



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 2 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

1. Let us lead a happy and healthy life.

❖ Match A with B

A

B

- | | |
|--|-------------------|
| 1. Physical well-being is a measurable feature. | Orange color |
| 2. An indicator of whether the nutritional level is correct. | Engage sports |
| 3. According to the height chart, short is the color that indicates. | Height and weight |
| 4. Calculated to measure body mass index. | Body Mass Index |
| 5. Can be done to cope with stress well. | Appearance |