



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 1 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

01. Let us lead a happy and healthy life.

❖ Complete the table below.

	Interpretation	Features	What to do to maintain well
ex:- ❖ Physical well-being	❖ To be disease free and to minimize the behaviors that affect is as well as to be in good fitness.	❖ Proper nutritional level ❖ Proper physical fitness ❖ Ability to resists disease ❖ Pleasant appearance ❖ activity	❖ Getting clean air ❖ Getting clean water ❖ Engaging sports and exercises ❖ Proper rest and sleep ❖ Personal hygiene
❖ Mental well-being			
❖ Social well-being			
❖ Spiritual well-being			