



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 19 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

06. Let us respect rules, regulations and ethics in sports.

❖ If the given statements are true, put a (√) mark. If they wrong put (X) mark.

- 1. The rules of the game will not be able to protect the dignity of the game. ()
- 2. Ethical compliance does not lead to conflict in sports. ()
- 3. Because of the rules and ethics of the game, the real winner will be the winner. ()
- 4. Sports qualities are very helpful for personal development. ()
- 5. Pre training is not required to win a sport. ()

❖ Answer the following questions.

6. Write down three things we can gain by observing sports rules and ethics.

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7. Write down three personal qualities that develop in us as a result of playing.

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8. Write down three things we need to do minimize accidents in sports.

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9. Write down three problems caused by not following the rules and regulations of the game.

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10. Write down three benefits you can achieve in your life through sports rules and ethics.

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