



සමස්ත ශ්‍රී ලංකාවේ පළාත් පාලන ආයතනවල සිසුන් සඳහා Department of Education - Western Province Department of Education සමස්ත ඉන්දියානු ආයතනවල සිසුන් සඳහා Department of Education - Western Province Department of Education සමස්ත ඉන්දියානු ආයතනවල සිසුන් සඳහා Department of Education - Western Province Department of Education	බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province	පළාත් අධ්‍යාපන ආයතනවල සිසුන් සඳහා Department of Education - Western Province Department of Education පළාත් අධ්‍යාපන ආයතනවල සිසුන් සඳහා Department of Education - Western Province Department of Education පළාත් අධ්‍යාපන ආයතනවල සිසුන් සඳහා Department of Education - Western Province Department of Education	
වර්ෂ අවසාන ඇගයීම ஆண்டிறுதி மதிப்பீடு - 2019 Year End Evaluation			
ශ්‍රේණිය } தரம் } 06 Grade }	විෂය } பாடம் } Health and Physical Education Subject }	පත්‍රය } வினாத்தாள் } I, II Paper }	කාලය } காலம் } 02 hours Time }

Name : Index No:

Part - I

Note :

- Answer all questions in part I.
- Underline the most suitable response.

- (01) The nutritional status of a person is measured using the indice.
- | | |
|-------------------------|----------------------|
| (1) Waist circumference | (2) Being active |
| (3) Appearance | (4) Physical fitness |
- (02) At a moment, when you get an unpleasant emotion, What should you do?
- | | |
|-------------------|------------------|
| (1) Run fast | (2) Cry loudly |
| (3) Shout angrily | (4) Count 1 - 10 |
- (03) A basic need of a man is,
- | | |
|---------------|-------------|
| (1) Air | (2) House |
| (3) Happiness | (4) Clothes |
- (04) How many hours a growing child should sleep?
- | | |
|------------------|-----------------|
| (1) 6 - 7 hours | (2) 2 - 3 hours |
| (3) 8 - 10 hours | (4) 5 - 6 hours |
- (05) Foot ball game is introduced to the world by?
- | | |
|---------------|----------------|
| (1) Americans | (2) Chinese |
| (3) English | (4) Brazilians |
- (06) A kind of jumping in athletics is,
- | | |
|------------------|-------------------|
| (1) Star jump | (2) Side way jump |
| (3) Tripple jump | (4) Forward jump |

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- (07) A characteristic of lead up games is,
- (1) Ability to organize the game to suit the available space.
 - (2) Minimums rules and regulations.
 - (3) Any number of participants can play.
 - (4) Play grounds with approved measurements.
- (08) If participants do not practise rules, regulations and ethics, there would be
- (1) no dignity and honour of the game
 - (2) minimize injuries
 - (3) solve issues
 - (4) cannot accept victory and defeat
- (09) An advantage of doing rhythmic activities
- (1) makes the body fatigue
 - (2) helps to stay active for a longer period of time
 - (3) facing accidents
 - (4) all of the above
- (10) The country won the world cup cricket last time is,
- (1) England
 - (2) Newzeland
 - (3) Australia
 - (4) India

(2 x 10 = 20 marks)

● If the statements given below from question 11-15 correct mark (✓) if not mark (X).

- (11) When we walk correct it is easier to use high heel slippers. (.....)
- (12) Rules and regulations are important in games for the safety of players (.....)
- (13) Energy can get by eating food rich with vitamins (.....)
- (14) Hydrophobia is spread out by mice (.....)
- (15) Genes carry characteristic of organisms from one generation to the other. (.....)

(2 x 5 = 10 marks)

● In question 16 to 20 match the most suitable to the statements in coloumn A from coloumn B and write the relevant number in the brackets.

A		B
(16) A quality of physical fitness	(.....)	1. Gives warmth
(17) Improvement of mental health	(.....)	2. Stepping on poisons.
(18) A benefit of the skin	(.....)	3. B. C. G
(19) The first vaccination given to a child	(.....)	4. meditation
(20) Minor games	(.....)	5. speed

(2 x 5 = 10 marks)

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● Answer all questions

- (01) Bones, Joints and muscles help the movement of the body in order to engage in activities such as walking, running, jumping and throwing. In order to do all these things we need energy which we get from food.
- State two main nutrients contained in our food.
 - Write 2 factors that we should consider when taking healthy food.
 - Name two mixed food items.
 - State 4 types taste that can be felt by our tongue.
 - Write 2 throwing events that comes under athletics.
 - Write 3 advantages we get by engaging in sports.
 - Write 2 main factors that should be considered when the walking in the correct posture.
 - Write 2 action that should be taken during the landing when jumping from a big height.

(2 x 8 = 16 marks)

- (02) Man has needs. They are essential for survival. Similarly man has wants. Wants are things we like to have even though they are not essential for survival.
- Write 2 basic needs of man. (02 marks)
 - Write 2 human wants. (02 marks)
 - State 3 factors that should be considered when satisfying our wants. (03 marks)
 - State 2 additional wants of man. (02 marks)
 - Explain how man created fire during the stone age. (02 marks)
- (11 marks)

- (03) We have to face various challenges during our day to day life. Diseases, accidents, coercions, abuses are some of them.
- Write 2 communicable diseases and 2 non communicable diseases that we get. (04 marks)
 - Write 2 measures that you can take in order to prevent from non communicable diseases. (02 marks)
 - Write 2 accidents that can happen at home. (02 marks)
 - Write 2 measures that can be take to avoid road accidents. (02 marks)
 - State a measure that you can take in order to avoid abuses (01 marks)
- (11 marks)

- (04) Sports rules and regulations are boundaries imposed for the continuation of sports and for the protection of the sports men. These rules differ from one sport to another.
- (i) Write 3 advantages that you get by safeguarding rules, regulations and ethics. (03 marks)
 - (ii) State 2 sport rules that you know. (02 marks)
 - (iii) State 3 difficulties encountered by sportsmen due to not adhering to sport rules and regulations (03 marks)
 - (iv) Write 3 minor games you learnt in grade 6. (03 marks)
- (05) You have gained basic knowledge on netball, volleyball and football during this year. Answer the following questions based on the knowledge you have acquired.
- (i) Mention 3 activities you can do to train the ball handling in volleyball? (03 marks)
 - (ii) How many players should be there to play a game of netball? (01 marks)
 - (iii) Write 2 activities you can do to practice foot work in netball? (02 marks)
 - (iv) Write 2 equipment needed to continue a game of football? (02 marks)
 - (v) State 2 activities that you can do alone to practice footwork in a game of football? (03 marks)

(11 marks)

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