



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 10 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

- Answer 1, 2, 3 or 4 lessons in your text book.
- Select the correct answer and fill in the blanks.

( total health, masks, 1.5-2 liters, sympathy, toe, stand at attention, stand ease, correct posture, prevent illness, who is the king )

1. Sports and exercises can help .....
2. Be .....when the national anthem is sung at the morning meeting.
3. .... is a feature that enhances a person's appearance.
4. .... is a minor game you know.
5. It is a advisable to use ..... when working in an air polluted places.
6. You can use the posture to in a meeting ..... longer.
7. When walking correctly, the ..... finally touch the ground.
8. You should drink between ..... liters of water per day.
9. Those who are ..... do not mock those who are week.
10. .... is the perfection of physical, mental, social and spiritual well-being.