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Sri Jayawardenapura Education Zone

Mid Term Test – 2014

Health and Physical Education - Grade 6

Part 1 & 11

Name/Index No.....

Time 2 hours

Answer all the question

Underline the correct answer

1. What is complete health ?
 - I. Physical mental and social wellbeing
 - II. Prevent from diseases
 - III. Prevent from mental disorders
 - IV. Physical mental social and spiritual wellbeing

2. A main need of man
 - I. Air
 - II. Cloths
 - III. Friends
 - IV. Education

3. What is meant by hight according to weight
 - I. IBM
 - II. NIB
 - III. BMI
 - IV. IMB

4. Which one is a leg movement that you have studies.
 - I. Leap Jump
 - II. Tuck Jump
 - III. Star Jump
 - IV. Jog

5. When hoisting the national flag which is the position that you have to stand ?
 - I. Stand at ease
 - II. Stand at easy
 - III. Attention position
 - IV. You have to look at the flag when it is going up

6. when select a tooth paste you have to the attention on
 - I. The advetisement
 - II. The price
 - III. SLS certificate
 - IV. The beauty of the cover

7. Which is the national game in Sri Lanka ?
- I. Net ball II. Volley ball
 III. Cricket IV. Elle
8. We should take a balance diet. What are the main nutrients in a balance diet
- I. Fat, Calcium, Carbohydrates
 II. Carbohydrates, Vitamin, Protein, Calcium
 III. Carbohydrates, Vitamin, fat, Calcium
 IV. Carbohydrates, Protein, fat, Vitamin, Minerals
9. Which one is a natural rhythmic movement.
- I. Sweep the compound
 II. Heart beat
 III. Movement of the clock
 IV. Music tune
10. Which is the game that Susanthika won a gold medal ?
- I. Cricket II. Athletics
 III. Volley ball IV. Weight lifting
11. Which is physical wellbeing
- I. Obey rules and regulations
 II. High and weight according to the age
 III. Take correct decision
 IV. Do everything with confidence
12. Who should clean our home and home garden
- I. Mother II. Father
 III. My brother and myself IV. All at home
13. A game that can be played without equipment
- I. Thachchi II. Hockey
 III. Cabadi IV. Table Tennis
14. What should we do to Develops our spiritual wellbeing ?
- I. To take medical treatments
 II. Undergo religious activities
 III. Do sports and games
 IV. Do exercises

15. A diseases which is spread through a mosquito

- I. Diarrhoes
- II. Cancer
- III. Decently
- IV. dengu

16. A food which contains vitamin C

- I. Guava
- II. Avacado
- III. Mandarin
- IV. pears

17. If a person is suffering from obesity shoed not take

- I. Green Leaves
- II. Food which contain fibre
- III. Fruits
- IV. Food which contain fat

18. Read the below activities

Stand keeping the hands on hips.

Keep the uneasy foot forward and jump keep the easy.

Foot forward and keep the easy

Foot forward and jump keep the uneasy foot infront of easy foor and balance the body.

What is the jumping event mentioned above.

- I. Cat leap jump
- II. Tuck jump
- III. Leep jump
- IV. Scissor jump

19. Saman described an activity that he had done to fellow students in the class. He said that he had done that activity easily and didn't feel tired and he felt happy.

▶ This activity is

- I. A sport activity
- II. A rhythmic activity
- III. He did that activity very fast
- IV. He did it when he is relaxing.

20. Which one is a minor game that you had learnt in the class

- I. Jogging
- II. Crows and cranes
- III. Volley ball
- IV. Cabadi

Part II

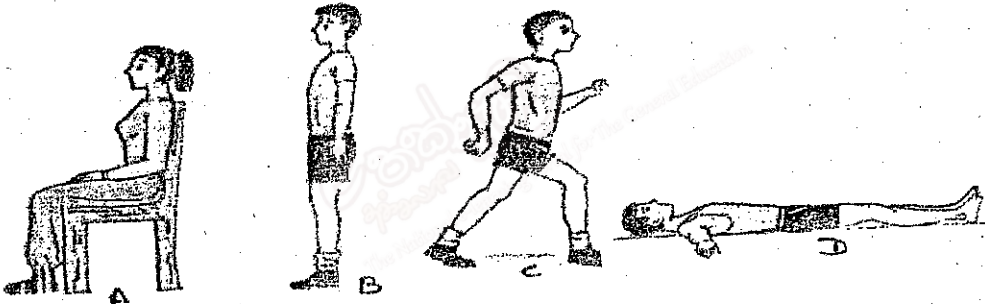
Answer question No 1 and 4 other questions

1. Disal who studies at Degampitiya MV is clever at his studies as well as sports. This time he became the under 13 champion. He attends school every day. His cloths are clean and tidy. He obey the teachers and helps other children. He always become the leader and spends his time happily.

- I. Write 2 qualities of Diasl. (2)
- II. Write 2 factors to show that he is in good healtha (2)
- III. Write 2 good health habits that you follow. (2)
- IV. Write 3 games that you think Disal is taking part at school (3)
- V. Write 3 taking advantage of playing games (3)
- VI. Write 2 games that you are taking part at school (2)
- VII. Write an occasion that you have to stand at attention position during the sportmeets (2)

[16 Marks]

2. Answer the questions by using the picture given below



- I. Name the postures A,B,C,D (4)
- II. Write 3 features of B (3)
- III. Write 4 advantage of keeping those picture (4)

[11 Marks]

3. Read the statements given below and mark whether they are right (✓) of wrong (x)

- I. When National Anthem is playing we should stand easily ()
- II. If we use incorrect postures we will get diseases in vertebral column ()
- III. We can preserve food by keeping under the sand ()
- IV. When we walk correctly first we keep game the beel on the ground ()
- V. Volley ball is not the national game in Sri Lanka ()
- VI. If we do something according to a rhythm we do not feel tired. ()
- VII. We should take calcium for the growth of our bones jumps ()
- VIII. Long jump belong to vertical jumps ()
- IX. Exercises affect the age of a person ()
- X. The ability to project from diseases is the immunity ()
- XI. We get vitamin D from sunlight ()

[11 Marks]

4. Match A and B

A	B
I. Meat, fish, milk, eggs contain lot of	I. Exercises
II. To lead a healthy life we need	II. Malnutrition
III. A leg movement you used.....	III. Unity
IV. A feature of a child who is spiritually developed	IV. Jumping jack
V. If you do not get enough food you will get	V. It will help to develop physical fitness
VI. A food which contains carbohydrate	VI. Protein
VII. If you energy in sports	VII. Rice
VIII. The most famous game in the word	VIII. Diabetes
IX. If you listen to a lecture for long time	IX. Foot ball
X. Not a communicable disease	X. Rhythmic activity
XI. When you sweep the garden it is a	XI. Stand easily

[11 - marks]

5. Select the most suitable word and fill in the blanks.

Enjoyable games/correct poster / heart beat / water/ vertebral column/ fat / breakfast
/ correct decision/ Attention /social well beings / like(desires)

- I. A natural rhythmic sound
- II. it is necessary to keep the straight when sitting on a chair.
- III. If you take food which contains too much of you will get heart diseases.
- IV. is a main need.
- V. When National Anthem is sung we have to stand in position.
- VI. To lead a happy and enjoyable life we should do
- VII. help for the appare of the body.
- VIII. If you do not take the you should get diseases in stomach.
- ix. The child who has good mental wellbeing takes.....
- x. The child who has goodworks cooperatively under the leadership.
- xi. When.....are not satisfied the result is a deeper sorrow.

[11 - Marks]

6. Get up early in the morning
Wash face and brush teeth
Clean up the garden
And enjoy the environment

Dress up in clean clothes
Dress up and wash hands
Be calm and collected
And have a balanced meal

Study well
Humbly salute your parents
Be on your way to School
Taking care to walk on the right

According to a time table
Give through and have a system
In whatever you do
A child like this is a blessing to the world

- I. Write 3 good health habits in this poem. (3)
- II. Write 2 points to show that this child is mentally well-being (2)
- III. Write the rule of passengers mentioned in the poem. (2)
- IV. Write 2 advantages for a child of getting up early in the morning (2)
- V. Write 2 special qualities of a child from the poem. (2)

[11 - marks]

7. People have various needs when living.

- i. Write the 3 main needs of man (3)
- ii. Write 2 secondary needs (2)
- III. Write 2 things that you want to buy not because of main needs, but because of desires (2)
- IV. If you cannot fulfill your desires write 2 mental problems you will face (2)
- V. What will happen if you do not get main needs. Write 2 points: (2)

[11 - marks]