සියලුම හිමිකම් ඇවිරිණි/முழுப் பதிப்புரிமையுடையது/All Rights Reserved

දකුණු පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව
தென் மாகாணக் கல்வித் திணைக்களம்
Department of Education, Southern Province

අවසාන වාර පරීක්ෂණය - 2023 (2024)
ஆண்டிறுதிப் பரீட்சை - 2023 (2024)/ Final Term Test - 2023 (2024)

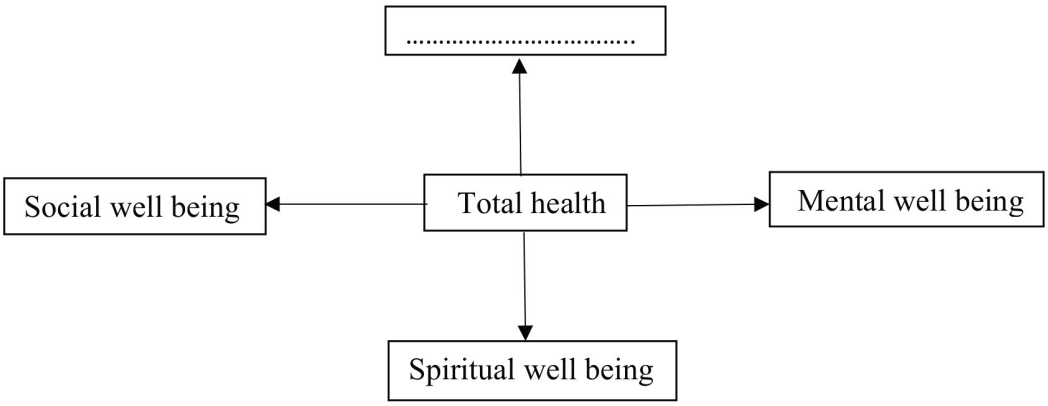
Grade 6	Health and Physical Education I, II	Two hours

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

Part I

❖ **Answer all the questions.**

01. What is the most suitable answer for the blank cage below?



1. Hygiene and sanitation
2. Sufficient rest and sleep
3. Healthy food
4. Physical well being

02. Which of the following cannot be observed in a person with social well being?
1. Being law abiding
2. Unfavourable inter personal relationships
3. Flexibility
4. Leadership

03. A feature that cannot be seen in a person with spiritual well being
1. Being polite
2. Kindness
3. Peaceful
4. Being aggressive

04. Which of the following should not be done by you to keep air clean and unpolluted?
1. Proper disposal of waste
2. Planting trees
3. Burning polythene
4. Wearing a face mask when suffering from illnesses such as Influenza

05. The amount of water you should drink a day is
1. 15 litres – 20 litres
2. 5 litres – 10 litres
3. 1.5 litres – 2 litres
4. 1.5 litres – 5.2 litres

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- Answer the questions 06 and 07 by using the chart below.

Name	Height (m)	Weight (kg)	BMI value
Sanudi	1.4	40	22
Anudi	1.5	38	17
Manudi	1.2	45	31

06. The correct way of finding the BMI value of Sanudi is

1. $\frac{40\ kg}{1.4\ m \times 1.4\ m}$ 2. $\frac{1.4\ m \times 1.4\ m}{40\ kg}$ 3. $\frac{40\ kg \times 1.4\ m}{1.4\ m}$ 4. $\frac{1.4\ m}{40\ kg \times 1.4\ m}$

07. According to the BMI values of Manudi and Anudi, they respectively belong to

1. Wasting, over weight
2. Obesity, wasting
3. Optimum weight, obesity
4. Overweight, optimum weight

08. Which of the following is not a basic need?

1. Water 2. Food 3. Air 4. Shelter

09. The correct way of placing the foot on the ground when walking is

1. Toes, balls, heel
2. Heel, ball, toes
3. Heel, toes, ball
4. Toes, heel, ball

-

Column A	Column B
1. Provides energy to the body	P. Vitamin
2. Protect the body from diseases	Q. Carbohydrate
3. Helps in the growth of the body	R. Protein

10. When matched correctly the columns A and B below

1. Q, P and R 2. P, Q and R 3. R, Q and P 4. Q, R and P

11. Which of the following is not a micro nutrient deficiency

1. Goitre 2. Skin diseases 3. Obesity 4. Anaemia

12. Given below are some functions done by a sensory organ. Which is that sensory organ?

- Producing vitamin A
- Controlling of body temperature
- Excretion through sweat

1. Nose 2. Eyes 3. Ear 4. Skin

13. At the age of 6-12 years, milk teeth falls and permanent teeth appears. The number of permanent teeth are

1. 4 2. 20 3. 32 4. 16

14. Below given are weight measurement of some students. It is obtained by dividing the waist circumference from their height.

Sumali – 0.48 Amali – 0.82
Thamali – 0.58 Nimali – 0.60

Out of them the correct waist measurement is found in

1. Amali 2. Sumali 3. Nimali 4. Thamali

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15. The ability to bend and work joints within a wider range is called
    1. Speed 2. Co-ordination 3. Strength 4. Flexibility

16. Hopscotch, Who is the king, stepping on prison … are
    1. Lead-up games 3. Minor games
    2. Organized games 4. Athletics

17. A thing that should not be done when lifting something heavy
    1. Lifting the object keeping the knees straight
    2. Select a weight that suits the capacity
    3. Both hands should be used to bear the weight
    4. The object should be kept as close to the body as far as possible

- **Read the statements given below and put (√) for correct ones and a (×) for wrong ones.**

18. When we adopt correct postures in activities we feel less tired. ( )

19. By the use of head phones and mobile phones too often, ears can be damaged. ( )

20. Honour of the game can be maintained when there are no rules and regulations. ( )

Part II

❖ **Answer five questions including the first one.**

01.
    (i) How many areas are included to the concept total health?
    (ii) What is the short form used to refer water, sanitation and hygiene?
    (iii) What is the equation to calculate the body mass index?
    (iv) What is the short form of World Health Organization?
    (v) Who is the person who introduces volleyball to Sri Lanka?
    (vi) Name 2 organized games.
    (vii) What is the largest sensory organ in out body.
    (viii) What is the main nutrient in meat, fish, eggs, grains and pulses?
    (ix) Name two diseases that can be prevented by vaccination.
    (x) How many types of teeth are present in the human mouth.

(2 × 10 = 20 marks)

02. We can achieve a pleasant appearance by following correct postures.
    (i) Write 4 basic postures in day-to-day life.
    (ii) Explain in a diagram the correct way of standing.
    (iii) Write 3 ways of correct standing postures.
    (iv) What posture is adapted when you have to stay long in an assembly or a lecture?

(2 + 4 + 3 + 1 = 10 marks)

03. A healthy and happy life can be enjoyed when consuming food with appropriate nutrients. Use the following table to answer questions (ii) and (ii)

rice / sweet potatoes / fish / carrots / Spinach / milk / bananas / oranges / coconut

(i) Name two food items belong to macro-nutrients category from the food items above.
(ii) Name two food items belong to micro-nutrients category from the items above.
(iii) Write 3 points to consider when choosing healthy food.
(iv) Name two healthy snacks.

(2 + 2 + 3 + 3 = 10 marks)

04. Mind can be relaxed by engaging in different types of games.
(i) What are the three categories of games.
(ii) Name two equipments needed for playing volleyball.
(iii) Using a rough diagram to explain an activity to be done to improve ball handling in netball.
(iv) Name two equipments required for playing football.

(3 + 2 + 3 + 2 = 10 marks)

05. Facing challenges successfully helps to lead an enjoyable life.
(i) Write 3 challenges you face in everyday life.
(ii) Write the two categories of diseases.
(iii) Write two ways to prevent the spreading of common cold, covid-19 and Pneumonia diseases.
(iv) Write three actions that can be taken to maintain the cleanliness of the environment.

(3 + 2 + 2 + 3 = 10 marks)

06. Athletic skills can be improved by proper training. Below given is a diagram of a sports field to practice running for a group of students in Grade 6.



(i) Write ways of running from the starting line to finishing line.
(ii) Write 3 physical fitness factors that can be improved by this activity.
(iii) Write 3 other activities that can be done apart from running.
(iv) Write 2 points to be considered when throwing.

(2 + 3 + 3 + 2 = 10 marks)

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