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Department of Education, Southern Province

Third Term Test 2022 (2023)

Grade 6

Health and Physical Education

Two hours

Part I

- Answer all the questions.
 - Underline the most suitable answer in the below given questions.
01. Amali engages in meditation as a habit. She listens to music and plays with her friends and enjoys. By engaging in these activities she develops

1. Physical well being
 - 3.mental well being

2. Social well being
 4. Spiritual well being
 02. According to the body mass index chart the colour of correct weight is

1. Green

2. Orange

3. Light purple

4. dark purple
 03. The concept of water, hygiene and sanitation is referred as

1. SMART

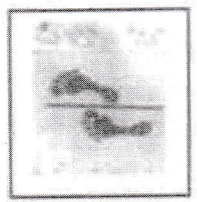
2. PRICE

3. WATER

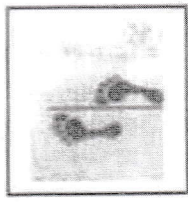
4. WASH
 04. The basic needs of man are

1. Food, water, clothes
 3. air, water and food

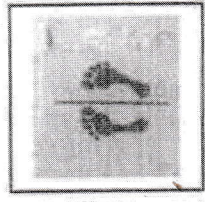
2. Food, clothes and housing
 4. Air, shelter and education
 05. Select the foot prints of correct walking



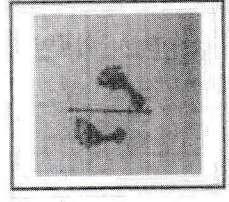
1



2



3



4

06. An instance where the following posture is used
 1. When hoisting the national flag
 2. When resting in a meeting
 3. When singing the national anthem
 4. When standing in a lecture for a long time
07. Main tastes we sense from our tongue are



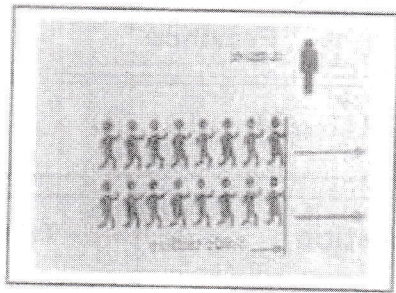
1. 2

2. 6

3. 4

4. 3

08. A rectangular court of 90 m long and 45 m wide is needed for
 1. volleyball 2. Foot ball 3. Net ball 4. Cricket
09. Following activity can be used for



1. Training running
 2. Training jumping
 3. Training walking
 4. Training throwing
10. When an insect has crawled into the ear the first aid that should be given immediately is
1. Pour a small amount of oil or clean water
 2. Pour a little bit of honey into the ear
 3. Remove the insect with a pin
 4. Avoid doing anything till it goes out

(2 × 10 = 20 marks)

- Read the following sentences and put a (✓) tick for correct statements and put a (×) cross for the incorrect.

11. Accidents can be minimized by correct postures. ()
12. Gratitude means the quality of being thankful to the people who help us. ()
13. We should always give importance to our desires. ()
14. Physical fitness exercises in the morning programme are rhythmic activities. ()
15. Diarrhoea is caused by polluted water and food. ()

- Match the columns A and B.

A

B

- | | |
|---|----------------------------------|
| 16. Help to improve major games | - honour of the game is achieved |
| 17. Popular game among female | - Netball |
| 18. When ethics in sports are safeguarded | - Mike teeth |
| 19. Listening to other ideas | - A feature of social well being |
| 20. The first set of teeth in our mouth | - Lead up games |

(2 × 5 = 10 marks)

Part II

01. Fill in the blanks using the words given below.


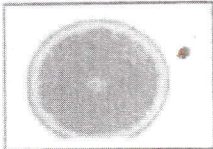
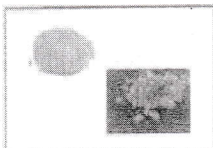

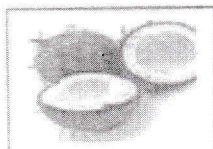
(volleyball // 6-8 hours / obesity / skin / disasters)

- (i) The most sensitive organ in our body is
- (ii) The national game of Sri Lanka is
- (iii) To lead a healthy life we should sleep about
- (iv) Sudden changes in nature are referred as
- (v) By the consumption of macro nutrients in large amounts we face

(2 × 5 = 10 marks)

02. Food is one of the basic needs of man. We need to get energy to our body, to get nutrition and to satisfy our hunger.

(i) Match the following food items correctly with the nutrient.

A		Carbohydrates
B		Protein
C		Minerals
D		Fat (Lipids)
E		Vitamins

(5 marks)

(ii) Write the main functions done by food in our body.

(3 marks)

(iii) Name two healthy snacks.

(2 marks)

03. By engaging in walking, running, jumping, and throwing in correct way we can efficiently participate in our day today activities as well as become healthy.

- What is the difference between walking and running?
- Name two jumping events and throwing events in athletics.
- Write two facts to consider in a jump.
- Write two activities to practice throwing .

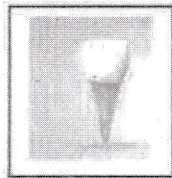
(2+4+2+2 = 10marks)

04. Our body is wonderful. Its functions help us to maintain our life. The body is made of several systems and each system has a special function to perform to maintain the body.

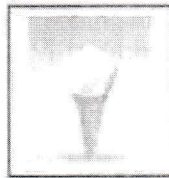
i. Match the body systems and the main function carried out by it.

I	II
- Digestive system	-removal of excretory products
- Excretory system	-transport of substances across
- Respiratory system	-food digestion
- Blood circulatory system	-absorb oxygen and removal of carbon dioxide

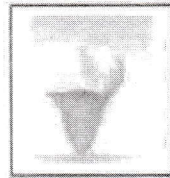
- ii. Name three sensory organs.
- iii. How many types of teeth are present in our mouth?
- iv. Name the types of teeth given here.



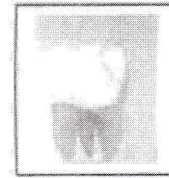
A



B



C

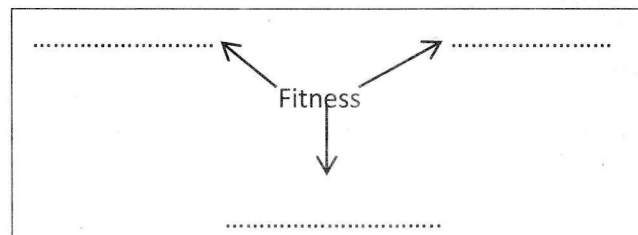


D (c

(4 + 3 + 1 + 2 = 10 marks)

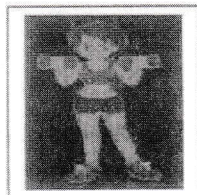
05. Fitness is the ability we have to complete our activities successfully.

- i. What are the three main aspects of fitness?



- ii. Name the physical fitness factors given here .

Lifting a weight



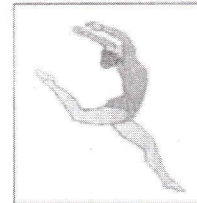
1.....

Running 100 m in a short period

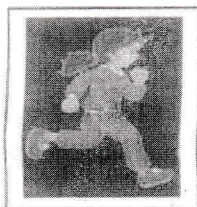


2.....

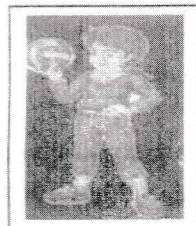
Works joints in a wider range



3.....



4.....



5.....

Ability to run a longer distance

Throwing a ball and catching

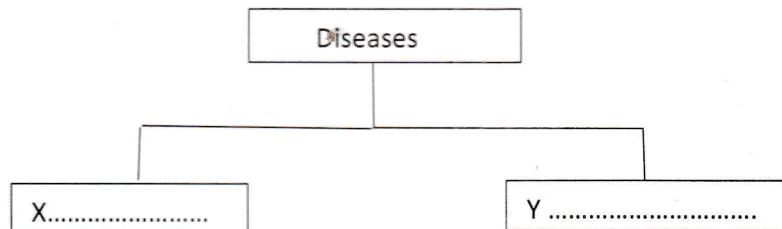
(iii) Write two activities you can carry out in order to improve your physical fitness.

(3+5+2=10 marks)

06. We have to face various challenges in our day-to-day life. Illness, accidents, disasters, abuse and stress are some of them.

(i) Complete the below given graph using the words given in brackets

(Communicable diseases /high blood pressure/cancer/filarial/corona/common cold /non-communicable diseases)



(ii) Write two good habits you have to follow to maintain your personal hygiene.

(iii) Name two diseases that can be prevented by vaccines.

(iv) Write two accidents that could happen at home.

(4 + 2 + 2 + 2 = 10 marks)



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