

Southern Provincial Department of Education

Year End Test - 2018

Health and Physical Education

Grade 6

Name / Index No.

Time - 2 hours

Part I

Answer all the questions.

- Underline the most suitable answer in the questions numbering from 1-10.

(01) The ability to identify the skills, to face the challenges in day to day life successfully, work effectively, serve society and live happily is termed as

- | | |
|-------------------------|--------------------------|
| (1) Physical well being | (2) Mental well being |
| (3) Social well being | (4) Spiritual well being |

(02) An indicator that can be used to determine the physical well being

- | | |
|-------------------------------------|--------------------------------|
| (1) Proper nutrition level | (2) Being inactive |
| (3) Subjected to diseases regularly | (4) Addicted to wrong postures |

(03) A feature of a person who is having the quality of empathy

- (1) Not helping others
- (2) Share the happiness of others
- (3) Creating conflicts among the people
- (4) Not respecting rules and regulations

(04) A factor to be considered with fulfilling needs and desires

- (1) Suitable to one's health condition
- (2) Not considering one's economic level
- (3) Not adhere to rules, regulations and ethics of the country
- (4) Spoiling the ideas and desires of others

(05) When singing the school song we have to stand at attention. When standing at attention.

- (1) Feet should be kept at shoulder distance level
- (2) The feet are kept in a 'V' shape and the heels touching each other
- (3) The hands are kept at the back of the body with the right palm on the left and the fingers crossed on each other
- (4) The body should be inclined to a side

(06) Appearance of the body improves by maintaining correct posture. A reason for wrong postures.

- (1) Being hunched when standing or walking
- (2) Standing on feet by putting weight on both feet
- (3) Wearing shoes with less height
- (4) Using the whole chair to sit

(07) We can engage in minor games with or without equipments. A minor game you can do on your own.

- (1) Stepping on poison
- (2) Who's the King?
- (3) Throwing a ball up and catching it.
- (4) Exchanging trees.

(08) The aim of running in athletic is to finish the race in shortest time. Which of the following is a running event in athletics

- (1) Long jump
- (2) Shot put
- (3) 400m race
- (4) Throwing Discus

(09) A condition occurs due to lack of macro nutrients to the body.

- (1) obesity
- (2) over nutrition
- (3) under nutrition
- (4) Goitre

(10) To protect from abuse and exploitation we can

- (1) Talk with unknown persons
- (2) Not staying alone at home or other places
- (3) Taking anything given by strangers
- (4) Walking along lonely roads

• Say whether the following statements are True (✓) or False (✗)

(11) Tiredness can be reduced by engaging in activities following correct posture. ()

(12) Rocking the chair while being seated is a cause of wrong posture. ()

(13) Having a specific number of players is not a feature of organized games. ()

(14) Long jump is a jumping event in athletics. ()

(15) There are punishments when rules and regulations in sports and games are violated. ()

- Select the most suitable answer from the words within brackets.

- (16) The main function of proteins is (growth of the body / providing energy to the body)
- (17) (curd / butter) is a healthy snack.
- (18) (Running / Speed) is a physical fitness factor.
- (19) (Eyes / Teeth) are sensory organ that maintains a close relationship with the external environment.
- (20) (Diabetes / Goitre) can be caused by consuming too much sugar.

(2 x 20 = 40 marks)

Part II

- First question is compulsory. Answer four more questions. Answer five questions altogether.

- (01)(i) (a) Write two features of organized games. (02 marks)
 (b) Name 3 organized games the students in your school engage in. (03 marks)
- (ii) (a) Write two benefits of correct walking. (02 marks)
 (b) Write 3 running events you have seen in athletics. (03 marks)
- (iii) (a) State the four tastes felt by our tongue. (02 marks)
 (b) Write 3 reasons for tooth decay. (03 marks)
- (iv) (a) Name 3 body systems that contribute in various activities and for the existence of life. (03 marks)
 (b) What is the body system that contribute for running, jumping and throwing events? (02 marks)
- (02) Diseases that can affect our bodies can be divided into two main types, namely, communicable diseases and non-communicable diseases.
- (i) Name 3 communicable diseases. (03 marks)
- (ii) Write two factors that increase the risk of non-communicable diseases. (02 marks)
- (iii) Write three natural disasters. (03 marks)
- (03) The national game in Sri Lanka is volleyball and it is played in most of the schools in Sri Lanka.
- (i) Write 3 activities that can be done in ball handling in volleyball. (03 marks)
- (ii) Write 3 activities that can be done to train the foot work in netball. (03 marks)
- (iii) Give 2 features of minor games. (02 marks)

(iv) Write 2 minor games that can be done in groups.

(02 marks)

(04) A clean environment helps to prevent the spread of diseases and it will also create a pleasant surrounding.

(i) Name two diseases caused by mosquitoes.

(02 marks)

(ii) What are the things you can do to prevent from diseases?

(03 marks)

(iii) Name 3 diseases that can be prevented by vaccines.

(03 marks)

(iv) Write 2 things that you can do to prevent from road accidents.

(02 marks)

(05) Fitness is the ability we have to complete our activities successfully.

(i) What are the three main aspects of fitness?

(03 marks)

(ii) Write 3 physical fitness factors.

(03 marks)

(iii) Write 2 activities that can be done to improve physical fitness.

(02 marks)

(iv) Write two ways to maintain emotional balance.

(02 marks)

(06) Select the most suitable answer from the words given within brackets.

(rules and regulations / correct / motor skills / volleyball / dental / anaemia /
minor games / carelessness / disasters / dengue)

(i) There are six players play in a team at a time in

(ii) mosquitoes can be bred in containers where pure water gets collected.

(iii) Increasing the number of accidents is mainly caused by of man.

(iv) are required to maintain the safety of players.

(v) Sudden changes in the environment are termed as

(vi) When consuming calcium rich food your hygiene improves.

(vii) posture improves your appearance and personality.

(viii) are designed for fun and enjoyment.

(ix) Sports activities improve your

(x) is caused by iron deficiency.