



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

THIRD TERM TEST - 2018

Grade 06 **HEALTH AND PHYSICAL EDUCATION**

Two Hours

Name / Index No. :

PART - I

● Answer all questions on this paper itself.

● Underline the correct answer.

01 Maintaining good relationship with others is known as,

- (1) Physical wellbeing (2) Mental wellbeing
(3) Spiritual wellbeing (4) Social wellbeing

02 The order which should be touched by the foot on the ground when walking is,

- (1) heel, foot, toes (2) toes, ball, heel (3) heel, ball, toes (4) foot, heel, toes

03 Group of mixed foods which has high nutritional value,

- (1) sausages, patis, milk rice with green gram (Mun Kiribath)
(2) instant noodles, seven vegetable curry, green leafy mallum
(3) seven vegetable curry, mixed green leafy mallum, milk rice with green gram
(4) biryani, seven vegetable curry, sausages

04 Netball was originated in,

- (1) China (2) America (3) Japan (4) Italy

05 Ability to do something against resistance is,

- (1) Strength (2) Speed (3) Flexibility (4) Endurance

● **Match A with B.**

A

B

- | | |
|---|---------------------|
| 06 Unfavourable situations that arise due to unexpected changes | High blood pressure |
| 07 A disease that can be prevented through vaccination | Waist circumference |
| 08 A macronutrient | Lead up games |
| 09 Uses to determine the nutritional level of a person | Tetanus |
| 10 Games which use to improve the skills of organized games | Vitamin |
| | Disasters |
| | Protein |

● **If the following statements are correct put (✓) if not put (✗) for question No. 06 to 10.**

11. Taste of a food is more important than its nutritional value when choosing foods. (.....)
12. We should stand at attention when we sign the National Anthem. (.....)
13. B.C.G. vaccine should be given within 24 hours after birth. (.....)
14. Heart beat is not changed during physical activities. (.....)
15. Diabetes is a non communicable disease. (.....)

● **Fill in the blanks for the question No. 16 to 20 using the correct words given in the bracket.**

(football / bones and muscles injuries / vitamin / netball / desires / heart attacks / hygiene / health / iron)

16. Maintaining personal cleanliness is known as
17. We should give the priority for needs than
18. Incorrect postures lead to
19. game needs 11 players per team.
20. deficiency leads anaemia.

(2 x 20 = 40 marks)

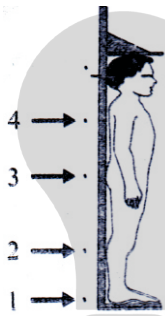
• **Answer five questions including question No. 01.**

01 Kusal is a totally healthy boy and he is a popular volleyball player and an athlete in the school. He has a good personality. Kusal likes to eat home made foods prepared by his mother.

- (i) Write two reasons which Kusal is being popular in the school.
- (ii) Write two health habits that Kusal may be followed to improve his mental health.
- (iii) Mention two features of the posture of correct sitting on a chair.
- (iv) Name two organized games except volleyball.
- (v) Mention the nutritional condition that can be seen due to high intake of foods.
- (vi) Write two benefits that you can gain by following rules, regulations and ethics in sports.
- (vii) Write two reasons that can affect to reduce the physical health of a person.
- (viii) Write two healthy short eats which may be prepared by Kusal's mother.

(2 x 8 = 16 marks)

02 Personal wellbeing depends on the field of physical, mental, social and spiritual.



Above diagram depicts the correct way of measuring height of the body.

- (i) Name the points depicted as 1, 2, 3, 4 that should touch the vertical plane. (04m.)
- (ii) Write four features that determine the physical wellbeing. (04m.)
- (iii) Write three good habits that you can follow to improve the spiritual wellbeing. (03m.)

03 Foods are important to relieve hungry, and to get energy and nutrition.

- (i) Write three major functions of a healthy meal. (03m.)
- (ii) Divide the following nutrients as macronutrients and micronutrients. (04m.)
(Lipids / Vitamin / Minerals / Carbohydrates)

macronutrients	micronutrients
1	3
2	4

- (iii) Write four points to be considered when selecting healthy foods. (04m.)

04 We can engage in sports activities to enjoy the leisure time.

- (i) Mention three movements that need for sports activities. (03m.)
- (ii) Mention two running events which use running and two jumping events which use jumping separately. (04m.)
- (iii) Write two activities to practise kicking in football. (04m.)

05 Our body is a wonderful creation. Function of it helps to survive the life.

- (i) Mention three differences of living and non-living organisms in below table. ($\frac{1}{2} \times 6 = 3m.$)

Living organisms	Non-living organisms
1	1
2	2
3	3

- (ii) Write four sensory organs in the human body. (04m.)
- (iii) Write two things that you can do to protect the skin. (04m.)

06 Fitness is very important to fulfill the daily tasks.

- (i) Mention the aspect of fitness that can be developed through maintaining good social relationship by an every individual. (02m.)
- (ii) Write two actions to that you can take to improve above mentioned fitness quality. (04m.)
- (iii) What is the characteristic of fitness that is highly important for Gymnastics. (02m.)
- (iv) Mention three good emotions of you. (03m.)

07 We can spend a happy life by facing day to day challenges successfully.

- (i) Mention three challenges that you have to be faced in day to day life. (03m.)
- (ii) Write four actions that you can take to overcome communicable diseases. (04m.)
- (iii) Write two actions that you can take to be safe from abuse. (04m.)