



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 32 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

Revision

❖ Answer the following questions.

1.

- i. Write down four benefits working rhythmically.
- ii. Write down two rhythmic activities that can be seen at home.
- iii. Write down two factors that affect emotional balance.

2.

- i. Write five organized games.
- ii. Write down two characteristics of an organized games
- iii. Gather information about the athletes mention above and create a book.

- Susanthika Jayasinghe
- Usain Bold
- Sanath Jayasuriya
- Muththaiya Muralitharan
- Mariyan Johns

3.

- i. Mention three main functions of food.
- ii. What are the minimum foods to eat according to the food pyramid?
- iii. Mention a few mixed foods that are more nutritious.
- iv. Collect and paste diagrams of foods containing the following nutrients.

- carbohydrate
- protein
- lipids
- vitamin A,B,C,D,E,K
- iron
- calcium
- iodine