



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 8 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

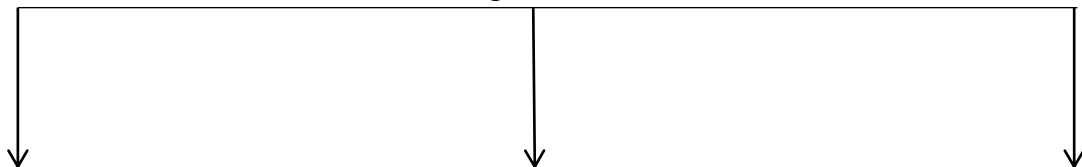
### 01. Let us enjoy our leisure through recreational games.

You can play these games alone or with several friends. You will be able to enjoy your leisure time by playing small games created by your -self.

01. Many of the benefits we got from sports activities. Mention five of them.

02. Fill in the blanks.

#### Minor games



Games that you  
can be done alone

.....

.....

Games that you  
can be done pairs

.....

.....

Games that you  
can be done groups

.....

.....

03. Name the minor games shown in the diagrams. Mention how to select two minor games.



1. ....



2. ....



3. ....



4. ....



5. ....