



Minuwangoda Zonal Education

Second Term Evaluation - 2023

Grade - 06

Health and Physical Education

Name: .....

Time: 2 hours

**Part I**

- **Underline the most suitable answer for questions number 1 to 10**

01) To have a healthy life

- 1) Physical well being is important
- 2) Harmonious well being is important
- 3) Mental well being is important
- 4) Physical, mental, social and spiritual well - being is important

02) A necessary factor for physical well being

- 1) Clean water
- 2) Dirty water
- 3) Scented eraser
- 4) Time

03) How much water should you drink per day?

- 1) Between 1.5l to 2 liters of water
- 2) Between 3 and 5 liters of water
- 3) Is only 1 liters of water
- 4) Only 4 liters of water

04) One of the benefits you get playing sports and exercise is to

- 1) 1 relieve pain in your bones and muscles
- 2) Lack of development of sports
- 3) weight control of the body
- 4) Getting sick

05) It is a basic human need

- 1) Clean cloths
- 2) Houses
- 3) Clean food
- 4) Money

06) Is not a correct standing posture

- 1) Stand at attention
- 2) Stay in lineout
- 3) Stand at ease
- 4) Stand ease

07) Correct weight lifting is to

- 1) Lifting weights sing one arm to lift weight
- 2) Lift the weight with the knees straight
- 3) Lifting the object while bend the back bone.
- 4) Bend the leg from the knees and keep the weight to the body lifting

08)Is a minor game that you can play alone

- 1) Hopscotch
- 2) Skipping
- 3) Stepping on poison
- 4) Who is the king

09)Is a popular game among women

- 1) Volley ball
- 2) Foot ball
- 3) Cricket
- 4) Net ball

10)Which of the following is a “Mixed food” used to increase the nutritional value of the meal.

- 1) Green grams (Munkiribath)
- 2) Cutlet
- 3) Manioc
- 4) White rice

(20 Marks)

• **If the following clauses are true put the (✓) and the (✗) wrong in the parenthesis in front of them**

- 11)It is a good person, to have conflict with those we associate with them ( )
- 12)Keeping clean improves everyone’s appearance. ( )
- 13)Rules are important for the softly of athletes. ( )
- 14)Accidents are minimized by using correct postures. ( )
- 15)It is advisable to get more food containing sugar and fat every day. ( )
- 16)Burning polythene cleans the air. ( )
- 17)WHO is known by the world health organization ( )
- 18)A child should get at least 8 - 10 hours of sleep. ( )
- 19)According to the body Mass index the proper weight is indicated by the orange. ( )
- 20)Playing games increases stress. ( )

(20 Marks)

• **Match the correct answer to questions.**

- 21)Is a minor game that can be played with two people “Halapa”
- 22)Types of meat fish eggs are contained in flakes Speed
- 23)Is a healthy snack Protein
- 24)Is a fitness quality sympathy
- 25)A features of a social well - being can be seen in good person Who is the king?

(10 Marks)

- **Read the following passage carefully and fill in the blanks with most suitable answer.**

**(Rhythmic/ basic/ clean/ healthy/ energy/ activities/  
30 minutes/ exercises/ foof/ fitness)**

Humans need a 1)..... environment to live and for the  
2)..... needs to live 3)..... They should spend  
4)..... in sports and 5)..... every day. For that we  
need 6).....and energy can be obtained from 7).....  
8) ..... activities can be used to improve our 9).....  
to perform our daily 10)..... efficiently.

(20 Marks)

### Part II

**Choose three of the following questions and write the answers.**

- 01)
- i. Write 05 factors that affect a person's appearance. (5 M)
  - ii. Write 5 steps to be followed to maintain a personal hygiene (personal cleanliness) (5 M)
- 02)
- i. What is correct posture (3 M)
  - ii. Write 4 postures you know. (4 M)
  - iii. Write 3 benefits you get from maintaining correct posture. (3 M)
- 03)
- i. Write 5 organized sports that you know. (5 M)
  - ii. Choose a sport of your choice and write 3 facilities required to that sport (5 M)
- 04)
- i. Name five main nutrient in food (5 M)
  - ii. Write 5 things to be aware of when eating healthy (5 M)
- 05)
- i. Give examples for each type of athletic events you saw at the inter house sports meet. (6 M)
    - a) Write two running events
    - b) Write two jumping events
    - c) write 2 throwing events
  - ii. Write two advantages of having rules and regulations in the sports. (4 M)