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උතුරු මැද පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව  
සාධන මට්ටම අනාවරණය කර ගැනීමේ පරීක්ෂණය  
2021 අධ්‍යයන වර්ෂය ( 2022)



6 ශ්‍රේණිය

විෂයය :- Health and Physical Education

කාලය :- 2

Health and Physical Education

Part I

- Answer all the questions.
- Select the most suitable answer for questions 01-10

01. What is meant by healthy?
- Free from diseases
  - Cleanliness
  - Free from disease and to be physically, mentally and spiritually
  - All the above
02. The amount of water a school going child like you should drink is.
- Between 1-2 liters
  - Between 1.5-2 liters
  - Between 2-3 liters
  - Between 1.5-2.5 liters
03. What you should not consider when preparing a healthy diet is,
- to be natural
  - to be fresh
  - to be clean
  - to be flavored with artificial flavoring.
04. The Colour of the suitable weight of a proper BMI chart is ,
- Orange in colour
  - Green in colour
  - Light purple in colour
  - Dark purple in colour

05. A factor that does not affect your external appearance is,
- (a) Get cross always
  - (b) Use correct postures
  - (c) Proper weight for the height.
  - (d) Be smiling always
06. A fundamental need of a man is,
- (a) Education                      (b) Love
  - (c) air                                (d) vehicles
07. The importance of rules of sports and (ethics) is tp.
- (a) protect the dignity of the sports
  - (b) Protect the rights of athletes
  - (c) Lessen the danger
  - (d) The above all
08. An vaccine used to get protected from covid-19 is
- (a) Booster dose                      (b) Rubella (MMR)
  - (c) Fizzer                                (d) Tetanus.
09. An action you have to undergo to get protected from diseases is.
- (a) get vaccinated                      (b) spreading of mosquitoes and flies.
  - (c) keep friendships with patients    (d) Conduct religious activities
10. Not an advantage of daily physical exercises.
- (a) Strengthen the body                      (b) Be happy
  - (c) reduce the amount of                      (d) undergo conflict

• **Mark (x) if the answer is wrong mark (√) if the answer is wrong for que3stion no 11-15**

- 11. football is an organized game. (.....)
- 12. The length of a volleyball court is 28m. (.....)
- 13. Sports, produce a law abiding personality (.....)
- 14. Minor games could be done with or without equipment. (.....)
- 15. High heeled shoes are needed for correct walking patterns (.....)

- **Select the most relevant answer from the brackets fore question 16-20**

16. ....is the condition that we should have to maintain everyday activities.
17. .... is a result of mal nutrition.
18. .... is the most popular game in the world.
19. .... is the best way to solve problems.
20. when ..... you have to stands still.
- (football/ discussion/ singing of National anthem/ wasting/physical fitness) (40 marks)

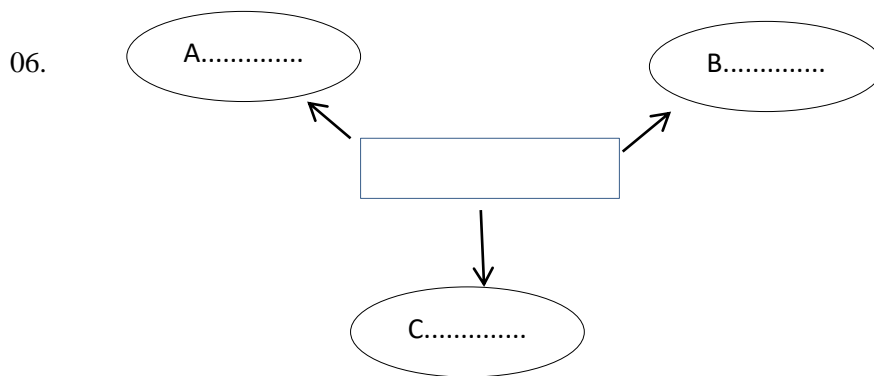
## Part II

- **Answer only 05 questions.**

01. Sports means, activities done by running, jumping, throwing, creeping and hanging.
- i. Sports could be separated in to three categories. Name them. (3 marks)
  - ii. Name 03 organized games you know. (3 marks)
  - iii. Write 03 uses of taking part in sports. (3 marks)
  - iv. Name the game which is played in a court of 30.5m and 15.25m. (3 marks)
02. Food is a fundamental need of a man.
- i. Write 03 uses of food. (3 marks)
  - ii. How many main nutrients are there in food? (4 marks)
  - iii. Write 3 things what you have to consider when selecting pecked or tinned food items. (3 marks)
  - iv. Mixed food is used to increase the nutrients value of food. Name such 04 food items. (3 marks)
03.
  - i. Name 04 communicable diseases. (4 marks)
  - ii. Name 03 non communicable diseases. (3 marks)
  - iii. Write 03 precautions to get protected from covid-19 (3 marks)
  - iv. From which diseases are you be protected by the vaccine BCG? (2 marks)

04. Person could develop good personality with the help of correct posture.
- i. What is correct posture? (3 marks)
  - ii. Write 03 perfect features of sitting on a chair. (3 marks)
  - iii. Write the correct of standing. (3 marks)
  - iv. Write 03 facts for wrong posture. (3 marks)

05. Man could have many skills due to the specialty of his body.
- i. Write three organisms which help man to have the details of the environment. (3 marks)
  - ii. Name 03 uses of an organisms that you have written (3 marks)
  - iii. How many types of teeth are three according to shape? What are they? (4 marks)
  - iv. Write 02 actions you could do to protect your teeth. (2 marks)



- i. Fill in the blanks with suitable words. (3 marks)
- ii. Write 03 advantages of being a physical wellbeing. (3 marks)
- iii. Write 03 rhythmical activities you can use. (3 marks)
- iv. Write 03 qualities of physical wellbeing (3 marks)