



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 6

HEALTH AND PHYSICAL EDUCATION

Time : 2 hours

Name / Index No.

Part I

- Answer all questions.
- Underline the most suitable answer.

01 A secondary need of man is,

- (i) food (ii) houses (iii) water (iv) air

02 The colour which shows "Obesity" according to the B.M.I. is,

- (i) Orange (ii) Green (iii) Light purple (iv) Dark purple

03 The body should be brought down by bending at knees for,

- (i) a correct walking (ii) a correct running
(iii) a correct landing (iv) a correct standing

04 Volleyball was originated in,

- (i) Italy (ii) India (iii) England (iv) America

05 Netball was introduced to Sri Lanka by,

- (i) Mrs. Jenny Green (ii) Mr. Hulsted
(iii) Mr. Robert Walter Camac (iv) Mrs. Serina Williams

● **Match "A" with "B".**

A

B

- | | | |
|----|---|------------------------------|
| 06 | By disobeying rules, regulations and ethics in sports | Meditating |
| 07 | To lessen stress | Breaking the tail |
| 08 | A minor game | Being suspected from playing |
| 09 | The factors for measuring the B.M.I. | Sports and exercise |
| 10 | Controlling the weight of the body | Height and weight |
| | | Speed and weight |

● **Put a tick (✓) or a cross (✗) in the brackets.**

- 11 Priority should be given to desires more than needs ()
- 12 Correct postures give a good appearance to the body. ()
- 13 Diabetes and cancer are communicable diseases. ()
- 14 A score is gained by making a correct shooting in playing Netball. ()
- 15 The ability of performing a task within a shortest period of time is speed. ()

● **Fill in the blanks choosing the suitable word from the brackets, for questions 16 - 20.**

(turning / thinness / march / stand at ease / balanced / stand ease / Hathmaluwa)

- 16 is a basic leg movement.
- 17 is a mixed food.
- 18 Lack of proper (adequate) weight to the height is known as
- 19 When you are listening to a lecture for a long period of time, you should be
- 20 A meal in which all the nutrients are included is known as diet.

(2 x 20 = 40 marks)

Grade 6 Second Term Test 2018 HEALTH AND PHYSICAL EDUCATION Part II

• Question No. 01 is compulsory and answer 04 more questions too.

01 Pubudu is a clever student in grade 6 and also he is totally healthy with a better physical fitness. He is also a football player and engaging in joyful games with friends.

- (i) Write 2 features of Pubudu as he is totally healthy. (02m.)
- (ii) Write 2 good habits that Pubudu follows to keep his mouth clean when he is keeping personal hygiene. (02m.)
- (iii) Write 2 more organized games that Pubudu can participate in except Football. (02m.)
- (iv) Write an activity that Pubudu might have done to practise the ball controlling with his friend. (02m.)
- (v) Write a physical fitness factor that Pubudu should develop as a Football player. (02m.)
- (vi) Write two minor games that Pubudu can play with his friends during the interval. (02m.)
- (vii) What are the nutrients that give energy to Pubudu. (02m.)
- (viii) Write two motor skills that could be developed by engaging in minor games. (02m.)

(2 x 8 = 16m.)

02 Needs and desires should be balanced to lead a healthy life.

- (i) Name the 3 basic needs of man. (03m.)
- (ii) Write 2 facts that should be cared when needs are being satisfied. (04m.)
- (iii) Categorize the following materials as needs and desires.

(Rice / Expensive pens / Dhal / Ice-cream / Books / Toffees / Drugs / Various clothes)

Needs	Desires
1.	1.
2.	2.
3.	3.
4.	4.

03 Food plays a major role for the existence of life. (04m.)

- (i) Divide the nutrients of food into the two main parts. (02m.)
- (ii) Write 2 of the nutrients that we should consume to protect our body from diseases. (02m.)
- (iii) Write 3 bad effects of malnutrition. (03m.)
- (iv) Write the type of nutrients that could be in each food item in the following table.

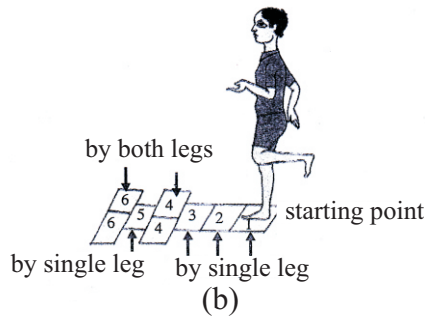
	Part A	Part B
1.	Rice	
2.	Coconut	
3.	Eggs	
4.	Green leaves	

(04m.)

- 04 Netball is a popular game among women while Volleyball is the national game of Sri Lanka.
- (i) How many players can play in a volleyball team? (02m.)
 - (ii) Write the length and width of a volleyball court. (02m.)
 - (iii) Write 3 features of (major) organized games. (03m.)
 - (iv) Write 2 activities that can be used to practise ball controlling. (04m.)

- 05 Developing fitness factors helps to lead a healthier life.
- (i) Fitness is divided into two main categories. Write them. (02m.)
 - (ii) Write two advantages that a person can get by keeping a better health. (04m.)
 - (iii) Write two qualities that you should develop in you to make decisions as a team. (01m.)
 - (iv) Write two activities that can be used to develop physical fitness factors. (04m.)

- 06 Sports helps to refresh the tired mind.
- (i) Write 2 advantages of engaging in minor games. (02m.)
 - (ii) Name the minor games depicted by the following two diagrams. (02m.)



- (iii) Write 3 points for being important the rules and regulations for a player. (03m.)
- (iv) Write 4 disadvantages of disobeying rules and regulation and ethics of sports. (04m.)

- 07 Correct postures minimize injuries.
- (i) Write two postures that we keep in our day to day life. (02m.)
 - (ii) Write 2 instances in which you use the posture "Standing attention" (02m.)
 - (iii) Name the following 3 postures. (03m.)



- (iv) Write 2 disadvantages of keeping incorrect posture. (04m.)

Answer Sheet - Part I

- (01) ii (02) iii (03) iii (04) iv (05) i
 (06) Being suspected from playing (07) Meditating (08) Breaking the tail
 (09) Height and weight (10) Sports and exercise (11) ✗ (12) ✓ (13) ✗
 (14) ✓ (15) ✓ (16) March (17) Hathmaluwa (18) Thinness
 (19) Standing ease (20) Balanced (2 x 20 = 40 marks)

Part II

- 01 (i) Physical, Mental, Social, Spiritual (02m.)
 (ii) Brushing teeth twice a day after the meals / Using suitable brushes and toothpaste / Avoiding from consuming hot and hard food / Avoiding the use of old brushes / Getting your teeth checked by a dentist at least once every three month. (02m.)
 (iii) Volleyball, Netball, Elle, Rugby, Football, Basketball (02m.)
 (iv) Give marks to an activity that can be performed by two players (02m.)
 (v) Speed, Strength, Endurance, Flexibility, Co-ordination (02m.)
 (vi) Breaking the tail, Hopscotch, Bear family (02m.)
 (vii) Carbohydrates, Fats (02m.)
 (viii) Running, Jumping, Throwing, Turning, Creeping (02m.)
- 02 (i) Air / Water / Food (03m.)
 (ii) Matching with one's health / Economical background of the family / Not to harm others / Being agreeable to the ethics in society / Obeying to the law in the country (04m.)

(iii)

Needs	Desires
Rice, Dhal, Medicine, Books	Icre-cream, Toffee, Various clothes, Expensive shoes

- 03 (i) 1. Macro nutrients 2. Micro nutrients (02m.) (04m.)
 (ii) Vitamin / Mineral salt (02m.)
 (iii) Being subjected to communicable diseases easily / Poor growth / Weak personality / Impaired concentration / Impairment of education / Reduction of participation (03m.)

(iv)

Type of food	Nutrients
Rice	Carbohydrates
Coconut	Fats
Eggs	Protein
Green leaves	Vitamin / Mineral salt

(04m.)

- 04 (i) 06 (02m.)
 (ii) Length 18m Width 9m (02m.)
 (iii) Standard rules and regulations / using standard grounds, courts / using standard instruments / Definite number of players (03m.)
 (iv) Give marks for activities that can be done, individually, between two or as groups (04m.)

Answer Sheet

- 05 (i) 1. Physical fitness 2. Mental fitness
3. Social fitness (02m.)
- (ii) Ability of having a health and strong body / Ability of reducing obesity / Prevention of non communicable diseases / Increased activeness and efficiency / Ability of living happily / Ability of being a good friends (04m.)
- (iii) Being flexible to others' ideas / Listening to others / Respecting others' ideas / Caring others ideas and suggestings (01m.)
- (iv) Walking fast / Running slowly / Riding bicycle / Various jumping activities / Swimming / Minorgames / Engaging in sports (04m.)
- 06 (i) • Ability to identify the skills and spiritual characteristics
• Running, Jumping, Throwing, Catching, Turning fielding, Chasing etc., can be developed
• Developing the skills and attitudes as respecting rules and regulations, obeying to teachers' orders, follower ship, being honest to be self disciplined (02m.)
- (ii) (a) Skipping
(b) Hopscotch
- (iii) Protecting the rights of players / Cheerful participation in sports / Minimizing accidents / Developing accidents / Solving problems / Keeping peace / Developing friendship / Lawfulness (03m.)
- (iv) Being disqualified from the game / Facing bans from competitions / Being subjected to the scorn and disrespect of others / Losing of friends / Losing of friends /. Becoming a person who is not respected or recognized by the society. (04m.)
- 07 (i) Standing / Walking / Sitting / Lying (02m.)
- (ii) When the national flag is being hoisted / When the national anthem is being sung / When the school anthem is being sung / In a march past. (02m.)
- (iii) A Standing attention B Standing at ease C Standing ease
- (iv) Muscles bones and joints are injured / Being subjected accidents / Incorrect postures in the childhood may cause injuries easily / Being unable to over come from incorrect postures / Being inactive (04m.)