



Minuwangoda Education Zone

2nd Term Evaluation - 2025

Grade 6

Health and Physical Education

Name :

Time : 2 hours

Part I

- Underline the correct answer from questions 01 to 10

01. When the body does not get proper rest and sleep,

- a) Efficiency decreases.
- b) Physical growth increases.
- c) Mental stress decreases
- d) Worn out parts of the body are repaired.

02. What should you do to keep the air clean.

- a) Dump waste freely into the environment.
- b) Clear forests.
- c) Burn polythene.
- d) Control the smoke released from machines and vehicles.

03. Which of the following is not a benefit of sport and exercise?

- a) Controlling body weight.
- b) Defecting on opponent and showing off.
- c) Increased breathing rate.
- d) Increased heart rate.

04. The amount of sleep a child needs for physical well-being is,

- a) 4 - 6 hours per day
- b) 8 - 10 hours per day
- c) 3 - 5 hours per day
- d) 12 - 13 hours per day

05. What is the correct formula to calculate Body Mass Index (BMI)?

- a) $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$
- b) $\frac{\text{Weight (g)}}{\text{Height (cm)} \times \text{Height (cm)}}$
- c) $\frac{\text{Weight (g)}}{\text{Height (m)} \times \text{Height (m)}}$
- d) $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$

06. Pleasant appearance improves,

- | | | |
|-------------------------|-----------------------|-----------------------|
| (1) Physical well-being | (2) Mental well-being | (3) Social well being |
| a) (1) , (2) | | c) (1) , (3) |
| b) (1) , (2) , (3) | | d) only (1) |

07. The correct posture when lifting a weight is,

- a) Keep the body bent
- b) Keep the knees straight while lifting the weight
- c) Use both hands to lift the weight
- d) Lift weights that are too heavy to carry

08. Who is the founder of Volleyball in Sri Lanka?

- | | |
|-----------------|--------------------------------|
| a) Robet Walton | c) Srimath Garfield Bab Sobers |
| b) Jenny Green | d) Iyam Botham |

09. The number of players in one team in netball is,

- | | |
|---------------|---------------|
| a) 06 players | c) 09 players |
| b) 07 players | d) 12 players |

10. In correct walking, which part of the foot touches the ground first?

- | | |
|---------|------------------|
| a) Ball | c) Heel |
| b) Toe | d) Heel and Ball |

- Select the correct answer and match it.

- | | |
|-----------------|--------------|
| 11. Flexibility | Carbohydrate |
| 12. Minor Games | Jenny Green |
| 13. Pasture | Lying down |
| 14. Netball | Gymnastic |
| 15. Rice | Hopscotch |

- If it is correct put (√) or if it wrong put (×)

- | | |
|--|-----|
| 16. Engaging in sports activities burns the extra fat stored in the body. | () |
| 17. The correct posture, minimized the activities. | () |
| 18. Minor games can be played even alone. | () |
| 19. We should stand straight when singing the National Anthem. | () |
| 20. When lifting and lowering weights, they shod be kept as for from the body as possible. | () |

Part II

- First question is compulsory and choose another 04 questions.

01.

- Write 02 postures where we should maintain when standing.
- Mention 02 harmful effects of bad posture.
- Write 02 minor games that can be played by your self.
- What is the meaning of Lead up Games?
- What are the 02 comment features that could be seen in an organized game?
- What 04 organized games
- What is the National Sport in Sri Lanka?
- How many members play in one team in Netball?
- What is the length and the width of a football play ground?
- What is the man difference between walking and running?

(20 marks)

02.

- Write 02 good habits that should be followed for social well being.
(2 marks)
- Write 02 activities that can help to calm down the mind. (4 marks)
- Separate and write the following personal qualities according to mental and social well-being. (4 marks)

Flexibility / making the night decisions / Being happy / respect for the law.

Mental well-being	Social well-being

03.

- Write 02 posture that we maintain in daily life. (2 marks)
- Write 02 things we should do when lifting something heavy. (4 marks)
- Write 02 harmful effects of bad posture. (4 marks)

04.

- Write 04 features of minor games. (4 marks)
- What are the 02 minor games that can be done by using equipment?
(2 marks)
- Write 02 minor game which can be played with few or group of people.
(4 marks)

05.

- i. How many players can play at a time on one team in volleyball? (2 marks)
- ii. What is the length and the width of the volleyball court? (2 marks)
- iii. Write down 02 features of organized games. (2 marks)
- iv. Write 02 activities that can be done to train the ball handling in Netball. (4 marks)

06.

- i. Write 03 main nutrients in food. (3 marks)
- ii. Write one type of food that contain each of the nutrients you mentioned. (3 marks)
- iii. Write 04 things to be considered when selecting food. (4 marks)

07.

- i. What is the meaning of Rules and Regulations in Sports? (2 marks)
- ii. What is meant by Ethics? (2 marks)
- iii. Write 04 importance of rules, regulations and ethics in sports. (4 marks)
- iv. Write 02 things to minimize injuries when doing sports, participates should pay attention. (2 marks)