

00 B		0.1
	t the correct sign () in front of the correct statement and the wrong sign () in front of	the
	rong statement in the parentheses	(
	rhythm does not make the body tired	()
	must always put the needs ahead of our desires	()
3. Gymnastics is an athletic event		()
		()
		()
		()
		()
9. Stone age man's needs are limited		()
	od can be categorized under six groups	()
		(
3. Cho	ose the appropriate word from the following brackets and complete the sentence.	all y
	(Germs , Hathmaluwa, Flexibility, communication, ethics wasting, hygienic good. milk , teeth, volleyball)	cany,
1. A	healthy meal means prepared meal that contains a balanced	diet with.
2. M	ost of the diseases are caused by entering to the body.	
3. L	awfulness and discipline make you a citizen.	
4	is a mix of nutrients that our ancients used.	
5 gives you that the ability to work your joints within a wider range.		
6. Th	the first set of teeth that come out of the mouth are called	
7. Ef	fective is a life skill.	
	is a major sport in Sri Lankan schools.	
	rtues and traditions that are required to maintain rules are called as	
10. N	ot having the suitable weight for the height is called	
	Part II	
*Ansv	ver five questions, including the first one	
	Proper engaging in activities such as running walking, jumping and throwing that help you work efficiently and lead a healthy life	ou to
	Our body is so wonderful, We need the contribution of all the body systems to sustain requires the involment of sensitive organs to maintain contact with the environment	ı life. It also
1)	i. Explain the difference between walking & runningii. Mention 02 for each jumping and throwing events in athletics each.	
	iii. Mention two situations in which day - to - day running is required.	
	iv. Mention two benefits of correct walking.	
	v. Jumping in to the ground can be done from a single foot or both feet, state two point consider at that moment.	nts should

- vi. Name two systems in the body and their functions.
- vii. What are the sensory organs.
- viii. Mention two benefits of skin.
- ix. State two things should be followed to protect teeth.
- x. Name two main types of taste in the tongue.
- (2) Physical, mental and social fitness will help for a good person to maintain his or her daily life.
 - 1. Briefly describe physical fitness.
 - 2. Name three advantages a well fitness person experienced characteristics of physical .
 - 3. Name two finess and describe one of them .
 - 4. Write 04 activities that you can do to improve fitness.
- (3) The rhythm can be detected by listening to the various sounds of the surroundings. And also the events that happen at various times which helps to balance the mental and emotional balance.
 - 1. Describe the word "rhythm".
 - 2. Name two rhythmic activities you can follow to build a rhythm.
 - 3. What is emotion? Explain.
 - 4. Mention two things that are important for maintaining emotional balance.
 - 5. Name two factors that influence emotional balance.
- (4) There are many challenges that we face in day today life. we need to knowledge to cope with them.
 - 1. Name two main categories of disease.
 - 2. State two dieseases to each category mentioned above.
 - 3. Write three things that can be done to maintain personal hygiene.
 - 4. What are the challenges that you have to face in day today life.
- (5) When we are not thinking, various accidents disaster, abuse & haressment such situations nay occur
 - 1. Write down two domestic accident.
 - 2. Describe a disaster
 - 3. Write down three things that can be done to be safe from abuse & harassment.
 - 4. Write 3 accidents, which are occured naturally.
- (6) We cannot live without foods. Healthy as well as nutritious diet will helps us to spend heathy life
 - 1. Food has three major functions. mention those three.
 - 2. What are the macro nutrients that are included in the diet.
 - 3. Name two nutrients & write two types of foods to each nutrient.
- (7) Select one of the game volleyball, netball or football and answer the following questions.
 - 1. Name your chosen sport and state three skills.
 - 2. Mention three activities that you can do individually.
 - 3. How to train for that activity, illustrate with diagrams.
 - 4. Specify the length and width of the play ground of your chosen sport.

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