



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

First Term Test 2018

Grade 06 HEALTH AND PHYSICAL EDUCATION Time : 2 hours

Name / Index No.

Part I

- Answer all questions on this paper itself.
- Underline the correct answer.

01 A healthy life means,

- (1) Physical and mental wellbeing
- (2) Physical, mental and spiritual wellbeing
- (3) Being free from diseases and disabilities
- (4) Physical, mental, social and spiritual wellbeing

02 The way of measuring Body Mass Index,

- | | |
|--|---|
| (1) $\frac{\text{Height (m)} \times \text{Height (m)}}{\text{Weight (kg)}}$ | (2) $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$ |
| (3) $\frac{\text{Weight (kg)} \times \text{Weight (kg)}}{\text{Height (m)}}$ | (4) $\frac{\text{Weight (kg)}}{\text{Height (m)}}$ |

03 Drinking clean water and having healthy foods are important for,

- | | |
|------------------------|-------------------------|
| (1) Physical Wellbeing | (2) Mental Wellbeing |
| (3) Social Wellbeing | (4) Spiritual Wellbeing |

04 The green colour of the BMI chart describes,

- | | | | |
|-------------|----------------|-------------------|-------------|
| (1) Wasting | (2) Overweight | (3) Normal weight | (4) Obesity |
|-------------|----------------|-------------------|-------------|

05 A way of spending the leisure effectively,

- | | |
|-------------------------------|--|
| (1) Going trips with friends. | (2) Playing computer games. |
| (3) Watching indecent videos. | (4) Engaging in outdoor sports activities. |

● **Put a right (✓) or wrong (✗) in the brackets given.**

- 06 Eating necessary amount of foods leads to over nutrition. ()
- 07 Nutritional status of a person can be determined by waist circumference. ()
- 08 Engaging in sports gives fun and enjoyment. ()
- 09 Acting well for you and others is known as self-discipline. ()
- 10 Incorrect postures increase efficiency. ()

● **Fill in the blanks using the words given in the bracket.**

(minor game / spiritual / hygiene / being active / stand at ease / stand at attention)

- 11 wellbeing is a aspect of total health.
- 12 Maintaining the personal cleanliness is known as
- 13 Changing trees is a
- 14 The feet are kept in a 'V' shape and heels touching each other in correct
- 15 Appearance and determine wellbeing.

● **Match 'A' with 'B'.**

A

B

- 16. Maintaining correct postures leads to
 - 17. A feature of spiritual wellbeing
 - 18. Affects on mental health
 - 19. A feature of good environment
 - 20. Sports and excercises
- i. politeness
 - ii. controls weight of the body
 - iii. cleanliness
 - iv. good appearance
 - v. happiness

(2 x 20 = 40 marks)

Grade 06

Health And Physical Education - Part II

● **Answer only 05 questions including question No. 01.**

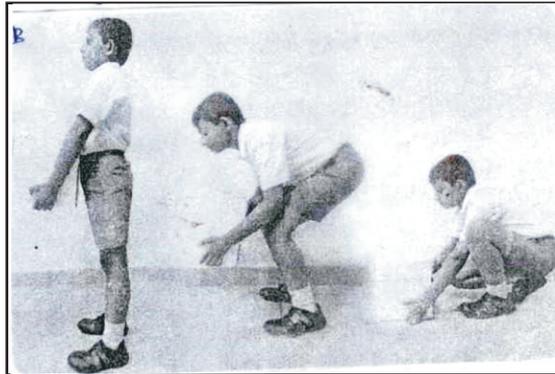
01. Manuja is a healthy child who is in grade 6. He engages in sports and always follows correct postures.
1. Write 02 indices that can be used to determine Manuja's nutritional status. (2m.)
 2. Write 02 good habits that should be followed in maintaining a good social wellbeing. (2m.)
 3. Write 02 good habits that should be followed in maintaining a proper Body Mass Index. (2m.)
 4. How many hours of sleep is needed by a healthy child? (2m.)
 5. Write 02 advantages of engaging in sports. (2m.)
 6. Write 02 situations where Manuja should possess the posture of stand at attention. (2m.)
 7. Write 02 minor games that you can do with your friends. (2m.)
 8. Name 02 situations in which we should follow correct postures. (2m.)
- (8 × 2 = 16)
02. Mental wellbeing is very important for maintaining the personal health.
1. Write 03 good habits we should be followed in maintaining mental wellbeing. (3m.)
 2. Write 02 characteristics of a mentally wellbeing person. (2m.)
 3. Mention 02 activities that you should follow when you have bad emotions. (2m.)
 4. Write 04 hobbies that you can engage in to spend the leisure effectively. (4m.)
03. Personal hygiene is very important for being healthy.
1. What is explained by the concept of WASH? (3m.)
 2. Write 03 actions that you can follow in maintaining good oral health. (3m.)
 3. Mention 02 activities that you can do in having a clean school environment. (2m.)
 4. Write 03 health habits that you are following. (3m.)
04. Sports activities are important for being healthy and active.
1. Write 03 types of games. (3m.)
 2. Mention 02 features of minor games. (2m.)
 3. Name 02 minor games that can be played by yourself. (2m.)
 4. Mention 04 motor skills which you can develop by engaging in minor games, except running. (4m.)
05. We can improve our appearance by following correct postures.
1. Write 02 features of correct sitting on a chair. (2m.)
 2. Write 02 things that you should not do when you are lifting a heavy object. (2m.)
 3. Mention an example where you should follow the posture of stand ease. (2m.)

4. Name the following postures.

(5m.)



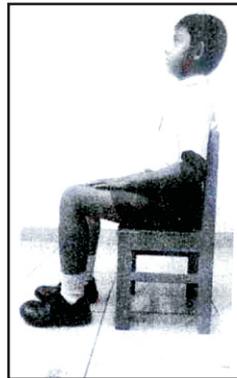
(A)



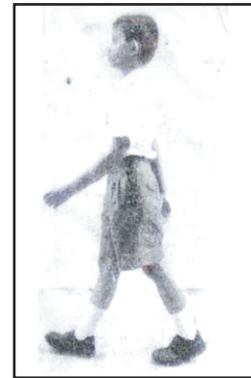
(B)



(C)



(D)



(E)

06. Marching squad is a very attractive section of a sportsmeet.

1. The correct way of keeping our body during our day to day activities is known as what? (3m.)
2. What is the command that should be given, when you need to come into the stand at ease from stand at attention? (2m.)
3. What is the foot that you should change when you come into that (above) posture? (2m.)
4. Write 02 features of the posture of stand at ease. (4m.)

07. Health status of the students can be improved by school health promotion.

1. Write a mosquito born disease that is spreading currently everywhere. (1m.)
2. Write 02 symptoms of that disease. (3m.)
3. Mention 04 mosquito breeding places. (4m.)
4. Write 03 activities that you can do in the school to prevent that disease. (3m.)

Answer Sheet - Part I

01. (4) 02. (2) 03. (1) 04. (3) 05. (4) 06. (✗) 07. (✓) 08. (✓) 09. (✓) 10. (✗)
 11. spiritual 12. hygiene 13. minor game 14. stand at attention 15. being active
 16. iv 17. i 18. v 19. iii 20. ii

Part II

(2 x 20 = 40 marks)

01. i. ● Body Mass index ● Waist circumference (02m.)
 ii. ● Working as a team ● Respecting to others views ● Flexibility ● Respecting others
 iii. ● Consuming a healthy diet. ● Engaging in sports activities daily at least one hour. ● Not consuming artificial and sweetened beverages. ● Getting adequate rest and sleep.
 iv. about 8 - 10 hours.
 v. ● Strengthening of muscles. ● Awakenning the mentality ● Efficiency of body systems ● Reducing fat deposition ● Pleasant appearance ● Reducing the risk of accidents ● Following rules and regulations etc.....,
 vi. ● When reciting the national anthem. ● When hoisting the national flag. ● When reciting the school anthem. ● In the marching squads.
 vii. Stepping on poison / breaking the tail / breaking the seven stones
 viii. Standing / Walking / Sitting / Lifting a weight / Pushing (3 x 2 = 16 marks)
02. i) ● Engaging in sports ● Engaging in aesthetic activities ● Engaging in hobbies ● Spending a simple life style ● Time management ● Meditation (03m.)
 ii) ● Making correct decisions. ● Problem solving ● Self understanding ● happy ● self-discipline (03m.)
 iii) ● Avoid what is causing it. ● Think of something different. ● Count from 1 - 10. ● Inhale and exhale deeply ● Drink a glass of water slowly. (02m.)
 iv) ● Engaging in minor games. ● Engaging in sports like chess. ● Singing songs ● Reading books, gardening, collecting stamps etc. (04m.)
03. i. ● Water ● Sanitation ● Hygiene (03m.)
 ii. ● Brushing teeth twice a day after having meals. ● Using a suitable tooth paste. ● Not doing anything that may harmful for teeth. ● Not consuming excessive hot and excessive cold foods. ● Changing the toothbrush once a month. (03m.)
 iii. ● Cleaning the school premises. ● Proper disposal of garbage. ● Free from polythenes and plastics. ● Maintaining the school garden properly. ● Cleaning the toilets daily. (02m.)
 iv. ● Brushing teeth daily after meal. ● Washing hands with soaps after using toilets. ● Washing hands with soaps before preparing meals, and after having meals. ● Trim nails. ● Washing clothes daily. (03m.)
04. i. ● Minor games ● Lead up games ● Organized games ● Winter games ● Disabled sports (give marks for any classification according to these) (03m.)
 ii. ● Can be done with or without equipments. ● Can be done in a small area. ● Can use resources from the surrounding. ● Simple rules. ● Can adjust the rules and regulations. ● Can create by anybody. (02m.)
 iii. ● Skipping with a skipping rope. ● Catching a ball. ● hitting a ball to a circle. ● hitting a ball to a square. (02m.)
 iv. Jumping, Throwing, Catching, Turning, Chasing, Dodging (04m.)
05. i. ● Keeping the shoulders pallel to the ground. ● Keeping the hands on thighs. ● Keeping the body straight and leaning against the back of the chair. (02m.)
 ii. ● Lifting the object keeping the knees straight. ● Bending the body from the waist. ● Using only one hand to lift the weight. (02m.)
 iii. In an assembly, in a lecture. (02m.)
 iv. A - Pushing B - Lifting & weight C - Stand at ease D - Sitting E - Walking (05m.)
06. i. Correct posture (03m.)
 ii. Squad, Stand at ease (02m.)
 iii. Left foot (02m.)
 iv. ● Keeping the head and the back straight. ● Shoulders are parallel to the ground. ● Keeping the hands at the back of the body with the right palm on the left palm. ● Looking forwards at the eye level. (04m.)
07. i. Dengue (01m.)
 ii. Fever, Vomitting, body pain, headache (03m.)
 iii. Coconut shelves, Yoghurt cups, egg shelves, arriconut leaves, coconut leaves, pits..... (04m.)
 iv. ● Removing the water accumulating places and cups in the school. ● Proper disposal of garbage daily. ● Applying mosquito repellants in the school time. ● Banning of polythenes and plastics. ● Making awareness regarding the disease in the morning assembly.