



# Provincial Department of Education Northern Province

## மாகாணக் கல்வித் தினாணக்களம் வடக்கு மாகாணம்



Third Term Exam – 2022- (2023)

Grade : 6

HEALTH & PHYSICAL EDUCATION - I.II

Time:- Two Hours

Name / Index No : .....

### PART -I

#### 01. UNDERLINE THE MOST SUITABLE ANSWER

1. Health life means.

1. Physical mental well being	2. Social spiritual well being
3. Physical spiritual well being	4. Physical mental social & spiritual well being

2. Basic needs of human.

1. Food Air	2. Cloths Water
3. Shelter Air	4. Food protect

3. How should you stand while hoisting national flag.

1. stand at ease	2. stand easy
3. Stand at attention	4. all of the above

4. a game which is played with the circles and try to pass the opponent out of the circle

1. Hop scotch	2. Stepping on position
3. who is the king	4. changing trees

5. which is not a benefit of correct walking

1. Physical accident	2. Active life
3. Health boady condition	4. health habits

6. Difficulty of not following rules and regulations in sports

1. Leadership	2. Be patience
3. Team work	4. Prohibited from the competition

7. Importance of food

1. Energy giving	2. Growth
3. Protection from diseases	4. all of the above

8.A child of your age should engage in outdoor activities or exercise

1.30_-60 minutes	2.60-70minutes
3.60-90 minutes	4.90-120 minutes

9.ability to do an activity against the resistance

1.Speed	2.Endurance
3.Strength	4.Cordination

10.A disease can avoid from vaccination

1.Small pox	2.diabetese
3.Dengue	4.Aids

$10 \times 2 = 20$  Marks)

(02)

[ **Volleyball, Diabetics, Heel, Sensory organs, Netball, ]**

- 1..... Is an a organized game.
- 2.Eye,Ear,Nose, and Skin are .....
- 3.The sports which was introduce by jenigreen .....
- 4.One of the non-communicable diseases is .....
- 5.....is the part when we walk on the land first

$(5 \times 2 = 10$  marks)

(03) Put (✓) or (✗) in the brackets

- 1.Worn out bones will not be renewed because they are at rest ( )
- 2.During running both beat will be alone the ground at a cotain moment of time ( )
- 3.The result of iron deficiency in night blinder ( )
- 4.Reading must be done in a place where there in plenly light ( )
- 5.Eat food that has high sault sugar or fat content increase non communicate disease ( )

$(5 \times 2 = 10$  marks)

## Part – 2

### Answer five questions including question Number one

[01] We face different challenges in day to day activities.

1. What are the 2 types of diseases?
2. Write 2 communicable diseases?
3. Write 2 negative consequences of diseases?
4. Write 2 planes where accidents be held?
5. What are the macro nutrients deficiency?
6. write 2 deficiencies of micro nutrients?
7. Write 2 good habits to prevent from ?
8. Write 2 traditional food?
9. How many liters of water a child of your age should drink?
10. write 2 preventive methods from diseases?

(10x2=20 marks)

[02] We can get many benefits by engaging in sports and improve our physical mental and social fitness.

1. What are the physical fitness factors?
2. What is speed? Give an example?
3. Write 3 factors that influence emotions?
4. Write 2 advantages of emotional balance?

[2+2+3=3=10 marks]

[03] We different challenges in our day to day life

1. what is non communicable disease? Give an example?
2. Write 3 other challenges we face in our day to day life?
3. write 3 preventive methods of dengue disease?
4. write 3 preventive methods of road accident?

[2+2+3=3=10 marks]

**[04] Games can be categorized into three main groups such as minor games, leadup games and organized games.**

1. Write 2 examples for minor games?
2. Write 2 features of minor games?
3. Write 3 features of organized games?
4. What is the length and breadth of the following play grounds?

Volleyball, football, netball

[2+2+3=10 marks]

**[05] Let us keep mental well being for health life.**

1. What is mental well being?
2. Mention for creative activities?
3. Write down 03 activities that can be practiced to cope with stress in life successfully?
4. Mention 03 characteristics of a person with mental well being?

[2+2+3=10 marks]

**[06] Let us keep healthy food habits**

1. what is nutritional status?
2. Mention two micro nutrients?
3. Write down 03 healthy snacks?
4. Mention 03 problems faced due to undernutrition?

[2+2+3=10 marks]