

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 6

Health & Physical Education

Name :

Underline the correct answer.

- 1) What are the basic requirements of man?
 1. Food, Clothes, Water
 2. Air, Vehicles, Water
 3. Food, Water, Air
 4. Water, Clothes, Lodgings

- 2) A minor game is,
 1. Volleyball
 2. Who's the king
 3. Football
 4. Netball

- 3) Not a characteristic of an organized game,
 1. Having courts with standard measurements.
 2. Having a number of players to participate.
 3. Rules and regulations that can be changed according to the necessity.
 4. Using equipment that are made to correct standards.

- 4) The person who introduced Volleyball game to Sri Lanka,
 1. Robert Walter Camac
 2. Jenney Green
 3. Hussain Balt
 4. Susanthika Jayasinghe

- 5) The length and the width of a Netball court respectively is,
 1. 10m, 15m
 2. 30.5m, 15.25m
 3. 20.5m, 30m
 4. 15m, 20m

- 6) Not a jumping event of athletics,
 1. High jump
 2. Pole vault
 3. Long jump
 4. Jumping steps

- 7) Not an advantage of preserving the rules and regulations of sports,
 1. Rights of the sportsman will be preserved.
 2. Problems are solved.
 3. Accidents are minimized.
 4. Not achieving the true winners.

- 8) Not belongs to the nutrients,
 1. Carbohydrates
 2. Carbondioxide
 3. Lipids
 4. Proteins

- 9) A food that not contains proteins,
 1. Meat
 2. Fish
 3. Eggs
 4. Rice

- 10) A physical fitness quality is,
 1. Energy
 2. Leadership
 3. Rhythm
 4. Honesty

Select the correct answer from the brackets and fill in the blanks.

(Protein, Speed, Trampling, Poison, Healthy food, Netball)

- 11) The ability of doing a task in a short period of time is called
- 12) helps the growth of the body.
- 13) An organized sport is
- 14) A minor game can be played with a few players.
- 15) For maintaining the physical well being, we need

(Marks 2 x 5 - 10)

Match the statements in "A" with the answers in "B".

A

B

- | | |
|---|---|
| <ul style="list-style-type: none"> 16) The ability to do a task for a long period of time easily. 17) Gives energy to the body. 18) The ability to do a task according to a rhythm and a range of time systematically. 19) A minor game that can be done with two people 20) An organized game | <ul style="list-style-type: none"> 1. Rhythm 2. Football 3. Endurance 4. Carbohydrates 5. Hot scotch (Kotu Penima) |
|---|---|

(Marks 2 x 5 - 10)

Part II

Answer only 5 questions.

- 1) i) What do you mean by "Basic requirements"?
 - ii) Write 4 other needs required after fulfilling the 'basic needs.'
 - iii) Write 5 factors that we should consider when fulfilling our needs and desires. (likes)
- (Marks 3 + 4 + 5 - 12)
- 2) i) Write 3 advantages that we gain by engaging in sports activities.
 - ii) Write 4 characteristics of minor games.
 - iii) Write 5 examples of minor games.
- (Marks 3 + 4 + 5 - 12)
- 3) i) What do you mean by rules and regulations of sports?
 - ii) Write 4 good qualities that are developed in you through sports.
 - iii) Write 5 inconveniences that are faced due to not working according to the rules and regulations of sports.
- (Marks 3 + 4 + 5 - 12)
- 4) i) Write 2 ways the main nutrients of food are divided mainly.
 - ii) Write 4 mixed foods that are rich in nutrients.
 - iii) Write 5 things that should be considered when buying healthy food.
- (Marks 3 + 4 + 5 - 12)

- 5) i) What are the 3 main components of fitness?
ii) Write 4 qualities of physical fitness.
iii) Write 5 rhythmic activities that you can follow. (Marks 3 + 4 + 5 - 12)
- 6) i) What is total health?
ii) Write 4 health habits you have learnt.
iii) Write 5 advantages you gain by following proper health habits. (Marks 3 + 4 + 5 - 12)