Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

2021-7 week

Mawanella Zone

Grade - 6

4. let us enjoy our leisure through recreational games

You can play these games alone or with several people you will be able to enjoy your leisure time by playing small games created by playing small games created by yourself.

1. Many of the benefits we get from sports activities mention five of the them.
2. Fill in the blanks.

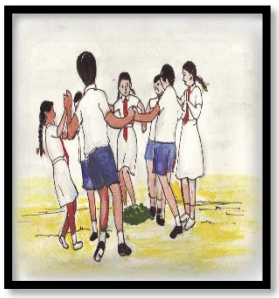
Minor games

game that can be done alone	games that can be done pairs	games that can be done people
1…… ……	1…….	1……
2…….	2……	2……

3. Name the minor games shown it the diagrams mention how to select two minor games.

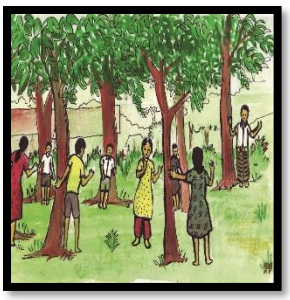
1……

2…….



3…….

4…….



5…….