
 - (i) Playing games, Chasing animals, in case of emergency etc.....
 - (ii) Swing arms and jump forward Jumping on one leg, Jump from little height....
 - (iii) Give marks for appropriate answer.

(02 marks)
(04 marks)
(04 marks)

- (4)
 - (i) By air, By water, By vectors, By food
 - (ii) Missing the day today activities, Economical losses, loss of happiness etc.....
 - (iii) Consume healthy food, set up the garden clean and tidy, destroy mosquito breeding places, Do regular exercise.

(02 marks)
(04 marks)
(04 marks)

- (5) (i) Mental wellbeing (02 marks)
(ii) Strength, Speed, Flexibility, Endurance, Co-ordination... (04 marks)
(iii) Give marks to positive answer (04 marks)
- (6) (i) Flood, landslide (02 marks)
(ii) Cholera, diarrhoea, Dengue, malaria (04 marks)
(iii) Loss of property, Depraving of education, loss of love and protection etc..... (04 marks)
- (7) (i) Foot ball (02 marks)
(ii) Breaking tail, Steeping on poison (04 marks)
(iii) Rolling the ball alone the ground. Toss and catch the ball.
bounce and catch the ball..... (04 marks)