

Nalanda College – Colombo 10

Unit Evaluation

Grade 6

Health and Physical Education

Unit 5

PART I

Select the correct answers and put a tick otherwise put a cross

1. Walking is a competitive event in athletics. []
2. Maintaining a correct posture in walking is not affecting on once personality. []
3. Jumping cannot be done in various directions []
4. People who lived in ancient times hunted animals for food by throwing objects. []
5. The techniques of throwing do not depend on the equipment used []

PART II

01. What is the main difference between running and walking?

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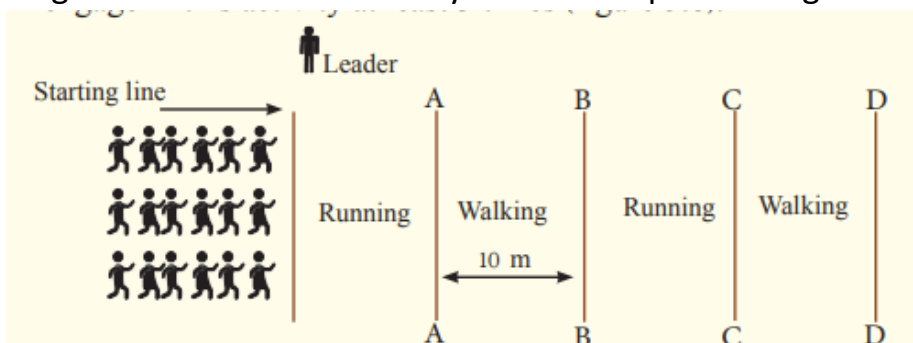
02. Write two features that should be considered when throwing

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03 Following diagram illustrates the activity relevant to particular game



i) What is the game that can be improved by the above activity?

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ii) What is the skill that can be practiced by the above?

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iii) Explain another activity that you can do to improve the same skill.

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04. Write three equipment that can be used in throwing events

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05. What are the most important things that should be considered when landing after the jump?

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