



Zonal Education Office - Vadamarachy
Third Term Exam - 2023 (2024)



Grade - 06

Health and Physical Education

Time : 02 Hours

Select the appropriate answer and underline it.

- 1) A healthy person should have the following quality.
(1) Inter personal relationship (2) Activeness
(3) Observing meditation (4) Unethical
- 2) The colour the borderline of a BMI table of a person of average weight denotes.
(1) Reddish yellow (2) Light violet
(3) Green (4) Violet
- 3) The posture when the national song is sung.
(1) Standing at ease (2) being attentive
(3) stand ease (4) stand at attention
- 4) The number of players in a football team?
(1) 11 persons (2) 15 persons
(3) 09 persons (4) 12 persons
- 5) What nutrient is essential for the protection of eye.
(1) Protein (2) vitamin A (3) calcium (4) carbohydrate
- 6) Which vitamin is synthesized by skin.
(1) A (2) B (3) C (4) D
- 7) Which cannot be considered the basic need of a person.
(1) food (2) wind (3) water (4) Jewellery
- 8) Which game is played singly or in group for pleasure during leisure time.
(1) lead up games (2) major games
(3) minor games (4) comedy games
- 9) Ability to do something within a lesser duration of time?
(1) strength (2) speed (3) co-ordination (4) Endurance
- 10) The mineral found in toothpaste protect teeth.
(1) chloride (2) fluoride (3) Iodine (4) sodium

(10x 2 =20 marks)

02) Fill in the blanks put the suitable words.

(Vitamin, boiled gram, white blood corpuscles, stunting, diarrhoea)

- 1) One of the communicable disease
- 2) caused natural immunity in our body.
- 3) protect from diseases our body.
- 4) Not having the suitable height for the age
- 5) are healthy snacks.

(5x 2 = 10 marks)

03) Mark Right (✓) or wrong (X)

- 1) Gymnastic exercise is one of the example for strength ()
- 2) Develops goitres due to iodine deficiency ()
- 3) Our ability to engage in daily routine activitio effectively is called physical fitness ()
- 4) Protein is essential for the growing children. ()
- 5) Rules and Regulations are important for the protection of players. ()

(5x 2 = 10 marks)

Part - II

Answer all questions.

I) " Let us lead a healthy life following the good food habits"

- 1) Give two nutrients found in food, mentioning ther functions?
- 2) Give two things to be considered when obtaining healthy food?
- 3) Give two problems that may arise due to undernutrition.
- 4) Give two mixed foods?
- 5) Give the diseases caused by the deficiency of the following nutrients?
i) Iron ii) vitamin A iii) Iodine iv) calcium

(5 x 2 = 10 marks)

II) “ Let us protect our body from diseases”

- 1) What are the sensory Organs?
- 2) Give two actions to be taken to maintain the health of our eye.
- 3) Give two functions performed by the skin.
- 4) Give the types of teeth.
- 5) Give two habits to be followed to protect our teeth?

(5 x 2 = 10 marks)

III) “ Let us maintain physical fitness for a healthy life”

- 1) How many types of fitness are there? what are they.
- 2) Give four features of physical fitness.
- 3) Give two activities that can develop physical fitness.
- 4) Give two activities that are rhythmic.
- 5) Give two benefits you may get when performing rhythmic actions.

(5 x 2 = 10 marks)

IV) “maintaining emotional balance is a symbol of mental well being.”

- 1) What do you mean by emotions?
- 2) Give two factors that influence emotions.
- 3) Give one example each for both good and bad.
- 4) Give two important reasons for maintaining emotional balance.
- 5) Give two activities that will reduce emotions.

(5 x 2 = 10 marks)

V) “ Let us facing challenges that come accross in our day to day life”

- 1) What are the main types of diseases?
- 2) Give two non - communicable diseases?
- 3) Give two reasons for the non - communicable diseases?
- 4) What steps to be taken to keep the environment peaceful?
- 5) Give four challenge that we face in our day to day life?

(5 x 2 = 10 marks)

VI) “ Let us engage in games spending leisure time happily”

- 1) Give two organized games?
- 2) Give two minor games?
- 3) Give two skills of the game volleyball?
- 4) What is the length and width of the volleyball court?
- 5) Give two benefits gained by engaging in game activities?

(5 x 2 = 10 marks)

2025

1ம் தவணை வகுப்புகள்

தரம் 6 முதல் 11 வரையான
மாணவர்களிற்கான தமிழ் மற்றும் ஆங்கில
மொழிமூல வகுப்புக்கள் ஆரம்பமாகவுள்ளன.

ஆரம்பம் 01.01.2025



இலங்கையின் எப்பாகத்திலிருந்தும்
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