



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE  
**SECOND TERM TEST - 2019**

**Grade 06 Health and Physical Education**

Two Hours

Name / Index No. :

**Part - I**

● **Answer all questions. Underline the most suitable answer.**

01 An active person with a proper nutritional level can develop.

- (i) Physical health                      (ii) Mental health                      (iii) Social health

02 According to the B.M.I, an obese person belongs to the,

- (i) green colour zone                      (ii) orange colour zone                      (iii) dark purple zone

03 The minor game depicted by the following diagram is,

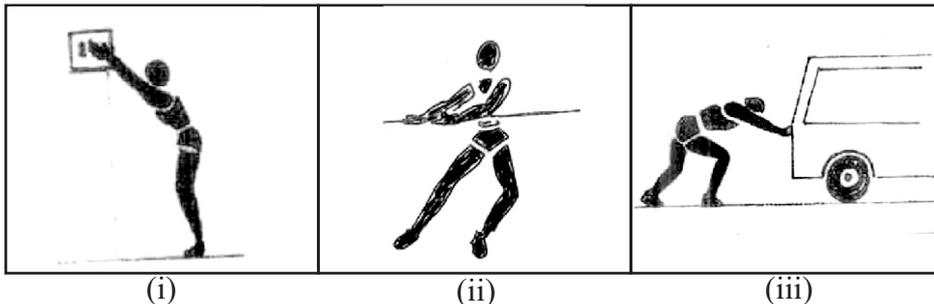
- (i) changing trees  
(ii) stepping on poison  
(iii) who is the king



04 A factor that should be concerned when resources are being used is,

- (i) spending much money                      (ii) using them carefully (frugality)                      (iii) prioritizing needs

05 The diagram that depicts the correct posture is,



● **Put a tick ( ✓ ) or a cross ( ✗ ) in the given brackets.**

06 Mental wellbeing is improved by meditating. (     )

07 You should care only of yourself when your needs are being fulfilled. (     )

08 It is advisable to wear high heeled shoes to walk correctly. (     )

09 Food items that are rich in mineral salt and vitamins should be consumed for growing of the body. (     )

10 We can engage in minor games in our leisure time. ( )

● **Choose the most suitable answer from the brackets for the following questions.**

( Iodine / standing ease / social / WASH / SMART / mental )

11 ..... health is improved by working as a team.

12 To face the day to day challenges successfully is .....

13 It is better to take the posture of ..... when you are listening to a lecture.

14 Deficiency of ..... may cause goitre.

15 The concept of water, sanitation and hygiene is known as .....

● **Select and match the most suitable answer for the part 'A' from the 'B'.**

**A**

**B**

16 "Hathmaluwa", "Munkiribath", "Mixed green melluma" (a) Ethics.

17 Diabetes, Heart attack, Cancer (b) Non communicable diseases.

18 Not to consume too cold and too hot food. (c) belongs to net ball.

19 Shooting the ball through the ring successfully (d) helps to keep teeth healthy.

20 Obeying to correct customs and traditions (e) mixed food.

(2 x 20 = 40)

## Part - II

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● **The first question is compulsory and answer four (4) more questions.**

01 Ramani got up early in the morning and took her breakfast with rice, fish and carrot sambol, and after that she left home for school happily after worshipping parents.

The teachers paid much attention to the weight and appearance of the children, at the morning assembly.

- (i) Write 02 good qualities from the passage that Ramani has. (02 m.)
  - (ii) To which field does "being happy" belong in improving total health. (02 m.)
  - (iii) Write a feature from the passage that depicts spiritual well being. (02 m.)
  - (iv) From which food item of the breakfast does Ramani get carbohydrates. (02 m.)
  - (v) Name the food item that gives micronutrients to Ramani. (02 m.)
  - (vi) Name an instance in which every child is standing attention in the morning assembly. (02 m.)
  - (vii) What is the posture that you should keep when the principal is giving you a very short message? (02 m.)
  - (viii) Write 02 factors that may help to keep our appearance. (02 m.)
  - (ix) Write 02 postures that you may keep at school. (02 m.)
  - (x) Name two persons who help for your well being at school. (02 m.)
- (Total 10 m.)

02 We need secondary factors as well as basic factors for our survival.

- (i) Name two basic needs. (02 m.)
  - (ii) Write two facts that should be concerned in fulfilling needs and desires. (04 m.)
  - (iii) Following are some of the items that your mother has bought from the fair. Categorize them into needs and desires. (rice, doll, vegetables, beautiful, flower, plants ) (04 m.)
- (Total 10 m.)

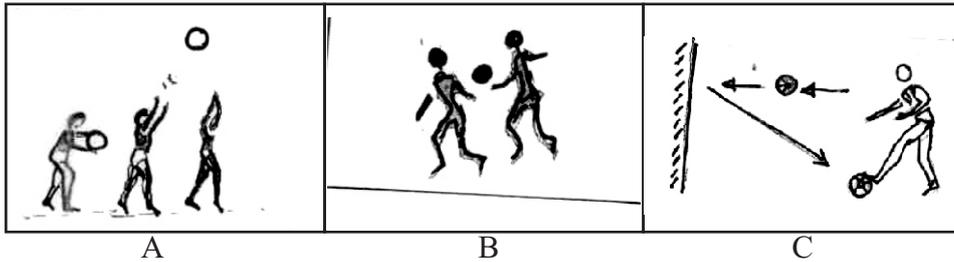
03 Consuming a balance diet is essential for the well being of man.

- (i) Write 02 food items that you choose for a healthy meal. (02 m.)
  - (ii) Name two nutritional problems that may occur when getting reduced amounts of macro nutrients and micro nutrients. (04 m.)
  - (iii) Draw a picture of a food plate that should comprise the nutrients for a balanced diet and name the food items. (04 m.)
- (Total 10 m.)

04 Personal hygiene is important to lead a healthier life.

- (i) Write 02 good habits that you can follow to keep a good personal hygiene. (02 m.)
  - (ii) Write 02 things that you can do to keep the school environment clean. (04 m.)
  - (iii) Write by one habit that you can use to keep the following parts of the body clean.  
a. Skin                      b. Nails                      c. Hair                      d. Teeth (04 m.)
- (Total 10 m.)

05 The following diagrams show some of the activities used for controlling the ball of some games.



- (i) Name the games at "A, B and C ". (02 m.)
  - (ii) Write 03 advantages of engaging in sports. (03 m.)
  - (iii) Write 02 disadvantages of breaking rules of sports. (04 m.)
- (Total 10 m.)

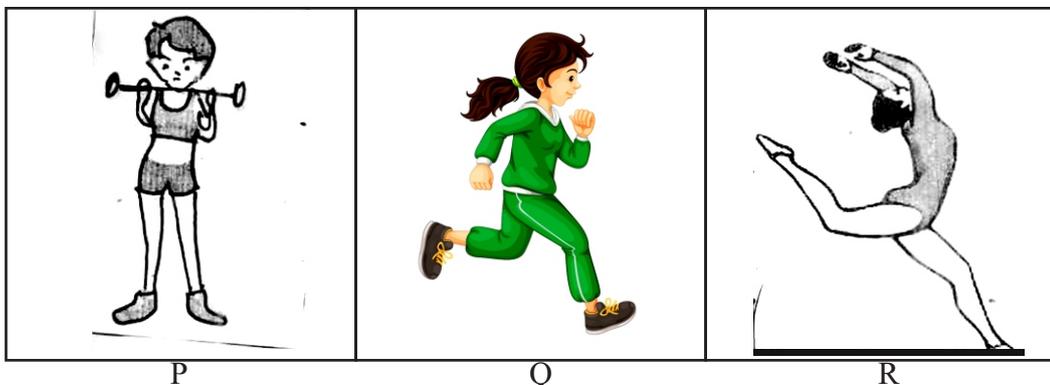
06 Physical, mental and social ability of doing day to day activities successfully is known as fitness.

(i) Copy the following table into you answer paper and complete it.

Fitness	What can be done to maintain
a. Physical	.....
b. Mental	.....
c. Social	.....

(03 m.)

(ii) The following pictures show three physical fitness factors, Name them.



(03 m.)

(iii) Write two things that you can do to develop physical fitness factors.

(04 m.)

(Total 10 m.)

07 A regular repeated pattern of movement or sound is called "rhythm"

- (i) What is the rhythmic activity that all students of the school engage in. (02 m.)
- (ii) Name 04 rhythmic movements that you learnt. (04 m.)
- (iii) Write 02 advantages of engaging in rhythmic activities. (04 m.)

(Total 10 m.)

**Answer Paper - Part I**

- |             |             |                 |             |           |
|-------------|-------------|-----------------|-------------|-----------|
| (01) i      | (02) iii    | (03) ii         | (04) ii     | (05) iii  |
| (06) ✓      | (07) ✗      | (08) ✗          | (09) ✗      | (10) ✓    |
| (11) Social | (12) Mental | (13) Stand ease | (14) Iodine | (15) WASH |
| (16) (e)    | (17) (b)    | (18) (d)        | (19) (c)    | (20) (a)  |

(2 x 20 = 40 m.)

**Part - II**

- 01 (i) Rising early, brushing teeth, washing face, worshipping parents  
(ii) Mental health  
(iii) worshipping parents  
(iv) Rice  
(v) Carrot Sambol, Micro nutrients.  
(vi) When the national anthem is being sung, when the school anthem is being sung.  
(vii) Stand at ease  
(viii) Cleanliness, neatness, clean clothes, being happy always, correct postures  
(ix) Walking, running, dancing, sitting, jumping, standing  
(x) Principal, teachers, prefects.
- 02 (i) Air, Water, Food (02 m.)  
(ii) ● Others should not be disturbed ● Use with a sense of frugality ● according to one's health condition. Suit to the economic condition of the family, making correct decisions. (04 m.)  
(iii) Needs Desires  
Rice / vegetable Doll, flower plants (04 m.)
- 03 (i) Nutrition, Variety, Quantity, Being natural, Freshness, Cleanliness, Food hygiene (02 m.)  
(ii) Deficiency of macro nutrients - Malnutrition  
(iii) Deficiency of micro nutrients - Iodine deficiency / iron deficiency / Vitamin 'A' deficiency / Calcium deficiency / Zinc deficiency. (04 m.)
- 04 (i) Clean water, Air, Washing hands with soap before taking food, and after using toilets, being clean. (02 m.)  
(ii) Cleaning the compound, Cleaning the classroom, proper disposal of garbage, growing flower, keeping the classroom neatly. (04 m.)

## Cont. Answer Paper - Part II

- (iii) a. Skin :- Cleaning daily, using soap and ointment that are free from harmful chemicals.  
b. Nail :- Trimming and keeping the nails clean, taking nutritious food for the well being of nail, not to damage nails.  
c. Hair :- Being free from various harmful application consuming nutritious food  
d. Teeth :- Brushing teeth twice a day not to harm teeth. (04 m.)
- 05 (i) A. volleyball B. netball C. football (03 m.)  
(ii) Joy and happiness, respecting rules and regulations, being patient, helping each other, team spirit, strong muscles, pleasant appearance, less tiring, minimum risk of being subjected to injuries. (03 m.)  
(iii) being out of playing, suspending from playing being insulted. (04 m.)
- 06 (i) Physical - Taking healthy food, having enough sleep having enough rest, engaging sports.  
Mental - Engaging in sports activities as 'chess', draughts etc  
Engaging in aesthetic activities.  
Social - Respecting others, helping others, lawfulness, being flexibility, being friendly. (03 m.)  
(ii) P. strength Q. speed R. flexibility (03 m.)  
(iii) Jogging, cycling, speed running, swimming, jumping activities, skipping, engaging in minor games. (04 m.)
- 07 (i) Physical fitness programme (02 m.)  
(ii) Marching, Jogging, Skipping, Kicking, Skipping Rope, Launch, Jumping Jack (04 m.)  
(iii) Less tiring, spending minimum strength, minimum risk of physical injuries, ability of engaging in activities for a long period of time, neuro muscular co-ordination. (04 m.)