



Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

2021 - 2 week

Grade - 6

Mawanella Zone

## 01. *Let us lead a happy and healthy life.*

❖ Answer all the questions.

- Complete the table below

	Interpretation	features	What to do to maintain well
<b>Example: -</b>  Physical well- being	<ul style="list-style-type: none"> <li>• To be disease free and to minimize the behaviors that affect it as well as to be in good fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Proper nutritional level</li> <li>• Proper physical fitness</li> <li>• Ability to resist disease</li> <li>• Pleasant appearance</li> <li>• Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Getting clean air</li> <li>• Getting clean water</li> <li>• Engaging sports exercises</li> <li>• Proper rest and sleep</li> <li>• Personal hygiene</li> </ul>
Mental well-being			
Social well-being			
Spiritual well-being			

❖ Match A with B

### A

1. Physical well- being is a measurable
2. An indicator of whether the nutritional level is correct
3. According to the height chart short is the color that indicates
4. Calculated to measure body mass index
5. The formula by which the waist circumference is measured
6. The formula by which body mass index is measured
7. Body mass index is the color that shows the proper weight according to the chart
8. Can be done to cope with stress well
9. Which can be controlled by counting from one to ten
10. It shows by being patient until his turn in a queue even if it late

### B

Unpleasant emotion  
Self discipline  
Height and Weight  
Green color  
Body mass index  
Appearance  
Orange color

waist circumference

Height (cm)

engage sports

weight (kg) \_\_\_\_\_.

Height (m) x height(m)