



Grade

6

SECOND TERM TEST - 2019

SUBJECT - Health and Physical Education

School :

Name of the Student/ Index No :

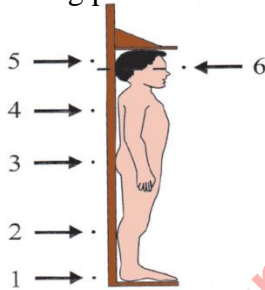
Time : 2 hrs.

Part I

Answer all the questions.

Underline the most suitable answer.

- What is physical well being?
 - Keeping personal cleanliness
 - Keeping good health, minimizing of behavioural pattern to lead ill health and keeping fitness.
 - Living happily identifying your talents and skills and facing challenges
 - Ability to work together with others maintaining good relationships.
- The following picture shows



- Measuring height
 - Measuring weight
 - Measuring the waist circumference
 - Measuring the Body Mass Index.
- The place where we can get help for our problems is,
 - Suwasariya
 - Janareliya
 - Sisuseriya
 - Hasareliya
 - The human dwelling of which period is shown in picture B?



- Agricultural age
- Stone age
- nomad age
- present

5. Which of the following is an organized game?
 - a. Beat the ball
 - b. stepping on poison
 - c. changing trees
 - d. table tennis
6. What posture is suitable to be relaxed when standing in the assembly?
 - a. Stand at attention
 - b. stand at ease
 - c. stand ease
 - d. laying on the ground
7. A rectangular court, two poles of 2.5m and a net fixed to the 2 poles, are used for,
 - a. Volleyball
 - b. netball
 - c. football
 - d. Elle
8. What nutrients give energy to our body?
 - a. Carbohydrates and Lipids
 - b. Vitamins and minerals
 - c. carbohydrates and proteins
 - d. proteins and vitamins
9. A result of Iron deficiency is,
 - a. Weak bones and teeth
 - b. Night blindness
 - c. goiters
 - d. decrease the hemoglobin amount in blood
10. Who introduced the 5S concept?
 - a. Japan
 - b. America
 - c. France
 - d. India

State whether the following sentences are correct or wrong by putting (✓) or (X)

11. As a child you must drink 1.5 l – 2l of water per day. (.....)
12. The orange colour of the Height for age chart indicates the child is short for the age (.....)
13. Good communication is a feature of a person with good mental health (.....)
14. Desires are very essential to live in a society. (.....)
15. The activities done to improve the skills of organizes games are called lead up games (.....)

Select the most suitable answer from the words given within brackets

(waist circumference/empathy/weight/letter V/ Hath maluwa/ Volleyball/followership/letter W/meat/Football)

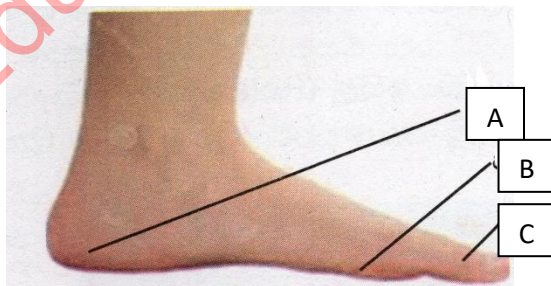
16. Height andare needed to measure BMI.
17.is called supporting a leader.
18. When you are at attention position, the legs must be inshape
19.is a mixed food item to maintain the nutrients.
20. The most famous sport in the world is

Part II

Answer only 5 questions

(2x3= 6 marks for each)

1. (I). Write 4 good habits that you can follow to keep personal hygiene.
(II). Write 2 features of a good environment.
(III). Write 2 things that you can do when you get a bad or unpleasant emotion.
2. (I). What are the main 3 categories of games?
(II). Write 2 activities done to practice getting used to the ball in volleyball.
(III). Write 2 benefits of engaging in sports.
3. (I) Name 2 things that we should pay attention when buying a bottle of water from a shop.
(II) Write 4 types of food which are harmful to our body.
(III) Write 2 points to be considered when choosing nutritional food.
4. (I) Write 2 personal characteristics developed when engage in sports
(II) Write 2 things that we should pay attention to reduce injuries in sports.
(III) Write 2 advantages you get by obeying rules and regulations in sports.
5. (I) Write 2 instances where we should keep correct posture.
(II) Name A,B and C of the picture



- (III) Write 2 damages caused by incorrect posture

6. (I) Write 2 diseases caused by insufficiency of micro nutrients in our body.
(II) Name 2 problems faced by a person with undernutrition.
(III) Write 2 steps to control obesity.
7. (II) Name 2 vitamins
(II) What are the nutrients that we must include in a ½ of our food plate?
(III) What is meant by a “nutritional diet”?

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