

Nalanda College – Colombo 10

Unit Evaluation

Grade 6

Health and physical Education

Unit 9



PART I

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

1. Physical fitness is the ability do the physical activities efficiently.
2. Endurance is not a factor that effects on physical fitness.
3. Gymnastic needs flexibility of the body.
4. Our emotions are depending on the situation that we face.
5. Negative feelings will develop due to good mental fitness.

PART II

1. Write three advantages of emotional balance

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2. How do we maintain our emotional balance?

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3. What are the factors that affect on emotions

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4. Write four activities that can improve the physical fitness of a person.

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5. What are the factors that influence the physical fitness?

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