

Nalanda College – Colombo 10

Unit Evaluation

Grade 6

Health and physical education

Unit 3



PART I

Select the correct statement and put a tick . Otherwise put a cross.

1. The head and the spine should be kept straight during walking.
2. Stand at attention should be maintained when we have to stay for a long period.
3. We should keep our knees straight when we lift a heavy things.
4. If we have a good posture we can increase our efficient in our daily activities
5. Correct posture helps to engage in activities without much effort.

PART II

1. Write the occasion of maintaining following posture
 - i.



2. Mention two occasions that we should maintain the stand at attention posture.

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3. Write three harmful effects of bad posture.

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4. Draw a posture of a child who walks in a correct posture



5. What are three things that we should not do when lifting things?

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