

● **Match A with B.**

A	B
06 Unfavourable situations that arise due to unexpected changes	High blood pressure
07 A disease that can be prevented through vaccination	Waist circumference
08 A macronutrient	Lead up games
09 Uses to determine the nutritional level of a person	Tetanus
10 Games which use to improve the skills of organized games	Vitamin
	Disasters
	Protein

● **If the following statements are correct put (✓) if not put (✗) for question No. 06 to 10.**

11. Taste of a food is more important than its nutritional value when choosing foods. (.....)
12. We should stand at attention when we sign the National Anthem. (.....)
13. B.C.G. vaccine should be given within 24 hours after birth. (.....)
14. Heart beat is not changed during physical activities. (.....)
15. Diabetes is a non communicable disease. (.....)

● **Fill in the blanks for the question No. 16 to 20 using the correct words given in the bracket.**

(football / bones and muscles injuries / vitamin / netball / desires / heart attacks / hygiene / health / iron)

16. Maintaining personal cleanliness is known as
17. We should give the priority for needs than
18. Incorrect postures lead to
19. game needs 11 players per team.
20. deficiency leads anaemia.

(2 x 20 = 40 marks)

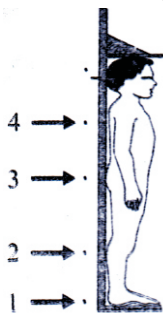
• **Answer five questions including question No. 01.**

01 Kusal is a totally healthy boy and he is a popular volleyball player and an athlete in the school. He has a good personality. Kusal likes to eat home made foods prepared by his mother.

- (i) Write two reasons which Kusal is being popular in the school.
- (ii) Write two health habits that Kusal may be followed to improve his mental health.
- (iii) Mention two features of the posture of correct sitting on a chair.
- (iv) Name two organized games except volleyball.
- (v) Mention the nutritional condition that can be seen due to high intake of foods.
- (vi) Write two benefits that you can gain by following rules, regulations and ethics in sports.
- (vii) Write two reasons that can affect to reduce the physical health of a person.
- (viii) Write two healthy short eats which may be prepared by Kusal's mother.

(2 x 8 = 16 marks)

02 Personal wellbeing depends on the field of physical, mental, social and spiritual.



Above diagram depicts the correct way of measuring height of the body.

- (i) Name the points depicted as 1, 2, 3, 4 that should touch the vertical plane. (04m.)
- (ii) Write four features that determine the physical wellbeing. (04m.)
- (iii) Write three good habits that you can follow to improve the spiritual wellbeing. (03m.)

03 Foods are important to relieve hungry, and to get energy and nutrition.

- (i) Write three major functions of a healthy meal. (03m.)
- (ii) Divide the following nutrients as macronutrients and micronutrients. (04m.)
(Lipids / Vitamin / Minerals / Carbohydrates)

macronutrients	micronutrients
1	3
2	4

- (iii) Write four points to be considered when selecting healthy foods. (04m.)

- 04 We can engage in sports activities to enjoy the leisure time.
- (i) Mention three movements that need for sports activities. (03m.)
 - (ii) Mention two running events which use running and two jumping events which use jumping separately. (04m.)
 - (iii) Write two activities to practise kicking in football. (04m.)

05 Our body is a wonderful creation. Function of it helps to survive the life.

- (i) Mention three differences of living and non-living organisms in below table. ($\frac{1}{2} \times 6 = 3m.$)

Living organisms	Non-living organisms
1	1
2	2
3	3

- (ii) Write four sensory organs in the human body. (04m.)
 - (iii) Write two things that you can do to protect the skin. (04m.)
- 06 Fitness is very important to fulfill the daily tasks.
- (i) Mention the aspect of fitness that can be developed through maintaining good social relationship by an every individual. (02m.)
 - (ii) Write two actions to that you can take to improve above mentioned fitness quality. (04m.)
 - (iii) What is the characteristic of fitness that is highly important for Gymnastics. (02m.)
 - (iv) Mention three good emotions of you. (03m.)
- 07 We can spend a happy life by facing day to day challenges successfully.

- (i) Mention three challenges that you have to be faced in day to day life. (03m.)
- (ii) Write four actions that you can take to overcome communicable diseases. (04m.)
- (iii) Write two actions that you can take to be safe from abuse. (04m.)

PART - I

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|--------------------------------|--------------------------|--------------------|--------------|--------------|----------------|---------------------|
| (01) 4 | (02) 3 | (03) 3 | (04) 2 | (05) 1 | (06) Disasters | (07) Tetanus |
| (08) Protein | (09) Waist circumference | (10) Lead up games | (11) ✘ | (12) ✓ | | |
| (13) ✓ | (14) ✘ | (15) ✓ | (16) Hygiene | (17) Desires | | |
| (18) Bones and muscle injuries | (19) Football | (20) Iron | | | | (2 x 20 = 40 marks) |

PART - II

- 01 (i) Being a good volleyball player, Being a good athlete, Tidy, cleanliness, pleasant appearance, being active, following correct postures, pleasant speaking, cordiality, Good personality
- (ii) Engaging in sports, Engaging in aesthetic activities, Engaging in hobbies, Following a simple life style, Time management, Counseling, Engaging in meditation
- (iii) Head, shoulders, hip should be placed in a vertical line.
 Keeping the body straight and lean against the back of the chair.
 Keeping the neck and back straightly.
 Keeping the hands on thighs and if it is an arm chair, keep the hands on the arms, or keep on the desk.
 Hip, Knees and ankles should be bent at 90° at the joints.
 Keeping the both feet steady on the ground.
- (iv) Netball, Football, Cricket, Elle, Rugby, Basketball
- (v) Over nutrition
- (vi) Ability to build good relationship, Ability to abide laws, Ability to be polite, Not banning by sports, Being a recognized person
- (vii) Not having clean air / Not having clean water / Absence of personal hygiene / Not having healthy foods Not having proper rest and sleep
- (viii) fruits, fruit juices, corn, ground nuts, green gram, sago porridge, thalaguli, helapa, gram
- 02 (i) 1. Heel 2. Calf 3. Buttocks 4. Back of the chest
- (ii) Nutritional level, Physical fitness, Immunity, Pleasant appearance, Being active
- (iii)
 - Obeying elders and neighbours
 - Avoid retaliate with elders.
 - Standing up when see an elder.
 - Engaging in religious activities.
 - Attending to Dhamma School.
 - Following moral values according to one's religion and culture.
 - Love nature
 - Protect the environment

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- 03 (i)
 - Giving energy
 - Growth of the body
 - Safeguarding from diseases
- (ii) Macronutrients - Carbohydrates, Lipids, Protein
Micronutrients - Vitamin, Minerals
- (iii) Variety, Freshness, Natural condition, cleanliness, Nutritional value, Sufficient quantity
- 04 (i) Running events - 100m, 200m, 400m, 800m, 1000m, hurdling
- (ii) Jumping events - Long jump, High jump, Pole vault, Triple jump
- (iii) Kick the ball slowly in between cones.
Kick the ball in between two players.
Passing the ball slowly by hitting with different sides of the foot.
Hitting the ball to a wall and stop it when it comes.

05 (i)

Living things	Non - living things
• Respiration	• No respiration
• Growth	• No growth
• Eat	• Not eat
• Reproduction	• No reproduction
• Removing wastes	• Not removing wastes
• Movements	• No movements

- (ii) Eye, Ear, Nose, Tongue, Skin
- (iii) Bathing daily, Drink enough water, Avoid applying artificial creams, Covering the body when exposing to harsh sunlight
- 06 (i) Social fitness
- (ii) cordiality, respect others, listen well, helping, law abiding, being flexible
- (iii) Flexibility
- (iv) happiness, enjoyment, gratitude
- 07 (i) disasters, accidents, diseases, abuse, misconducts, competitive examinations, interviews, personal problems, economic problems
- (ii) personal cleanliness / cleanliness of environment / immunity / correct life style (Give marks if described the point.)
- (iii)
 - Avoiding being alone at lonely places
 - Leave the place immediately if anyone tries to kiss you etc.,