සියලුම හිමිකම් ඇවිරිණි/முழுப் பதிப்புரிமையுடையது/All Rights Reserved

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தென் மாகாணக் கல்வித் திணைக்களம் தென் மாகாணக் கல்வித் திணைக்களம்
Department of Education, Southern Province Department of Education, Southern Province Department of Education, Southern Province

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අවසාන වාර පරීක්ෂණය - 2025
இறுதி தவணைப் பரீட்சை - 2025 / Year End Term Test - 2025

ශ්‍රේණිය தரம் Grade	06	Health & physical Education I,II	කාලය நேரம் Time	02 Hours

නම பெயர் Name ..... විභාග අංකය சுட்டிலக்கம் Index No. .....

Answer All Question

❖ Underline the most Suitable answer for 1-10

01. Being from disease, minimizing of behavioral patterns which lead to ill health and maintain physical fitness
    1. Physical well being
    2. Mental Well being
    3. Spiritual Well being
    4. Social Well being

02. The essential things for preparing a healthy meal are,
    1. Cleanliness
    2. Natural and Freshness
    3. Being Healthy
    4. All the above

03. The Correct formula for measuring Body mass Index is,
    1. $\frac{\text{Height (m)} \times \text{Height(m)}}{\text{Weight (kg)}}$
    2. $\frac{\text{Height (m)}}{\text{Weight (kg)} \times \text{Weight (kg)}}$
    3. $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$
    4. $\frac{\text{Weight (kg)} \times \text{Weight (kg)}}{\text{Height (m)}}$

04. The BMI Zone is colour coded according to nutritional status, the colour for between 25 to 15 is,
    1. Orange 2. Green 3. Light Purple 4. Dark Purple

05. Threating everyone with respect, including adults, teachers and friends means,
    1. Politeness 2. Gratitude 3. Creativity 4. Peacefulness

06. Volleyball is an Organized game. The length and width of its playing area are,
    1. 8 m- 12 m 2. 18m-8m 3. 18 m- 9 m 4. 30m- 15m

07. Which are the essential nutrients to protect the body from diseases?
    1. Vitamins and Minerals
    2. Fast and Carbohydrates
    3. Proteins and Lipids
    4. Proteins and Carbohydrates

08. How much clean water should a child of your age drink per day?
    1. 1 l – 2 l 2. 1.5 l – 2 l 3. 1.5 l- 2.5 l 4. 1 l- 2.5 l

09. Goods habits to follow and maintain personal hygiene are,
    1. Wear clean cloths
    2. Cut and trim your nails
    3. Wash your hands using soap after going to the toilet
    4. All of the above

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10. An accident that occurs on the sports play ground is,
    1. Food allergy
    2. Electrical leakage and Electric shock
    3. Pricking with sharp thorns and needles
    4. Burns caused by unsafe lamps

❖ Complete the sentences in questions 11 to 15 by choosing the appropriate words from the brackets

11. ……..Is very important for drinking (Cooled and Boiled water / Water)

12. The accumulation of fat around the waist causes many …….. Disease (Communicable / Non Communicable)

13. When making decisions collectively as a group one should listen …… to the opinions of others (Flexibility /

14. Lead up games are the games that used to develop the skills of …….. (Minor games/ Organized games)

15. …….. are the most vulnerable to abuse and exploitation (Adults / Children and Women)

❖ If the following sentences are correct, put a (√) and if it is Incorrect , put a (×) in the brackets

16. Following health habits support to maintain good health ( )

17. It is appropriate for a child to sleep at least 5-6 hours ( )

18. Living according to the religion is a characteristics of spiritual well-being ( )

19. Ability to do any task within long period of time is called speed ( )

20. Walking fast is a factor of physical fitness ( )

(Marks 2×20 = 40)

Part II

❖ First question is compulsory. Then answer any four more

01. You engage in various sports to enhance your body's functioning using multiple movements and to gain health and happiness
    I. Name two physical benefits that can be gained through involve in sports and exercise
    II. Write down two minor games that can be played by yourself
    III. Name two organized games
    IV. Mention two difficulties which have to be faced if you do not obey rules and regulation in sports
    V. Name two physical fitness factors
    VI. Write down two importance facts that should be considered when eating healthy food
    VII. Name two problems that can be arisen due to the undernutrition condition
    VIII. Write down two steps that you might take to protect your ears
    IX. Mention two activities that you perform at school
    X. Name two mixed food that used during ancient time to increase the quality of food

(Marks 10×2 = 20)

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02. Having good physical well being and mental well being leads to a healthy body and a comfortable mind
    I. Write down two good habits that can be practiced to maintain the mental well- being
    II. Simply define the term of physical fitness
    III. Mention two steps that can be taken when you are in harmful emotion
    IV. Name two skills of a person with social well being
    V. Write down three qualities of a person who has spiritual well being

(Marks 2 + 1+2+2+3 = 10)

03. Correct postures and hygiene are important for improving body's appearance and health condition
    I. Define term of correct posture
        - Head, back and knees are straight. Looking forward at the eye level. Shoulders are paralleled to the ground. Hands are kept on the either side of the body with fists clenched. The feet are kept in a V shape.
    II. What is the correct posture for this?
    III. Name two occasions where you have to be in above mentioned posture
    IV. Write down two harmful effects of practicing bad postures
    V. Write down two actions that should be taken to avoid such harmful effects

(Marks 1 + 2+2+2+3 = 10)

04. Due to various human activities and the failure to keep the environment clean, people have had to face different challenges
    I. Name two disease transmitted by mosquitoes
    II. Write down three activities that can be done to prevent these diseases
    III. Mention three factors which can increase the risk of non-communicable disease
    IV. Mention three good habits that we must follow to maintain our personal hygiene

(Marks 2 + 3+2+3 = 10)

05. Use these words for providing the answer

(Activeness, Followership, Nutritional problems, One hour, Strength)

    I. Working cooperatively with the leader in order to reach the goal is ……
    II. Actively engaging in various daily tasks mean …….
    III. …… Is the ability to do sometime against resistance
    IV. …… arise when the nutrients required by the body are either less than or more than the necessary amount
    V. Children of growing age should engage in physical activities that exert the body for at least ……a day

(Marks 2 × 5 = 10)

06. Organized games have definite rules and regulations. Skills can be improved by learning the foot work and ball handling these games
    I. Mention two features of organized games
    II. Who was introduced volleyball to Sri Lanka?
    III. Write Down two activities you can do alone to train the ball handling of volleyball
    IV. Write down two activities you can do in pairs to train the ball handling of netball
    V. In which year was football started in Sri lanka
    VI. Name two activities that can be taken to train the footwork in football

(Marks 2 + 1+2+2+1+2 = 10)

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