

Grade 06	Year End Team Test - 2019	86	E	I
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Health And Physical Education	2 Hours
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Name / Index No:

Important - Answer all questions

Part - 1

- Underline the correct answer
01. "Total health" can be defined as,
    - Clean and efficient work.
    - Mental, Physical and Spiritual well being.
    - Live with out physical disabilities.
    - Mental, Physical, Social and Spiritual well being.
  02. Body Mass Index is Used,
    - To determine the mental and physical well being.
    - To decide one's nutritional Status.
    - To determine the mental fitness.
    - To calculate the waist circumference.
  03. Our basic needs are,
    - Food, Water, Cloths
    - Food, Cloths, Houses
    - Food, Water, Air
    - Air, Education, Houses
  04. This is not a factor that you should consider when fulfilling your needs and desires?
    - Not in accordance with the law of the country
    - Not breaking social norms and moral
    - Suitability to one's health
    - Ability to cope with the economics status of one's family
  05. The ability to tolerate disease is called as,
    - Physical fitness
    - Malnutrition
    - Immunity
    - Emotional Balance
  06. What is the part touches the ground first, while correct walking?
    - Heel
    - Sole
    - Tip of toes
    - Ball
  07. The Importance of rules and regulations and ethics in sports
    - Being subject to the scorn and disrespect of others
    - Helpful to maintain the dignity and honour of the game
    - Unable to minimize accidents
    - Cannot bring real victory
  08. It's a minor game,
    - Volleyball
    - Elle
    - Badminton
    - Stepping on poison
  09. An organized game,
    - Netball
    - Pinpom
    - Meeyo Meemo
    - Chaggudu
  10. The number of players can play for one group in volleyball and Netball respectively,
    - 12- 7
    - 10 - 6
    - 6 - 7
    - 12 - 13

02. Put the correct sign (✓) in front of the correct statement and the wrong sign (✗) in front of the wrong statement in the parentheses

1. The rhythm does not make the body tired (.....)
2. We must always put the needs ahead of our desires (.....)
3. Gymnastics is an athletic event (.....)
4. Drowning in water, drunk driving are domestic accidents (.....)
5. Skill development is the development of life skills which is needed to face the challenges (.....)
6. Infectious diseases cannot spread directly from person to person or as a carrier of disease (.....)
7. During exercise proper posture reduces fatigue (.....)
8. Cleanliness reduces everyone's physical appearance (.....)
9. Stone age man's needs are limited (.....)
10. Food can be categorized under six groups (.....)

3. Choose the appropriate word from the following brackets and complete the sentence.

(Germs , Hathmaluwa, Flexibility, communication, ethics wasting, hygienically, good. milk , teeth, volleyball )

1. A healthy meal means ..... prepared meal that contains a balanced diet with.
2. Most of the diseases are caused by entering ..... to the body.
3. Lawfulness and discipline make you a ..... citizen.
4. .... is a mix of nutrients that our ancients used.
5. .... gives you that the ability to work your joints within a wider range.
6. The first set of teeth that come out of the mouth are called .....
7. Effective ..... is a life skill.
8. .... is a major sport in Sri Lankan schools.
9. Virtues and traditions that are required to maintain rules are called as .....
10. Not having the suitable weight for the height is called .....

### Part II

\* Answer five questions, including the first one

Proper engaging in activities such as running walking, jumping and throwing that help you to work efficiently and lead a healthy life

Our body is so wonderful ,We need the contribution of all the body systems to sustain life. It also requires the involment of sensitive organs to maintain contact with the environment

- 1)
  - i. Explain the difference between walking & running
  - ii. Mention 02 for each jumping and throwing events in athletics each.
  - iii. Mention two situations in which day - to - day running is required.
  - iv. Mention two benefits of correct walking.
  - v. Jumping in to the ground can be done from a single foot or both feet, state two points should consider at that moment.

vi. Name two systems in the body and their functions .

vii. What are the sensory organs.

viii. Mention two benefits of skin.

ix. State two things should be followed to protect teeth.

x. Name two main types of taste in the tongue.

(2) Physical, mental and social fitness will help for a good person to maintain his or her daily life .

1. Briefly describe physical fitness.

2. Name three advantages a well fitness person experienced characteristics of physical .

3. Name two fitness and describe one of them .

4. Write 04 activities that you can do to improve fitness.

(3) The rhythm can be detected by listening to the various sounds of the surroundings. And also the events that happen at various times which helps to balance the mental and emotional balance.

1. Describe the word "rhythm".

2. Name two rhythmic activities you can follow to build a rhythm.

3. What is emotion? Explain.

4. Mention two things that are important for maintaining emotional balance.

5. Name two factors that influence emotional balance.

(4) There are many challenges that we face in day today life. we need to knowledge to cope with them.

1. Name two main categories of disease.

2. State two diseases to each category mentioned above.

3. Write three things that can be done to maintain personal hygiene.

4. What are the challenges that you have to face in day today life.

(5) When we are not thinking, various accidents disaster, abuse & haressment such situations nay occur

1. Write down two domestic accident.

2. Describe a disaster

3. Write down three things that can be done to be safe from abuse & harassment.

4. Write 3 accidents, which are occured naturally.

(6) We cannot live without foods. Healthy as well as nutritious diet will helps us to spend heathy life

1. Food has three major functions. mention those three.

2. What are the macro - nutrients that are included in the diet.

3. Name two nutrients & write two types of foods to each nutrient.

(7) Select one of the game volleyball, netball or football and answer the following questions.

1. Name your chosen sport and state three skills.

2. Mention three activities that you can do individually.

3. How to train for that activity, illustrate with diagrams.

4. Specify the length and width of the play ground of your chosen sport.

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