

ZONAL EDUCATION DEPARTMENT-VAVUNIYA SOUTH
THIRD TERM EXAMINATION-2016
SUBJECT-HEALTH AND PHYSICAL EDUCATION

GRADE:-06

TIME:-1.30HOURS

Underline the Correct Answer

1. Healthy life Means

1) Being diseaseless

2) Being happy

3) Physical, mental, social and spiritual well-being

4) Physical, mental, social well being

2. Which is the following mosquito borne infection diseases?

1) Typhoid

2) Dengue

3) Pneumonia

4) Blood pressure

3. Your age of school students should drink which amount of Water daily?

1) 5l 2) 1.3 l 3) 1-5 l 4) 1 l

4. What are the physical characteristic of a long distance runner?

1) Speed 2) Strength 3) Flexibility 4) Endurance

5. What is the natural disaster often occurs in hill country?

1) Cyclone 2) Earthquake 3) Landslide 4) Forest fire

6. The main nutrition in fruits

1) Vitamin, Minerals

2) Protein and Fat

3) Fat and Carbohydrate

4) Carbohydrate and lipids

7. Which part of the foot touches the ground, in a perfect walking?

1) Ball

2) Heel

3) Fingers

4) Toes

8. Which of the following is used as dwelling by ancient people?

- 1) Stone cave 2) Hut 3) Apartments 4) concrete house

9. Which of the followings gives more energy to our body?

- 1) Protein 2) Carbohydrate 3) Minerals 4) Vitamins

10. Which of the following activity is squalor to doing exercise in the morning?

- 1) Skipping 2) Running 3) Playing 4) Rhythm

(10x02 = 20Maks)

Match A with B

- | | |
|--------------------------|------------|
| 1. Weight lifting | Chickenpox |
| 2. Iron deficiency | Ear |
| 3. Communicable diseases | 32 |
| 4. Sound | Anemia |
| 5. Strong teeth | Strength |

(05x02 = 10Maks)

Following sentence is courect put True mark (✓) or sentence is false put False mark (✗) in the bracket

- 1) Punishments are given when violating the game rules ()
- 2) Maintaining correct posture is making health problems ()
- 3) One must wear heavy dresses when weighing the body weight ()
- 4) A man should sleep from 8 - 10 hours daily ()
- 5) Canine teeth is used to tear off the food ()

(05x02 = 10Maks)

Part II

Answers should be given 1st question and other three

01. A pleasant environment is very important physical well being

1. Give 2 characteristics of pleasant environment?
2. What are the important data to measure the BMI?
3. Give 2 basic human needs essential for human life?
4. What are the characteristics we want consider when choosing healthy foods?
5. What is meant by water and hygiene?

(05x02 = 10Maks)

2) Will satisfy the need and desires

- 1) What are the basic needs for human life?
- 2) Give 2 methods of water pollution?
- 3) What are the factors to be concerned of in fulfilling needs and desire?
- 4) Give 2 minor games that can be played in pairs?
- 5) Give 2 features of minor games?

(05x02 = 10Maks)

3) Correct posture will make body fitness.

- 1) What is posture?
- 2) Give some types of posture?
- 3) Give 2 benefits of posture?

(05x02 = 10Maks)

4) Feel happy with participation of sports.

- 1) When and who introduced Volleball in Sri Lanka?
- 2) Give the lenth and width of volleyball court?
- 3) How many players can play a volleyball team?

(05x02 = 10Maks)

5) Protect our body

- 1) What are the sensory organs that connect us to the environment around us?
- 2) Give 3 functions performed by the skin?
- 3) Give the types of teeth?

(05x02 = 10Maks)

6) Must maintain proper diet for healthy life.

- 1) Give 3 main function of food?
- 2) Give the necessary nutriend for our body?
- 3) What is the illness that occurs when macro nutrients are taken in excess?

(05x02 = 10Maks)