

Grade 6

First Term Test 2019

86

E

Health & Physical Education

Time : 2 hours

Important : • Answer all questions

Name

Part I

• Underline the correct answer

- 01. A healthy life is known as ,
 - i. physical, mental and spiritual wellbeing
 - ii. absence of diseases and disabilities
 - iii. physical, mental, social and spiritual wellbeing
- 02. The colour which shows the appropriate weight according to the BMI chart,
 - i. Orange
 - ii. Light Purple
 - iii. Green
- 03. The concept of water and sanitation is,
 - i. SMART
 - ii. PRICES
 - iii. WASH
- 04. A quality of a person who has spiritual wellbeing is,
 - i. Followership
 - ii. Living according to moral values
 - iii. Productive Communication
- 05. Which part of the foot touch the ground first in a correct walking,
 - i. Ball
 - ii. Toes
 - iii. Heel

• Read the following statements and mark (✓) if correct and mark(x) if incorrect.

- 06. Correct postures minimizes accidents ()
- 07. Health cannot be determined by external appearance ()
- 08. Stand at attention is taken when we have to stay long as in an assembly or a lecture ()
- 09. Minor games can be played by yourself ()
- 10. Being polite is a characteristic of physical wellbeing ()

• Fill in the blanks using the correct words given in the bracket.

(physical wellbeing, social wellbeing, sedentary, own family and community, hygiene)

- 11. Maintaining personal cleanliness is.....
- 12. Adequate rest and sleep is very important for good.....
- 13. Tolerating other's views is a good habit of.....
- 14. Improving the health status ofis known as health promotion.
- 15. If waist to hip ratio is greater than 0.5, we should limit the.....activities.

• **Match A with B**

	A	B
16.	Improves through engaging in aesthetic activities.	Minor games
17.	A characteristic of physical fitness	Balance
18.	Important when following correct postures.	Mental Health
19.	A harmful effect of burning wastes.	Speed
20.	Can change the rules and regulations as required.	Air pollution

(20x2 =40 marks)

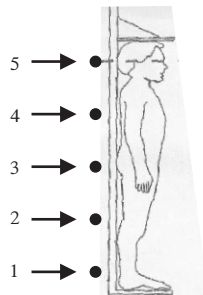
Part II

• **Answer 05 questions including the first question**

01. After monitoring the physical fitness programme, which was conducted after the assembly, the principal said that "Our students are active and they follow correct postures. Therefore it is very easy to make healthy citizens for our country."
- Name the activity that is doing in the morning by the participation of all students, for the development of physical wellbeing.
 - What is the posture that the students should follow when listening to the speech of the principal at the assembly?
 - Write an index to measure physical wellbeing.
 - Mention a type of food that should consume in less amount to have a healthy body.
 - Write an activity that you can do after getting tired of studying
 - Write the emotion you feel when you received a prize at the morning assembly.
 - Name 2 people who expect your success (goodwill).
 - How many hours at least you should engaged in outdoor activities daily?
 - Mention how you can prepare pure drinking water.
 - What is the international organization working regarding on health?

(2x10=20 marks)

02. We can determine the nutritional status by getting the correct physical measurements.



- Heel
- Calf
- Buttocks
- Back of the chest
- Back of the head

- Which measurement is taken by the above diagram? (2 marks)
- Mention two points to be considered when taking the above measurement (4 marks)
- Write two points to be considered when measuring weight. (4 marks)

03. Psycho- social wellbeing is also an essential factor to be a totally healthy student.

- i. Write two habits that should follow to have social wellbeing. (2 marks)
- ii. Mention two activities that can do to relax the mind. (4 marks)
- iii. Divide the following personal characteristics as mental wellbeing and social wellbeing. (4 marks)

(Flexibility / Decision making / Being happy / Being law - abiding)

Mental wellbeing	Social wellbeing
.....
.....

04. Correct postures help to protect the health of the body.

- i. Write two postures that we follow in day to day life. (2 marks)
- ii. Mention two points to considered when lifting a weight. (4 marks)
- iii. Mention two harmful effects of bad postures. (4 marks)

05. Correct postures and personal hygiene are very important for spending a healthy life.

- i. Mention a factor that affect for having a good appearance. (2 marks)
- ii. Write two benefits that you can gain by cleaning the classroom and school environment. (4 marks)
- iii. Write one health habit for each that you should follow to keep following parts of the body cleanly.
 - 1. Head and Hair -
 - 2. Nail -
 - 3. Skin -
 - 4. Teeth -(4 marks)

06. Games you engage in for enjoyment during your leisure are known as minor games.

- i. Write two motor skills that you can develop through minor games. (2 marks)
- ii. Write two minor games that can be played with equipments. (4 marks)
- iii. Name two minor games that can be played with your friends. (4 marks)

07. Inter house sportsmeet is a function which is having lot of sports activities and it improves your enjoyment.

- i. Mention two situations where the students should follow the posture of stand at attention during sportmeet. (2 marks)
- ii. Sports activities can be classified in various ways. Mention two out of those. (4 marks)
- iii. Mention two benefits that you can gain by engaging in sports activities. (4 marks)

First Term Test - 2019
Health and Physical Education
Grade 6 -Answers
Part I

- | | | | | |
|-----|---|-----|------------------------------|-----------------|
| 01. | - | iii | 11. hygiene | |
| 02. | - | iii | 12. physical wellbeing | |
| 03. | - | iii | 13. social wellbeing | |
| 04. | - | ii | 14. own family and community | |
| 05. | - | iii | 15. sedentary | |
| 06. | - | ✓ | 16. Mental health | |
| 07. | - | ✓ | 17. Speed | |
| 08. | - | X | 18. Balance | |
| 09. | - | ✓ | 19. Air pollution | |
| 10. | - | X | 20. Minor games | (2x20=40 marks) |

Part II

01. i. Physical fitness programme.
 ii. Stand ease
 iii. Body mass Index/ waist circumference
 iv. Artificial foods, fatty foods, high salty, high sugary and high spicy foods
 v. Engaging in recreational games, Aesthetic activities, Outdoor activities,(Activities for mental relaxation)
 vi. Happiness, self esteem, proud, enjoyment
 vii. friends, parents, siblings, teachers, relatives, religious leaders.
 viii. 30 -60 minutes (about 1 hour)
 ix. • Boil, filter and cool the water.
 • using a filter
 x. World Health Organization (WHO) (2x10=20 marks)
02. i. Height (2 marks)
 ii. • Removing shoes
 • Removing hats and hair styles on the crown area of the head.
 • Standing up turning back to the tape hanging on the wall while keeping touch the ankle, calf, buttocks, back of the chest and back of the head to the vertical line. (4 marks)
 iii. Removing shoes, Wearing a light clothes, Removing every things in pockets of the cloth, Removing coats (jackets) warn over the school uniform.
 if it is a scale,
 * Make sure the scale is at the value of 0
 * The body should not touch or lean against anything and the head should be straight Look forward.
 * Keeping the hands free and be relax. (4 marks)
03. i. * Work as a team
 * Tolerating others views
 * Flexibility
 * Respect others
 * Understanding diversity among people.....etc. (2 marks)
 ii. Meditation, Engaging in yoga exercises, Engaging in sports. (4 marks)
 iii. * Mental wellbeing - Decision making, being happy
 * Social wellbeing - Flexibility, being law abiding (4 marks)
04. i. standing, sitting, lying, walking, running, lifting a weight, pushing an object, jumping, throwing (2 marks)
 ii. * Think about your and others' safety
 * Not bending the body forward and keeping the body straight
 * Keeping the object as close as to the body when lifting and putting down. (4 marks)

- iii. * Muscles, bones and joints can be damaged.
 * Bad postures in childhood can lead to disabilities in later life.
 * If a person continue to adopt bad postures it is difficult to correct them.
 * Reducing efficiency and effectiveness etc..... (4 marks)
05. i. Clothes, cleanliness, behaviors, tidy, following correct postures, being free from diseases, being pleasant (2 marks)
- ii. * Orderly manner
 * Beauty
 * Reducing the spreading of diseases
 * Mental happiness
 * Pleasant place to others (4 marks)
- iii. Head and Hair - if a woman, Comb the hair properly
 if a boy trim the hair properly
 clean the hair everyday
- Nails - Trim the nails properly
 Not doing any damage to nails
 Consuming nutritious food that are good for nail growth
- Skin - Use skin friendly soaps and applications
 Protect the skin from excess cold and heat
 Clean the skin daily
- Teeth - Brush teeth at least twice a day
 Use a suitable toothpaste and a tooth brush
 Not consume excess cold and hot foods. (4 marks)
06. i. Running, Jumping, Throwing, Catching, Turning, Bending, Defending, Chasing, Dodging (2 marks)
- ii. Beat the ball, Skipping, Stepping on poison, Hopscotch, Breaking the tail... (4 marks)
- iii. Stepping on poison, breaking the tail, hopscotch, changing trees, beat the ball. (4 marks)
07. i. During march past, reciting the school or national anthem, hoisting the national flag. (2 marks)
- ii. Minor games, lead up games, organized games, Winter games, adventurous games, Athletics, Outdoor games. (4 marks)
- iii. * Improves activeness.
 * Having a good appearance
 * Ability to withstand against diseases.
 * Ability to maintain proper physical fitness (4 marks)