

Grade 06**ANSWER PAPER****Health & Physical Education - 1/2****PART - I**

(01)	4	(02)	3	(03)	3	(04)	2	(05)	1	(06)	Disasters	(07)	Tetanus
(08)	Protein	(09)	Waist circumference	(10)	Lead up games	(11)	✗	(12)	✓				
(13)	✓	(14)	✗	(15)	✓	(16)	Hygiene	(17)	Desires				
(18)	Bones and muscle injuries	(19)	Football	(20)	Iron								(2 x 20 = 40 marks)

PART - II

- 01 (i) Being a good volleyball player, Being a good athlete, Tidy, cleanliness, pleasant appearance, being active, following correct postures, pleasant speaking, cordiality, Good personality
- (ii) Engaging in sports, Engaging in aesthetic activities, Engaging in hobbies, Following a simple life style, Time management, Counseling, Engaging in meditation
- (iii) Head, shoulders, hip should be placed in a vertical line.
 Keeping the body straight and lean against the back of the chair.
 Keeping the neck and back straightly.
 Keeping the hands on thighs and if it is an arm chair, keep the hands on the arms, or keep on the desk.
 Hip, Knees and ankles should be bent at 90° at the joints.
 Keeping the both feet steady on the ground.
- (iv) Netball, Football, Cricket, Elu, Rugby, Basketball
- (v) Over nutrition
- (vi) Ability to build good relationship, Ability to abide laws, Ability to be polite, Not banning by sports, Being a recognized person
- (vii) Not having clean air / Not having clean water / Absence of personal hygiene / Not having healthy foods Not having proper rest and sleep
- (viii) fruits, fruit juices, corn, ground nuts, green gram, sago porridge, thalaguli, helapa, gram
- 02 (i) 1. Heel 2. Calf 3. Buttocks 4. Back of the chest
- (ii) Nutritional level, Physical fitness, Immunity, Pleasant appearance, Being active
- (iii) • Obeying elders and neighbours
 • Avoid retaliate with elders.
 • Standing up when see an elder.
 • Engaging in religious activities.
 • Attending to Dhamma School.
 • Following moral values according to one's religion and culture.
 • Love nature
 • Protect the environment

Grade 06**ANSWER PAPER - II****Health & Physical Education - 2/2**

- 03 (i) • Giving energy
• Growth of the body
• Safeguarding from diseases
- (ii) Macronutrients - Carbohydrates, Lipids, Protein
Micronutrients - Vitamin, Minerals
- (iii) Variety, Freshness, Natural condition, cleanliness, Nutritional value, Sufficient quantity
- 04 (i) Running events - 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 4x100m, 4x200m, 4x400m, 4x800m, 4x1000m, 4x1500m, 4x2000m, 8x100m, 8x200m, 8x400m, 8x800m, 8x1000m, 8x1500m, 8x2000m, 16x100m, 16x200m, 16x400m, 16x800m, 16x1000m, 16x1500m, 16x2000m, 32x100m, 32x200m, 32x400m, 32x800m, 32x1000m, 32x1500m, 32x2000m, 64x100m, 64x200m, 64x400m, 64x800m, 64x1000m, 64x1500m, 64x2000m, 128x100m, 128x200m, 128x400m, 128x800m, 128x1000m, 128x1500m, 128x2000m, 256x100m, 256x200m, 256x400m, 256x800m, 256x1000m, 256x1500m, 256x2000m, 512x100m, 512x200m, 512x400m, 512x800m, 512x1000m, 512x1500m, 512x2000m, 1024x100m, 1024x200m, 1024x400m, 1024x800m, 1024x1000m, 1024x1500m, 1024x2000m, 2048x100m, 2048x200m, 2048x400m, 2048x800m, 2048x1000m, 2048x1500m, 2048x2000m, 4096x100m, 4096x200m, 4096x400m, 4096x800m, 4096x1000m, 4096x1500m, 4096x2000m, 8192x100m, 8192x200m, 8192x400m, 8192x800m, 8192x1000m, 8192x1500m, 8192x2000m, 16384x100m, 16384x200m, 16384x400m, 16384x800m, 16384x1000m, 16384x1500m, 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