



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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