

1st Term Evaluation - 2016 Grade - 06

Health and Physical Education

Time – 01 hour

Name : Number : Class :

Part - I

❖ **Underline the most suitable answer .**

- 1) A healthy child shows these characteristics.
 - i. Engaging in sports.
 - ii. Studying well.
 - iii. Staying happy with others.
 - iv. All above.
- 2) To measure B.M.I we need .
 - i. Height only.
 - ii. Weight only
 - iii. Height and waist circumference
 - iv. Height and weight.
- 3) Hygiene means :
 - i. Having Fresh air .
 - ii. Having Proper toilet facilities.
 - iii. Waste management.
 - iv. Maintain personal cleanliness.
- 4) You will get obesity by,
 - i. By taking less foods.
 - ii. Not taking nutritious foods.
 - iii. Taking more food than needed.
 - iv. Eating fresh fruits and vegetables .
- 5) A characteristics of a mental wellbeing is,
 - i. Being happy and lively
 - ii. Being active.
 - iii. Having lot of friends.
 - iv. Having good interpersonal relationship.
- 6) If you maintain good interpersonal relationship you will have ,
 - i. More company.
 - ii. Less conflicts .
 - iii. More friends in the class.
 - iv. All above.

- 7) Correct posture makes,
- i. Pleasant appearance.
 - ii. Creative thinking.
 - iii. Nature lover.
 - iv. Living according to the religion.
- 8) This part of the feet touches the ground first.
- i. Ball
 - ii. Heel
 - iii. Toe
 - iv. Nails
- 9) This is not a feature of a minor game.
- i. It can play for enjoyment and pleasure
 - ii. Can adjust the rules and regulations.
 - iii. Can play with or without equipment.
 - iv. There are strict rules and regulations.
- 10) A child of your age should drink this amount of water for a day.
- i. 3 litre.
 - ii. 01 litre
 - iii. 1.5 – 2 litres.
 - iv. 5 – 6 litres
- 11) Engaging in sports and exercises:
- i. Strengthen of bones and muscles.
 - ii. Make you ill
 - iii. Make you fat.
 - iv. Do not build physical fitness.
- 12) A child should sleep at least :
- i. 8 – 10 hours a day
 - ii. 5 – 6 hours a day
 - iii. 4 – 5 hours a day.
 - iv. 5 hours a day
- 13) 5 S Concept is adopted from,
- i. China
 - ii. Japan
 - iii. Korea
 - iv. Sri Lanka
- 14) To help an old person to cross the road, shows the quality of :
- i. Spiritual well being.
 - ii. Social well being .
 - iii. Mental well being.
 - iv. Physical wellbeing.
- 15) The best way to relax your mind mentally is ,
- i. Reading a book.
 - ii. Watching television.
 - iii. Meditation
 - iv. Listening to a song.

❖ Put (✓) mark for the correct statement (x) for incorrect statement

- 16) We must stand at attention when we sing national anthem. ()
- 17) Cleanliness increases individuals physical appearance ()
- 18) Minor games cannot be done individually. ()
- 19) Changing trees is a minor game which can be played individually ()
- 20) We must always eat fresh and natural foods. ()

Part - II

❖ Answer all the questions.

01. Health is :

02. Write 05 good health habits.

- I.)
- II.)
- III.)
- IV.)
- V.)

03. Write the calculation of B.M.I .
.....
.....
.....

04. Write two characteristics of .

- Physical -
- Social -
- Mental -

05. Name two minor games.

- Individual :
- Two or more than two :

06. Write the three standing posture :

- 1. 2. 3.