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Department of Education, Southern Province

දෙවන වාර පරීක්ෂණය 2022  
Second Term Test

Grade 6

Health and Physical Education

Two hours

Name/ Index No:- .....

### Part I

- Answer all the questions.
- Underline most suitable answer in questions numbering from 1-10.

- A factor needed for proper physical well-being
 

(i) Nutritious food	(iii) money
(ii) clothes	(iv) vehicles
- Hygiene means
 

(i). Keeping nails short and keep them clean
(ii) Bathing daily and taking body wash daily
(iii) Maintaining personal cleanliness
(iv) Maintaining correct posture
- A feature of social well-being
 

(i) Solving problems	(iii) emotional balance
(ii) Productive communication	(iv) creative thinking
- A strategy adapted by people who live in stone age to preserve this food is
 

(i) Burning	(iii) Storing in water
(ii) Putting salt	(iv) Storing in honey
- Below given diagram shows

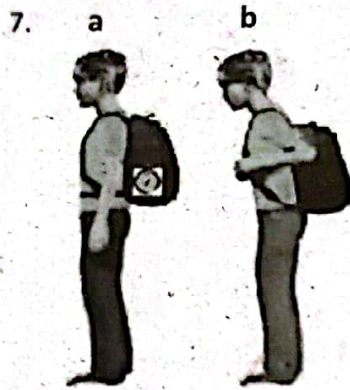


- |   |
|---|
| (i) Correct way of standing                           |
| (ii) Correct way of measuring height                  |
| (iii) Correct way of standing at attention            |
| (iv) Correct way of looking forward standing straight |

- When standing at attention the feet should be kept
 

(i) In a V shape, touching heels together
(ii) Apart approximately equal to the breadth of the shoulder
(iii) - In a way to keep heel and toes in contact with each other
(iv) Little apart and parallel manner





The correct way of wearing the back pack is given in the above diagram.  
According to it

- (i) Both a and B are correct
- (ii) Only a is correct.
- (iii) Only b is correct
- (iv) Both a and b are incorrect

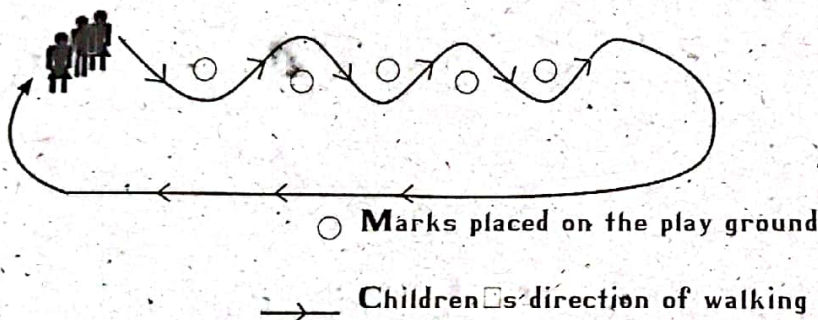
8. Which of the following is a minor game?

- (i) cricket
- (ii) elle
- (iii) changing trees
- (iv) foot ball

9. The game in which a point can be scored by passing the ball among the members of the team and standing the ball through the ring in a goal post

- (i) badminton
- (ii) foot ball
- (iii) volley ball
- (iv) netball

10. Below given diagram can be used in



- (i) For practicing running
- (ii) For practicing throwing
- (iii) For practicing jumping
- (iv) For practicing walking

( 2 × 10 = 20 marks )

- State whether the statements given below are ' true' or ' false'. Put a tick ( ✓ ) or ( ✗ ) in the box provided.

11. Apart from basic human needs we have other needs too.

( )

12. Perfumes and fast food are our needs

( )

13. The ability to understand another perosn's feeling is empathy :

( )

14. Height and weight measurements are needed to calculate Body mass index.

( )

15. Goitre is resulted due to iodine deficiency

( )



- Match the columns A with B.

A

B

16. Serving is a skill of this game
17. Resulted due to deficiency of macro-nutrients
18. When singing the national anthem
19. Skipping with a skipping rope
20. Desires should be fulfilled

- undernutrition
- stand at attention
- volleyball
- A game that can be played alone
- According to the economic status

(2 × 5 = 10 marks)

- Fill in the blanks using the correct word from the list of words given below.

(appearance of body / Hathmaluwa / rules, regulations and ethics / walking / foot ball )

21. .... is an organized game.
22. By practicing correct health habit ..... can be improved.
23. .... is a mixed food with high nutritional value.
24. .... help to maintain the honour of the game.
25. In ..... heel should touch the ground first.

(2 × 5 = 10 marks)

## Part II.

- The first question is compulsory. Answer 3 more questions. Altogether answer 4 questions.

01. Prabha and Kumari are in grade 6 they are good friends. Prabha's clothes are clean and tidy. She is very good in studies as well as in sports. Her BMI value is also good. Kumari is very lazy and she doesn't want to engage in sports.

- I. Who is the healthy child out of them?
- II. Write two skills of Prabha.
- III. Kumari needs to find the BMI value of her, How can she calculate it? Write the formula for it.
- IV. Write two good health habits Prabha may be following.
- v. Write two good health habits Kumari should develop in her.
- vi. Write two benefits of doing sports and exercises.
- vii. Write two skills of a person with social well-being.
- viii. Write two other needs apart from basic needs.
- ix. Name two organized games both Prabha and Kumari can participate.
- x. Write two features of organized games.

(2 × 10 = 20 marks)



(01) Family members of Thilini's family participated in a trip during the school holidays. Since it is difficult to carry water and food they consumed water and food from outside shops.

- I. What are our basic needs? ( 3 marks )
- II. Write 3 negative effects of consuming food from outside shops. ( 3 marks )
- III. Name 3 food items with vitamins. ( 2 marks )
- IV. Write 2 benefits of consuming nutritious food. ( 2 marks )

(02) Correct posture is essential to have a healthy body and appearance in the body.

- I. Name the postures given in A and B diagrams. ( 2 marks )



A



B

- II. In correct walking what is the correct order of keeping the foot on the ground? ( 3 marks )
- III. Draw a simple diagram to show the correct posture of sitting on a chair. ( 3 marks )
- IV. Write two reasons that cause wrong posture when sitting. ( 2 marks )

(03) People who lead a very busy life needs to be engaged in games such as volleyball, netball, football etc... to be healthy and to gain leisure.

- I. In which country the game of volleyball originated? (2 marks )
- II. Write the length and width of a volleyball court. (2 marks )
- III. Show in simple diagrams two activities that can be done alone and in pairs to train the ball handling in netball. ( 6 marks )

(04) The activities of walking, running, jumping and throwing are needed in everyday life too.

- I. Write two running events in athletics. ( 2 marks )
- II. What is the feature that can be seen in running but not in walking? ( 3 marks )
- III. Name two jumping events in athletics. ( 2 marks )
- IV. Write 3 points to be considered when throwing. ( 3 marks )







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