



Provincial Department of Education

Northern Province

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Diagnostic Test– 2021

Health and Physical Education – I,II

Name / Index No :.....

Grade : 6

Time:- Two Hours

Part 1

01. Hygienic life is

- 1. Physical health
- 2. Mental health
- 3. Physical, mental, social and moral health
- 4. Physical, mental, social and moral health

02. One of the dominating factors in physical health;

- 1. Self-cleanliness
- 2. Meditation
- 3. Sympathy
- 4. Accepting advices

03. Which part of the leg touch the ground first on correct walking?

- 1. Heel
- 2. Ball
- 3. Toes
- 4. Foot

04. One of the minor games;

- 1. Kabaddi
- 2. Hip-hop-scoth
- 3. Carom
- 4. Football

05. What is the amount of water we who go to school must drink daily?

- 1. 1.2l
- 2. 2.5 - 3l
- 3. 1l
- 4. 3.5-4l

06. How do we stand while hoisting a national flag?

- 1. Stand at ease
- 2. Stand ease
- 3. Stand at attention
- 4. All wrong

07. National game of Sri Lanka is;

- 1. Volleyball
- 2. Football
- 3. Softball
- 4. Kabadi

08. The letter 'H' in 'WASH' indicates;

- 1. Sanitation
- 2. Water
- 3. Hygienic habit
- 4. All correct

09. How can we reduce the lungs affection in unhygienic spots? Using,

- 1. Helmet
- 2. Footwear
- 3. Tooth cover
- 4. Mask

10. One of the skills in Volleyball is;

- 1. Catching
- 2. Jumping
- 3. Throwing
- 4. Serving

11. What is the non-fundamental need of man?

1. Water
3. Food
2. Education
4. Air

12. What is the dwelling place of a man in stone age?

1. Cave
3. Tent
2. Earthen house
3. Stone house

13. Which is not the best environmental component?

1. Polluted water
3. Trees, shrubs and creepers
2. Pure surroundings
4. bright light

14. Which is the Japanese concept?

1. Who
3. 3R
2. 5S
4. UN

15. Which is the minor game?

1. Kabaddi
3. Carom
2. Who is the King?
3. Chess

16. What is the time range of one's sleeping?

1. 4 hours
3. 6 hours
2. 9 hours
4. 10 hours

17. What are the two factors to measure BMI?

1. Age and height
3. Height and waist
2. Weight and age
4. Height and weight

18. What is the macro nutrient component?

1. Vitamin
3. Protein
2. Mineral
4. Water

19. How many players are there in Volleyball?

1. 7
3. 11
2. 8
4. 6

20. Which is not a factor of physical fitness?

1. Strength
3. Mind
2. Speed
4. Flexible

(20 x 2 = 40)

PART 2

01. What are the characters of hygienic surrounding?
02. Give the BMI calculating formulae.
03. Give 2 examples for outdoor activities.
04. What are the two streams of nutrient components?
05. Give 2 skills of Volleyball.
06. What are the fundamental needs of a man?
07. What are the additional needs of a man?
08. What are the bad emotional qualities?

09. Give 2 importance of food.
10. What are the 2 factors to reduce mental stress?
11. How our selected food is to be?
12. What are the benefits of following laws of games?

(12 x 5 = 60)

