



Provincial Department of Education Northern Province

மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்



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 | 2. Education |
| 3. Food | 4. Air |
12. What is the dwelling place of a man in stone age?
- | | |
|---------|------------------|
| 1. Cave | 2. Earthen house |
| 3. Tent | 3. Stone house |
13. Which is not the best environmental component?
- | | |
|-------------------------------|----------------------|
| 1. Polluted water | 2. Pure surroundings |
| 3. Trees, shrubs and creepers | 4. bright light |
14. Which is the Japanese concept?
- | | |
|--------|-------|
| 1. Who | 2. 5S |
| 3. 3R | 4. UN |
15. Which is the minor game?
- | | |
|------------|---------------------|
| 1. Kabaddi | 2. Who is the King? |
| 3. Carom | 3. Chess |
16. What is the time range of one's sleeping?
- | | |
|------------|-------------|
| 1. 4 hours | 2. 9 hours |
| 3. 6 hours | 4. 10 hours |
17. What are the two factors to measure BMI?
- | | |
|---------------------|----------------------|
| 1. Age and height | 2. Weight and age |
| 3. Height and waist | 4. Height and weight |
18. What is the macro nutrient component?
- | | |
|------------|------------|
| 1. Vitamin | 2. Mineral |
| 3. Protein | 4. Water |
19. How many players are there in Volleyball?
- | | |
|-------|------|
| 1. 7 | 2. 8 |
| 3. 11 | 4. 6 |
20. Which is not a factor of physical fitness?
- | | |
|-------------|-------------|
| 1. Strength | 2. Speed |
| 3. Mind | 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)



May

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