



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 34 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

**Revision**

**❖ Fill in the blanks.**

( vitamin and minerals, sports rules and regulations, carbohydrate and lipids, long jump, discus throw )

- 01. .... Are useful in protecting the body from diseases.
- 02. .... Provide the body with the energy it needs.
- 03. It is important to have ..... to protect the dignity of the sports.
- 04. In athletics, long jump is a jumping event.
- 05. .... is a throwing event in athletics.

06. Write down two things to consider when lifting a weight correctly.

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07. Name the appropriate games to improve mental fitness.

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08. Write down at least two foods you should eat according to the food pyramid.

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