



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 34 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

Revision

Fill in the blanks.

(vitamin and minerals, sports rules and regulations, carbohydrate and lipids, long jump, discus throw)

01. Are useful in protecting the body from diseases.
02. Provide the body with the energy it needs.
03. It is important to have to protect the dignity of the sports.
04. In athletics, long jump is a jumping event.
05. is a throwing event in athletics.

06. Write down two things to consider when lifting a weight correctly.

.....
.....

07. Name the appropriate games to improve mental fitness.

.....
.....

08. Write down at least two foods you should eat according to the food pyramid.

.....
.....