



Asian Grammar School

1<sup>st</sup> Term Test - 2019

Grade 6

Health and Physical Education

Time: 2 hours

Name : .....

Class : .....

Prepared by: Mr. Munasingha

Ms. Rajapaksha

❖ Answer all the questions

(20 marks)

**Part I**

01. What is mainly helpful to protect the body from diseases?  
(i) lipids and proteins (ii) Proteins and mineral salts  
(iii) Vitamins and proteins (iv) Vitamins and minerals
02. 5S concept was first introduced by,  
(i) Brazilians (ii) Japanese (iii) British (iv) Portuguese
03. "Seiso" in 5S concept means,  
(i) Identifying things necessary. (ii) Educate others  
(iii) keeping the place cleaned. (iv) remove unnecessary items.
04. The quantity of water you who are growing should drink is,  
(i) more than 6 litres. (ii) between 2-4 litres.  
(iii) between 1.5 - 2 litres. (iv) no definite limit.
05. Natural foods are,  
(i) Processed food  
(ii) Food without addition of preservatives.  
(iii) Food with added preservatives.  
(iv) Food with artificial flavours added.
06. Body mass index is used,  
(i) to know the length of the waist. (ii) to correctly measure the height.  
(iii) to know whether height is suitable for the appearance  
(iv) to know whether weight is suitable for the height.

07. Ability to understand an emotion of others in the same manner is.  
(i) fitness                      (ii) leadership                      (iii) emotion                      (iv) empathy
08. A disease condition due to continuously taking toffees, chocolates and other sweets is,  
(i) kidney disease                      (ii) heart diseases  
(iii) high blood pressure                      (iv) diabetes
09. Not a benefit you gain by engaging sports and activities,  
(i) develop conflicts                      (ii) develop personality  
(iii) happiness and joy                      (iv) patients
10. Not a quality of a person who has spiritual well being.  
(i) being respectful                      (ii) being grateful  
(iii) being aggressive                      (iv) being optimistic
11. Which of these is not a situation you do not need correct posture.  
(i) standing                      (ii) sitting                      (iii) bathing                      (iv) living
12. How should the feet be kept when standing at attention.  
(i) parallel  
(ii) with space in between feet  
(iii) with "V" shape and heels touching each other  
(iv) in a "V" shape and heels touching each other
13. A situation where we stand at attention is,  
(i) when seated in a chair                      (ii) when singing the national anthem  
(iii) when standing                      (iv) when lying down
14. How should the hands be kept behind the back when standing at ease.  
(i) Hands on either side of the body  
(ii) Right hand on left hand  
(iii) Left hand on right hand  
(iv) Fingers crossed

15. How should the body be kept when walking correctly.
- (i) straight
  - (ii) Bent forward
  - (iii) bent backwards
  - (iv) jointed to a side
16. The first to touch the ground when walking is,
- (i) ball
  - (ii) heel
  - (iii) toes
  - (iv) whole foot
17. A factor that should be considered when lifting a weight is,
- (i) The nature of the weight.
  - (ii) The distance of the weight from the body.
  - (iii) The place where eyes are focused.
  - (iv) The effort on breathing
18. As a result of incorrect posture.
- (i) Decrease in productivity and efficiency.
  - (ii) Decrease in aches and pains
  - (iii) Increase in attractiveness
  - (iv) Decrease in stress on muscles and bones.
19. The best posture for a short time of rest is,
- (i) stand at attention
  - (ii) stand at ease
  - (iii) stand at easy
  - (iv) stand on one foot
20. Which of the following is an advantage of having correct posture is,
- (i) Gives a good appearance to the body.
  - (ii) Minimize the waste of energy
  - (iii) Minimize the pain and disorder conditions.
  - (iv) All above.

## Part II

01. (i) you get many benefits of maintaining correct posture. Write 5 of them.  
(ii) Write 5 harmful effects of bad postures. (10 marks)
02. (i) What are the main standing postures name them and explain the three situations.  
(ii) Explain how you are going to lift a weight and draw sitting, pushing an object, lifting an object (10 marks)
03. (i) What is known as a balanced diet? Briefly explain.  
(ii) Write down the formula for calculating BMI.  
(iii) Write down ranges of BMI and its suitable colours.  
(iv) Write two ways how you can get purify water.  
(v) What are the 04 wellbeing to develop total health. (20 marks)
04. (i) What is known as physical well-being? Briefly explain and write 3 physical well being factors.  
(ii) What should we do to keep the air clean?  
(iii) Write 3 good habits to be followed by us to follow hygiene.  
(iv) What are the qualities of a person who has spiritual well being.  
(v) What are the qualities of a person who has mental well being. (15 marks)
05. We have to face various challengers in day to day life.  
(i) What can you do when you have a harmful emotions.  
(ii) Draw a happy face and sad face when you are having such kinds of emotions.  
(iii) Write in order the correct method of hand washing.  
(iv) Draw your bed room with neat and tidy environment. (20 marks)

Book Maintaining :- 05 Marks

Total :- 100 Marks