

KELANIYA EDUCATION ZONE
SECOND TERM TEST-2018
HEALTH AND PHYSICAL EDUCATION-I,II

Grade 6

2 hours

Name:

- Choose the most suitable answer for the questions from 01 to 15.
- Given below are some behavioural patterns of four students in Grade 6.

Amal : - Maintains the Body Mass Index in a proper way

- Engages in classroom activities anxiously and happily.
- Works with other students peacefully.
- Respects the teachers and the parents

Kamal : - In making decisions, takes correct decisions than the others.

- Engages in sports while keeping a proper physical fitness
- Religious
- Not flexible to others' ideas.

Sapumal: - The school attendance is low due to getting sick constantly.

- A good leader in working in groups.
- The participation in religious activities is not pleasurable
- Engages in classroom activities anxiously.

Namal: - A healthy and an active child in classroom

- Holds the forefront in school religious activities.
- Gets angry even for minor things when playing with friends.
- Shows a worrisome condition though he holds leadership in the class

With the above details answer the questions from 01 to 06.

01. The student with total health,

1. Amal 2. Kamal 3. Sapumal 4. Namal

02. The student who has to develop his mental health is,

1. Amal 2. Kamal 3. Sapumal 4. Namal

03. The field which is needed to be developed by Kamal is,

1. Physical 2. Mental 3. Social 4. Spiritual

04. In your view, the health field which cannot be seen in Namal is,

1. Physical 2. Mental 3. Social 4. Spiritual

05. The one who should be given advice to have a good physical health is,

1. Amal 2. Kamal 3. Sapumal 4. Namal

06. The one whom the focus should be given about spiritual health is,
1. Sapumal
 2. Mental
 3. Amal
 4. Kamal
07. If you are a child who is maintaining a good body mass, the column you have to mark in your graph is,
1. Orange colour column
 2. Green colour column
 3. light purple column
 4. dark purple column
08. The correct method which should be followed in lifting a heavy object is,
1. Keeping that weight closer to the body
 2. Keeping the weight at a certain distant
 3. Lifting the weight by bending the body forward
 4. Lifting the weight together.
09. In sports, "Respecting the Judge's decision" is known as,
1. Law
 2. A must
 3. Necessary factor
 4. An ethic
10. For the game, "Gal Hatha Kedeema" which is done in the playground,
1. We should obey the standard rules and regulations
 2. The rules and regulations which are made by us can be used
 3. No need of rules and regulations
 4. All are needed.
11. A disease caused by over nutrition,
1. Anaemia
 2. Goiter
 3. High blood pressure
 4. Night blindness
12. A food item which belongs to pulses,
1. Chicken
 2. Animal liver
 3. Rice
 4. Dhal
13. The amount of fat which should be included in your meal,
1. 25%-30%
 2. 50%-60%
 3. 10%- 15%
 4. 55%-60%
14. We need vitamins and minerals in our body,
1. To get energy
 2. To protect from diseases
 3. To have a proper figure
 4. for the growth of body
15. Instructions which can be given to improve the mental well-being of Piyumi who is always in sadness,
1. Engage in yoga exercises
 2. Participate in meditation programmes
 3. Listen to melodious songs
 4. Engage in all activities above

Match A with B

- | A | B |
|---|---|
| 16. By maintaining a proper social well being | a. nerve, muscle coordination is improved |
| 17. By maintaining a proper rhythm | b. A certain work is done easily taking a long time |
| 18. By maintaining a proper | c. work can be done effeciently |
| 19. By maintaining a proper physical well-being | d. skiping rope jump |
| 20. Basic footwork is belonged to | e. work cooperatively |
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Paper 2

- The first question is compulsory. Choose another four questions and answer five questions altogether.
01. You, who are having a diet with proper nutrients, are capable of gaining a healthy lifestyle. We understood the fact that we should take food not only to sate the hunger, but also for the well being of the life. At the same time we learnt that same as food, exercises are also important for body.
1. What is known by malnutrition? Explain(2 marks)
 2. Name three nutrients which belong to macronutrients.(3 marks)
 3. When you buy following food items what are things you should consider? Write one fact per each food item. (3 marks)
 - a) Vegetables, fruits
 - b) artificial food
 - c) grains like dhal, rice
 4. Mention two diseases which are caught by you, when you do not get enough micronutrients into your body. (2 marks)
 5. State three features that should be in a healthy food item. (3 marks)
 6. Explain in brief three advantages you get by doing sports and exercises. (3 marks)
02. You may have practised in the playground the way of maintaining the body correctly in your day today life.
1. Explain the way in which the body should be kept in stand at attention posture.
 - a) Feet
 - b)
 - c) hands (3 marks)
 2. Explain a situation where you should be in “stand ease” posture. (3 marks)
 3. Name three instances where correct postures are used in day today life. (3 marks)
 4. State two factors which you should consider in buying a school bag to carry books. 2 marks)
03. 1. Write down an experiment which can be done to get an idea about the amount of fat stored in your body. (2 marks)
2. Give the formula of calculating Body Mass Index (B.M.I) (3 marks)
 3. What is known by personal hygiene? Explain in brief. (2 marks)
 4. Write down four good habits which should be practised to protect personal hygiene. (4 marks)

04. You may have gained a good knowledge about our basic needs, other needs and desires.

1. Name three basic needs of us. (3 marks)
2. Categorize below mentioned things into secondary needs and desires. (4 marks)
Love, a modern house, education, sports and exercises, a cool drink bottle, a bicycle to go to school, a tasty slice of chocolate, an adequate sleep, clothes
3. Mention two facts which should be considered in fulfilling needs and desires.(4 marks)
4. Set in order the way how the need of humans' houses was changed from Stone Age to present day.
(2 marks)

05.

1. Explain the activities that can be done between two people and an activity that can be done alone to train the ball handling in Volleyball.(4 marks)
2. Define the activities which can be done by you to train the foot work in netball. (2 marks)
3. Describe an activity which you have done to train the ball handling in football game.(2marks)
4. Write down two good habits which can be gained into your life by playing according to the rules and regulations and ethics of sports.(3 marks)

06. The physical fitness qualities can be developed by considering about physical fitness from childhood.

1. Write down the physical fitness quality which is needed most for the following players.
 - a. A player who is engaged in weight lifting
 - b. For a runner who runs 100m
 - c. For a runner who runs 5000m
 - d. For a gymnast (4 marks)
2. What are the physical fitness qualities which can be measured by following tests that are done in the playground?
 - a) Bending down
 - b) Running 50m
 - c) Vertical jump
 - d) Running 800m (4 marks)
3. To improve your physical fitness, you should engage in activities at least for one hour in school. For this, state three activities which can be engaged by you. (3 marks)