



Devi Balika Vidyalaya – Colombo 8
First Term Test - 2016
Health and Physical Science

Grade - 06

Time : 1 ½ hrs.

Name:.....

Answer all the questions

1. The order of the factors needed for physical, mental and social well-being,
 - I. Clean air/Exercise/Being law-abiding
 - II. Clean air/Productive communication/Meditation
 - III. Clean air/Engaging in sports activities/Leading a simple life style
 - IV. Healthy food/Engaging a hobby /Respecting others

2. The amount of water that should be drink per day by a child of your age
 - I. 0.5 - 1liters
 - II. 2 - 3 liters
 - III. 1.5 - 2 liters
 - iv. 500ml - 750ml liters

3. The time that a person should spend on exercising and sports per day,
 - I. 30-60 minutes per day
 - II. 1-2 hour per day
 - III. 10-20 minutes per day
 - IV. 30-40 minutes per day

4. What is the meant by "S" in the concept of water and sanitation?
 - I. Protection
 - II. Sanitation
 - III. Water
 - IV. Hygiene

5. How many hours a child should rest and sleep per day?
 - I. 3-4 hours
 - II. 5-8 hours
 - III. 8-10 hours
 - IV. 10-12 hour

6. A feature that can't use to determine physical well-being,

- i. Nutritional status
- ii. Physical fitness
- iii. Immunity
- iv. Time-managements

7. Select the correct posture mentioned in the below diagram,

- I. Stand ease
- II. Stand at attention
- III. Stand at ease
- IV. The feet are kept apart

Answer the questions 8 and 9 using below statements A and B,

(A) Head, spine and knees are straight, looking forward at the eye level.

(B) Hands are kept on either side of the body. The hands are folded a little at the elbows and kept at the waist line.

8. The correct posture mentioned by (A),

- I. Stand at attention
- II. Stand at ease
- III. Stand ease
- IV. When we have to stay long as in an assembly

9. Which step of posture mentioned by (B),

- I. Stand at attention
- II. Stand at ease
- III. Stand ease
- IV. The occasion of national flag is hoisted.

10. The sports which does not belong to organized sports

- I. Net ball
- II. Volley ball
- III. Foot ball
- IV. Beat the ball

Match the sentences in A selecting the match suitable sentences in B.

11. The perfection in physical, mental, social and Spiritual well-being. 1. The features of mental well-being

12. Engaging proper physical fitness and without diseases. 2. The features of social well-being

13. Ability to lead a contented life facing the challenges successfully. 3. The spiritual well-being

14. Work while maintaining amicable relationships with the immediate associates. 4. Physical well-being

15. Living a contented life with understanding while knowing the meaning of living and improving with time and experiences. 5. Define as a health

Put (✓) if the given statements are correct and put (✗) if the given statements are wrong in the given brackets:

16. Sports and exercise make the hearts and blood circulations system healthy. ()

17. To decide nutritional status, height, body mass index or waist circumferences are used. ()

18. In a correct sitting, the head, shoulders, and hips are in a vertical straight line. ()

19. In minor games, there are approved rules and regulations. ()

20. A rectangular playground, which is 30.5m length and 15.25 m in breadth is used for Football. ()

Part 11

(1) Surasi along with her teacher has done following observations.

- a) Has measured height and weight and has calculated her BMI.
- b) Has measured the waist circumference.
- c) Has come to decisions on her health by referring to the charts given in the text book.

1. What has Surasi determined with the use of the results of the above observation? (4Marks)

11. Give two reasons that allow you to think that surasi has contributed to maintain her nutritional status properly. (4Marks)

111. Except physical well-being, what are the other well-being statuses that one should develop? (12Marks)

(Total 20 marks)

(2) Hygiene and correct postures are very important in improving our physical appearance.

1. Mention the factors that are not included in the above paragraph, but affect for the improvement of the health of a person.

11. Write 4 good habits to maintain hygiene.

111. There are several postures which we adopt in standing. Write one special occasion for each.

(20 marks)

(3) Sports activities are running, jumping, throwing, creeping, and hanging movements that help to maintain the body in an active, healthy, energetic and happy state.

1. What are the three main types of games? (5 marks)

11. Write two sports each, selecting of the types that you mentioned above. (5 marks)

111. Show an activity to practice the correct way of handling the ball in an organized game by drawing figures. (10 marks)

(Total 20 marks)