

HEALTH & PHYSICAL EDUCATION WORKSHEET

**GRADE
06**

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01 LET US LEAD A HAPPY AND HEALTHY LIFE

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05 LET US DEVELOP BASIC ATHLETIC SKILLS

06 LET US RESPECT RULES, REGULATIONS AND ETHICS IN SPORTS

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08 LET US MAINTAIN A HEALTHY BODY

09 LET US IMPROVE FITNESS FOR A BALANCED LIFE

10 LET US BE AWARE AND FACE CHALLENGES



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01 Let us lead a happy and healthy life

01. What are the characteristics of the students who are possess good habits leading to a healthy and Happy life?

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02. What are the characteristics of the students who are not possess good habits leading to a healthy and Happy life?

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03. What is a healthy life?

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Physical Well-being

01. What is the meaning of the Physical well-being?

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02. Write 07 factors and good habit required for physical well-being?

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03. What has to be done to keep the air fresh?

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04. How to protect ourselves from air pollutes areas?

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05. Which part of our body is directly affected by breathing polluted air?

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06. What has to be done to reduce the pollution of the air?

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07. What are the uses of cleaning water?

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08. Why it is essential to prevent water from getting polluted?

.....

09. What water is suitable for drinking?

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10. What is the equipment that used to purify water?

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11. How many liters of water child should drink per day?

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12. Water can be polluted due to contamination with what?

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13. What is hygiene?

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14. What are the good hygiene and sanitation?

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15. Give 04 good habits that maintain the hygiene?

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Concept of water and sanitation

01. What is the meaning of the following letter of WASH?

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02. Define the correct method of hand-washing?

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03. What is called a healthy diet?

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04. What are the factors that attention should be paid to regarding the food we eat?

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05. Give 04 benefits of engaging in sports and exercise?

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06. What is very important to maintain physical well-being?

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07. How many hours a child should sleep at least every day?

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08. What is the benefit of the adequate rest and sleep?

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09. Write 04 features of a pleasant environment?

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10. Write down the 5S concept?

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Features that determine Physical well-being

01. Write 05 features that determine physical well-being?

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02. What is called Nutritional status?

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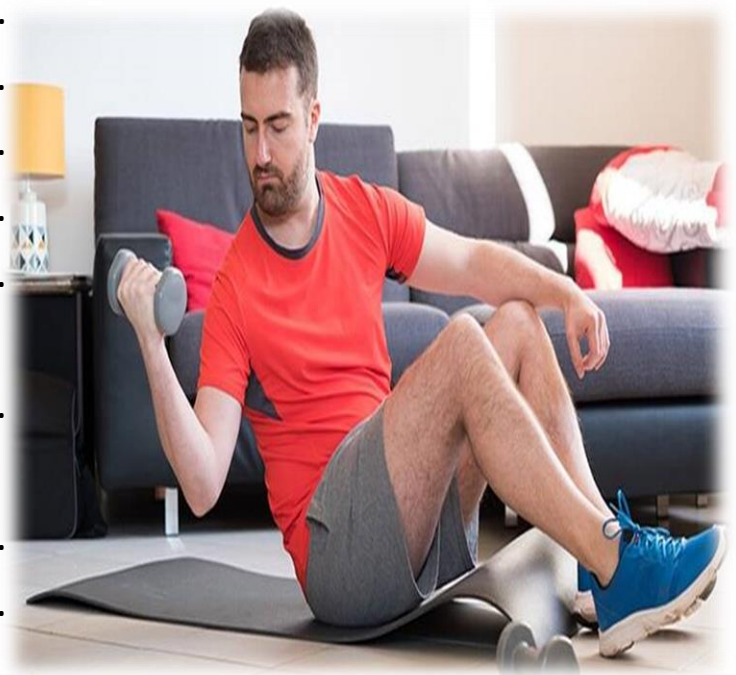
03. Give 04 example to Nutritional status?

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04. What are the effects/results of the above Nutritional status?

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05. What are the indices are used to measure the physical growth?

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Body Mass Index

01. What is known as body mass index (BMI)?

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02. Write the equation of the body mass index?

03. Calculate the BMI of the weight is 30kg and height is 1.5m?

04. What are the indicates following in the BMI chart?

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.....

Waist circumference

01. What is the risk that the deposition of fat around the abdomen?

.....

02. State the equation of the waist size?



03. What is the ratio of the waist size?

.....

Note: - Waist circumference should be less than half of one's height.

Physical fitness

01. What is known as Physical fitness?

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02. Why our body becomes tired?

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03. Write 03 factors to improve of the immunity?

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04. Write 04 factors which improve your pleasant appearance?

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05. How to improve the activeness?

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Mental Well-being

01. What is mental well-being?

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02. Write 04 good habits for mental well-being?

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03. Write 04 advantages of engaging in sports activities?

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04. Mention some aesthetic and creative activities.

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05. What is 'simple life style'?

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06. What is known as desirable?

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07. What you meant by "time management"?

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08. How we keep the time management?

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09. Where you get counselling or advisable?

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10. Write 03 benefits of meditation?

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11. Write 04 characteristic that a person with mental well-being?

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12. What is known as self-esteem?

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13. write 04 factors that develop your own value and self-esteem?

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14. What is decision making?

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15. Write the steps that taking when making a decision?

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16. How you solve a problem?

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17. Mention 04 stress in our life.

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18. Write 04 activities that can be practiced to cope with stress in life successfully?

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19. What is known as critical thinking?

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20. What is known as creative thinking?

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21. Write the important of the creative thinking?

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22. What is known as emotion?

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23. Write 03 pleasant emotions?

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24. Write 04 unpleasant emotions?

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25. What can you do when you have harmful emotions?

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26. What is known as being lively?

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27. What is a self-discipline?

.....

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28. Mention 02 examples for it.

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.....

29. write 02 advantages of the self-discipline?

.....

.....



Social well-being

01. What is known as social well-being?

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02. Write 04 good habits that can be practiced to develop social well-being.

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03. Write 04 skills of a person with social well-being.

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04. What is known as good inter-personal relationship?

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05. Write 04 advantages if you maintain good inter-personal relationship?

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06. What is the meaning of productive communication?

.....

07. What is empathy.

.....

08. Write some characteristics of an empathy person.

.....

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09. What is flexibility?

.....

10. Write 02 characteristics of a leader?

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11. What is known as followership?

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12. What is known as being law abiding?

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Spiritual well-being

01. Write the foundation factors of spiritual well-being?

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02. Write 04 basic factors that would help to build spiritual well-being.

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03. Write 04 good habits for spiritual well-being.

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04. Write 05 qualities of a person who has spiritual well-being.

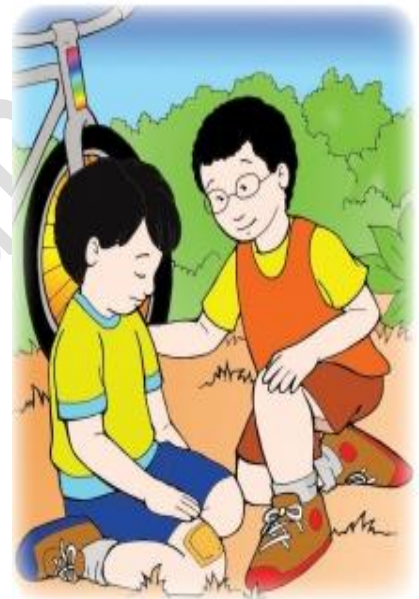
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01. What is known as human needs?

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02. What is known as basic needs?

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03. What is known as other needs?

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Basic Needs

01. What are the basic human needs?

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02. What is the first human need?

.....

03. How air is pollution?

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04. What are the useable resources?

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05. Food provides with the nutrients. What are important of the nutrients?

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06. What type of food we have to consume?

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Other needs

01. How the people of ancient times get production from rain?

.....

02. How they improve their life step by step?

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03. Mention the steps of progress of the social system, man's need for houses diversified.



04. What are the other needs in addition to their basic needs?

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Needs and desire

01. What is known as desires?

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02. Mention the word of talents?

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03. How do you make a better life?

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04. Mention a harmful desire.

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05. Mention the harmful of the above desire.

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Responsibilities and duties in fulfilling needs and desires

01. Give 04 factors to be concerned of in fulfilling needs and desires?

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02. Give 04 duties and responsibilities we should consider when fulfilling needs and desire?

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03 Let us improve personality through posture

01. What are the important in improving our physical appearance?

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02. How we should take care to maintain our personal hygiene?

.....

03. What are the advantages we can gain when we use correct postures?

.....



Factor that affects persona Appearance

01. Give 04 factors that affect personal appearance?

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.....

Correct postures for physical appearance

01. What is known as correct posture?

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.....

02. What is the important and major role in posture?

.....

03. How we keep our spine balance?

.....

04. Mention the situation where we should maintain correct postures?

.....

.....

05. What are the steps of the correct standing?

.....

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06. What are the 03 postures which we adopt in standing?

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Stand at attention



Correct walk



01. What are the important parts of the foot?

.....

02. What is the part touches the ground first in the correct walk?

.....

03. What is the part touches the ground finally in the correct walk?

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04. What are the characters that we walk in correct posture must be maintain in our life?

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.....

Correct sitting

01. What are the important steps to sit the correct posture?

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.....

Maintain correct posture in day-to-day activities

01. What are the various activities which we engage in our day-to-day activities?

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02. What are the harms that if you do not do these activities maintain a correct posture?

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03. What should be do when lifting and putting down a heavy object?

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04. What we should not do when lifting something heavy?

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05. What should be do when pushing and pulling objects?

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06. Give 04 harmful effects of bad postures?

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07. Give 04 instances where bad postures can be seen in day-to-day activities?

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08. Give 04 characters of a healthy school bag?

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09. How you wearing the back pack correctly?

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04 Let us enjoy our leisure through recreational games

01. Mention some sports activities?

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02. Games can be categorized into 03 main groups. What are they?

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03. Give 03 physical benefits that you gain by indulging in sports activities?

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04. Give 03 Socio-mental benefits that you gain by indulging in sports activities?

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Minor games

01. What is known as minor games?

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02. What is the special feature of the minor games?

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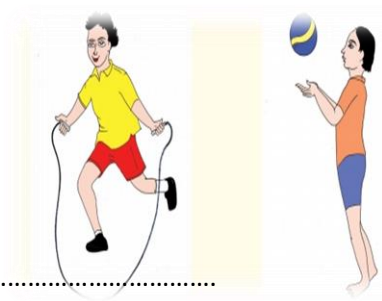
03. Give 03 features of minor games?

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04. Give 03 minor games that can be played by yourself?

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05. Give 02 minor games that can be played by pairs?

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06. Write 03 minor games which can be played with a few or group of people?

.....

.....

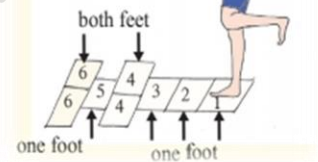
Lead-up games

01. What is known as lead up games?

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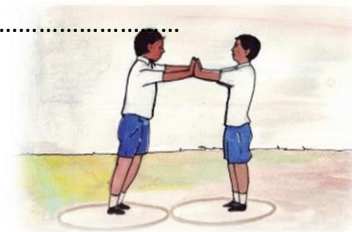
Organized games

01. What is known as organized games?

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02. Give 03 common features of organized games?

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03. Mention 05 examples for organized games?

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04. What is the game is helpful to develop the skills of organized games?

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Volleyball

01. What is the name of the place which volleyball was started?

.....

02. Who was introduced in the world? When?

.....

03. Who was introduced it to Sri Lanka? When?

.....

04. What is the national game of Sri Lanka?

.....

05. Who are playing volleyball in the world?

.....

06. Write the skills of Volleyball?

.....

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.....

.....

07. Draw the volleyball with measurement.





Netball

01. When was netball introduced in Sri Lanka? By Whom?

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02. When was netball introduced in the World? By Whom?

.....

03. Draw the netball court with measurement.



04. Write the skills of netball?

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Football

01. Who improved the football in world?

.....

02. Who help to popularized in the world?

.....

03. When was introduced in Sri Lanka?

.....

Note: Football is the most popular game in the world.



04. Write the skills of football?

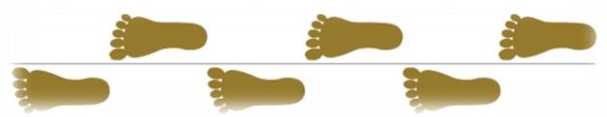
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01. What is the activity that is done as an exercise and as a competitive event in athletics?

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02. Write 03 benefits of correct walking?



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03. Mention a feature which can be seen in running, but cannot be seen in walking?

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04. Name the running you see in athletic event you know?

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05. Mention points needed to be considered when landing?

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06. Name the jump you see in an athletic event you know?

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07. Mention points needed to be considered when throwing?

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08. Write the methods of throwing activity?

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.....

09. Name the throwing you see in athletic event you know?

.....



06 Let us respect rules, regulations and ethics in sports

01. What is known as rules and regulations in sports?

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02. What is known as sports ethics?

.....

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03. Write 04 importance of rules, regulations and ethics in sports?

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04. Write 04 personal qualities and abilities which develop in sports activities?

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05. To minimize injuries when doing sports, participants should pay attention to some facts. What are they? (Rules and Regulations in sports)

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06. Mention the difficulties that must be faces when rules, regulations and ethics in sports are not observed?

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07 Let us get used to healthy food habits

01. What is giving nutrients to our body?

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02. Why food is essential to us?

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03. What is known as healthy meal?

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04. Draw the nutrients chart?



05. Food can be categorized under six groups. What are they?

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06. List out the categories of food, their main nutrients and their functions?

07. What are the points to be considered when choosing healthy food?

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08. What factors are depending on the nutritional value?

.....

09. How we can provide food variety?

.....

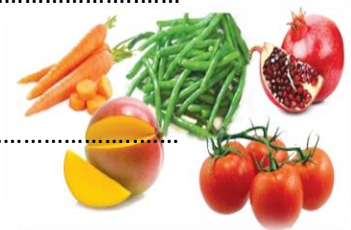
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10. Write 04 factors depends on quantity of food intake differs from person to person?

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11. What is known as natural food?

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12. How many liters of water will take a student per a day?

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13. What are the factors that we should consider the following when choosing food?



14. Give some healthy snack?

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15. Write 02 method used during ancient times to increase the quality of food?

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16. What is known as malnutrition?

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17. Draw the nutrient chart.

18. What are the deficiency by the under nutrients?

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19. What is known as stunting?

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20. What is known as wasting?

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21. What are the problems faced due to under nutrition?

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22. What is known as over nutrition?

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23. What is known as overweight?

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24. What is known as obesity?

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25. Draw the chart of micronutrient deficiency states and steps that can be taken to prevent them.

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01. Give 05 sensory organs?

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02. Write 03 situations where heartbeat increases?

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03. Name 02 systems and function of that.

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04. Why do we feel hungry?

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05. Why do we feel thirsty?

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06. How we see?

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07. Mention 03 things you must do to maintain healthy eyes?

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08. The ear can be divided into 03 parts. What are they?

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09. Mention 03 things you must do to maintain healthy ear?

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10. What is the function of nose?

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11. What are the functions of tongue?

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12. Our tongue is able to recognize 04 types of taste. What are they? And draw the picture?

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13. Write 04 functions of skin?

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14. Name 03 things you must do to maintain healthy skin?

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15. What are protects the body?

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16. Name 03 things you must do to maintain healthy nails and hair?

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17. Explain the types of teeth with picture.



18. Write 04 reasons for teeth can decay?

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19. Write 04 good habits will help to keep our teeth healthy?

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20. Name 04 good healthy habits that must be followed by us to be healthy?

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01. What is known as fitness?

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02. We can identify 03 main aspects of fitness. What are they?

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03. What is known as physical fitness?

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04. Write some factors that affect physical fitness?

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05. What is known as mental fitness?

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06. How can we identify a person who has mental fitness?

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07. What are help to improve our mental fitness?

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08. What is known as social fitness?

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09. How can we identify a person who has social fitness?

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10. Write 04 importance of maintaining fitness?

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11. Write 03 affects when our physical, mental, social fitness are poor?

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12. What is known as physical fitness factor?

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13. Name the characteristic of physical fitness?

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14. What is known as strength? Give example.

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15. What is known as speed? Give example.

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16. What is known as endurance? Give example.

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17. What is known as flexibility? Give example.

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18. What is known as coordination? Give example.

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19. Write 04 activities that you can carry out in order to improve your physical fitness?

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20. What is known as rhythm?

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21. Write 04 rhythm activities that you could follow?

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22. Write 04 advantages that doing things with a rhythm?

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23. What is known as emotion?

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24. Write some pleasant emotions?

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25. Write some unpleasant emotions?

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26. What are the factors that influence emotions?

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27. Write 04 advantages of emotional balance?

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28. Write 04 methods to maintain emotional balance?

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01. Write the main types of Diseases?

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02. What is known as communicable diseases and give 04 examples?

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03. How common cold and tuberculosis are spreads?

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04. Write 03 actions that can be taken to prevent the spread of cold and tuberculosis?

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05. Mention that how diarrhoea and Typhoid are spreads?

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06. Write 03 actions that can be taken to prevent the spreads of diarrhoea and Typhoid?

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07. Mention that how Dengue and Filaria are spreads?

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08. Write 03 actions that can be taken to prevent the spreads of Dengue and Filaria?

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09. What is known as non-communicable diseases and give 04 examples.

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10. Write 04 factors increase the risk of non-communicable diseases?

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11. Write some methods used to preventive diseases?

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12. What is known as personal hygiene?

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13. Write 04 good habits that we must follow to maintain or personal hygiene?

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14. Write 04 actions that can be taken to maintain the cleanliness of the environment?

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15. How we improve our natural immunization?

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16. What are the diseases that can be prevented through vaccination?

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17. Write 04 actions will help us to prevent non communicable diseases?

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18. Write 04 negative consequences that may arise due to illness in general?

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19. Write 04 other challenges of day-to-day life?

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20. Write 04 accidents that could happen at home?

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21. Write 04 ways to prevent road accidents?

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22. Write 04 disasters?

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23. Mention 04 methods that can be taken to decrease the disaster?

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24. Write 04 actions that can be taken to be safe from abuse?

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25. Mention some developing skills to face expectations?

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Purpose - I expect this Grade 06 Health Worksheet Book is designed to learn their lessons easily to my beloved students.

I think it's an easy way to study your lessons.

Thank you.....