අතිකත දෙනවනමේවේ? - සමටලේද අතනය සිතුරිනම් අතිකත අතරයම්වේද විශාලය සහ අතරයම්වේද අතිකත අතරයම්වේද අත				
මධා වාර්ෂික පරීක්ෂණය 2015 உணவுவறுகவு ஐடஇணகஷகஉப்வவுஇர — 2015 Mid Term Test - 2015	6 ලෝණිය <b>ஐஉகஷ் - 6</b> Grade - 6			
මසෟබාපය හා ශාරීරික අධාාපනය I,II ர் <b>நஹஐஹஉக்கஷ் சதைஷ்நயஷ்டபங்கஷ்</b> I,II Health and Physical Education I,II	පැය ෙදකයි நஹயகஷ் 2 கணப <b>ஐஷஐபஅஹயக்</b> <i>Two Hours</i>			
Name:  • Underline the most suitable answer.  • I Paper	. Index No:			
1) Health is,				
1. Physical Wellbeing	2. Mental Wellbeing			
3. Social and Spiritual Wellbeing	4. Physical, Mental, Social and Spiritual Wellbeing			
2) Engaging in Sports and Exercises,				
1. Develop aggressiveness	2. Develop laziness			
3. Strengthening the bones and muscles	4. Make us ill.			
3) What is the correct formula of Body Mass Ind	ex (BMI)?			
1. Weight 2. Weight Height x Weight	3. <u>Height</u> 4. <u>Weight</u> Weight x Weight			
4) What is the most suitable way of maintaining	the Body Mass Index (BMI)?			
1. Doing exercises	2. Taking balanced diet			
3. leading an active life style	4. All the above			
5) It is not a characteristic of a person with menta	l wellbeing,			
1. Correct decision making	2. Being an aggressive			
3. Problem solving	4. Live happily and delightfully			
6) This is not an action that can use to face stress,				
1. Doing sports	2. Being troublesome			
3. Engaging in hobby	4. Meditation			

## 7) Which one is the correct posture?







3.



4.

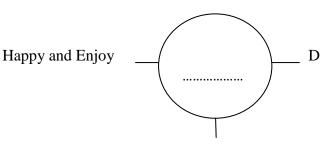
2. 1.

- 8) What is the occasion that you **must** be in Attention?
  - 1. Morning assembly
  - 3. Listening to a lecture
- 9) It is a harmful effect of bad posture,
  - 1. Hunchback
  - 3. Active
- 10) Select the Minor Games,
  - 1. Fishing Net, Volleyball
  - 3. Netball, Elle
- 11) Select the pair of Organized Games,
  - 1. Stepping on poison, Football
  - 3. Netball, Volleyball

- 2. Singing the National Anthem
- 4. At School House Meet
- 2. Physical appearance
- 4. Physical fitness
- 2. Hopscotch, Stepping on poison
- 4. Cricket, Meeyo-Meemo
- 2. Bear family, Netball
- 4. Hopscotch, who is the king?
- 12) It is not a sensible organ which keeps a connection with the environment,
  - 1. Eye
- 2. Ear
- 3. Nail
- 4. Skin

- 13) Basic Human Needs are,
  - 1. Money, food, vehicles
  - 3. Clothes, vehicles, shelter

- 2. Fresh air, water, food
- 4. Education, jewelers, perfume
- 14) Fill in the blank with the suitable topic.



Development of physical fitness

- 1. Obey the sports rules and regulations
- 2. Advantages of doing recreational games

3. Co-operate with friends

4. Listening to the teachers

- 15) To protect the dignity of sports,
  - 1. We should obey the rules
  - 3. Make quarrel with others

- 2. Disobey the decision of the judges
- 4. Use inappropriate equipments
- 16) We can categorize the food item according to their functions. The incorrect category is,
  - 1. Energetic food items

2. Body repairing foods

3. Protective foods

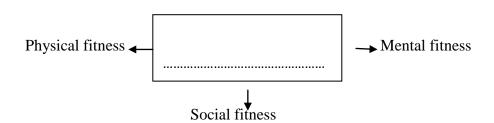
- 4. Instant food
- 17) The following picture (A, B) shows two people who are having nutritional problems. What is the correct answer for the A and B?
  - 1. A- Malnutrition
- **B-** Obesity
- A.

- 2. A- Obesity
- **B-** Malnutrition
- 3. A- Macronutrients B- Micronutrients
- 4. A- Under nutrition B- Over nutrition





- 18) Suitable way of preparing meals,
  - 1. Take the maximum use of domestic vegetables and fruits
  - 2. Wash before cutting the vegetables
  - 3. Preparing a balanced diet
  - 4. All the above
- 19) Select the suitable answer to the blank.



1. Health

2. Fitness

3. Postures

4. Physical wellbeing

20)	Name the characteristic of physica	l fitness shows in the picture,
	1. Speed	2. Endurance
	3. Co-ordination	4. Flexibility

## II PAPER

• Answer all the questions.

01)	Select the suitable word from the bracket.			
	(Heel, Social, Skin, Shelter, Spiritual)			
	1) Being co-operative with other is	& Portary	We	llbeing.
	2) By maintaining a religious life style we	can improve our		wellbeing.
	3)	. is a secondary need.		
	4) The	.has to touch the ground first.		
	5) The largest organ in the body is			
02)	Mark whether the following statements are tru	the $(\sqrt{\ })$ or false $(\mathbf{x})$ .		
	1) Personal health is important to wellbeing	g of the country.	(	)
	2) In day to day life we want water every d	ay.	(	)
	3) Engaging in sports, can cause to injuries		(	)
	4) High heeled shoes help to walk correctly	7.	(	)
	5) Taking a balanced diet cause to the maln	nutrition.	(	)

03	Filling	the f	ollowing	charts	usino	vour	knowl	edge	on sport	C
UJ)	rinning	me r	onowing	Charts	using	your	KHOWI	leuge	on sport	ь.

Sports	Equipment	Numbers of players
1. Volleyball		
2. Netball		
3. Elle		
4. Cricket		
5. Football		

3. Elle				
4. Cricket				
5. Football				
04) Match <b>A</b> with <b>B</b> .				
${f A}$		В		
1) Skipping rope	8	personal cleanliness.		
2) Stepping on poison	Ī	Iathmaluwa.		
3) Hygiene is	I	hythmic activity.		
4) National Game of Sri La	nka i	s a minor game.		
5) High nutritional food	TOP I BOTHE GET I	s Volleyball.		
05) Select the correct answer and 1	Underline it.			
1) Engage in rhythmic activ	rities, will reduce the tiredness.	Yes/No		
2) Lack of Vitamin A causes weaknesses in eye sight. Yes.				
3) By social wellbeing we can develop the co-operation. Ye				
4) Physical appearance will improve by the incorrect posture. Ye				
5) By accepting victory and	defeat, an athlete can not develo	his personal qualities.		
		Yes/No		
06) Write the correct answers.				
1) Write two features that d	etermine physical wellbeing.			
		•••		
2) Write two skills of a pers	son with social wellbeing.			
2				
4	• • • • • • • • • • • • • • • • • • • •	•••		

3) M	Iention two duties and responsibilities when fulfilling need and desires.
4) N	fame two harmful effects of bad postures.
2.	
5) W	Vrite two characteristic of an organized games.
1	
2	
6) I	Mention two disadvantage of disobeying rules and regulations in sports.
]	1
7) 1	Mention two personal advantages of obeying rules, regulations and ethics of sports.
1	1
	2
8) \	Write two importance of taking food.
]	1
9) \	Write two main nutrients of food.
]	1
10)	Write two health problems that we face by taking macronutrients beyond the limit.
1	1
2	2