


බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province			
වර්ෂ අවසාන ඇගයීම ஆண்டிறுதி மதிப்பீடு - 2016 Year End Evaluation			
ශ්‍රේණිය தரம் } 06 Grade	විෂයය பாடம் } Subject	පාලය வினாத்தாள் } I, II Paper	කාලය காலம் } 02 hours Time
Name :		Index No	

(i) Underline the correct or the most suitable answer question 01 to 10

Part - I

- (01) The most essential factor for proper physical well-being is
(1) Getting clean food (2) Having mental happiness
(3) Being very kind (4) Being happy with every one
- (02) playing, Listening to music, meditation, are activities that develop in us. mostly
(1) Physical well being (2) Mental well being
(3) Social well being (4) Physical development
- (03) To determine the nutrition level of a person the index to be used is,
(1) Height (2) Physical fitness (3) Appearance (4) Activeness
- (04) By measuring the waist circumference is expected,
(1) to find out how lean a person is
(2) how fat a person is
(3) how much fat has been deposited
(4) to calculate the Body Mass Index
- (05) The nutrient that has to be obtained mostly to protect the body from diseases,
(1) Proteins (2) Carbohydrates (3) Vitamins (4) water
- (06) Volleyball was introduced to the world by
(1) An American (2) A Chinese (3) A Sri Lankan (4) An Indian
- (07) By working according to Rules and Ethics of sports
(1) Injuries occur (2) There will be fights among players
(3) Rights of players are protected (4) Dignity and Honor of sports is safe guarded
- (08)  The posture shown by the picture is
(1) Stand Easy
(2) Attention
(3) Stand at Ease
(4) Correct way of standing

- (09) A jumping method seen in athletics is,
 (1) Hopping (2) Hop - scotch (3) Skipping (4) High jump
- (10) One in how many year is Olympic Games is held.
 (1) 1 year (2) 2 year (3) 3 year (4) 4 year

* Mark (✓) if the statement is correct and mark (✗) if the statement is wrong.

- (11) Pedestrians must walk on the right hand side of roads. ()
- (12) Making a fainted person drink some water is suitable. ()
- (13) Having correct postures when doing work is less tiresome. ()
- (14) Lifting a weight should be done with one hand while the body has to be kept straight always. ()
- (15) We must give priority to necessities more. than desires ()
- (16) If it suitable to reuse waste matter to minimize environmental pollution ()
- (17) for correct walking wearing high heel shoes is advantageous ()
- (18) Insects can be kept away (expelled) by the fragrance of 'Daspethiya' ()
- (19) By working to a rhythm we become tired more. ()
- (20) Over nutrition may cause diseases like diabetes ()

♦ Fill in the blanks with the suitable words from the list given

(foot ball, elle, Mung kiribath, Hath maluwa, Over weight, leanness, tending poison, gas maruwa, brisk walking, slow running)

- (21) In the past. our ancestors used mixed food items like 1.
 2. to increase the nutritional value.
- (22) One must engage in activities like 1. and
 2. to develop physical fitness.
- (23) The decrease of Body Mass Index (BMI) increases the 1.
 and decreases 2.
- (24) Considered as fun minor games, 1. and 2.
- (25) I 1. is the most popular game in the world and 2.
 can be played even on a left over land of ter harvesting paddy.

Part - II

♦ Answer question 01 and 4 others.

- (01) (1) What are the two types of diseases that make us suffer from.
(2) Give one example for each type of disease.
(3) Mention two facts you suggest to decrease the risk of falling to or getting the diseases.
(4) Mention two accidents you may meet with at home
(5) Mention two acts you can do to prevent road accidents.
(6) Mention two natural disasters we faced in our country this year.
(7) Mention two procedures (methods) by which we can minimize natural disasters.
(8) Mention two we must follow to be safe from being subjected to abuses and exploitations
- (02) Fitness is a very important factor, to get work done successfully, as you have learned it.
Fitness can be divided into three main parts; Physical, Mental and social.
(1) Mention 3 physical fitness qualities
(2) Mention 3 activities to improve physical fitness
(3) Mention 2 fitness tests.
(4) Mention 3 methods for emotional balance.
- (03) In day to day life we have to engage in active like walking running jumping and throwing and the same can be used as competitive activities.
(1) Mention the correct method of 'the foot touching the ground during correct walking.
(2) Mention two beneficial difference between walking and running.
(3) To improve running abilities, Mention three creative patterns of running
(4) State the main difference between walking and running
(5) Mention a throwing event in athletic competitions.
- (04) (1) What are the 3 basic needs of life
(2) Mention three problems arising when trying to fulfil one such need
(3) Mention three other needs of man
(4) Mention two responsibilities of us when we filth our necessities and desires.
- (05) (1) Mention three advantages or benefits of engaging in playing
(2) Mention two activities you can engage in alone as a recreation
(3) Mention 3 features of minor games
(4) Mention 3 organized games that you know of

(06) Select one game form, Volleyball, Netball and Foot ball and answer the following question.

- (1) which is the country that introduces the game to the world
- (2) Mention 3 activities that can be done alone to practice 'foot work'
- (3) Mention 3 activities to be practice foot work or ' ball handling' in one of the game
- (4) Mention the equipments or materials necessary for the game you selected

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