



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 31 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

Revision

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

1. Iron is needed to prevent anemia ()
2. Excessively stored oils are burned out by engaging in sports activities. ()
3. Love and education are basic necessities. ()
4. A person with good fitness is active and happy. ()
5. The rules have been laid down for the survival of the sports. ()

❖ Answer following questions.

1. Briefly explain sports ethics.
2. Write down three difficulties you face due to not following rules and regulations of the game.
3. Write down two things to consider when minimizing sports accidents.
4. Write down the four benefits of sports rules and ethics of your life.