



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 42 week

Grade - 6

Mawanella Education Zone
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09. Let us improve fitness for a balance life.

❖ Underline the correct answer.

1. An example of pleasant emotions.
 - i. Angry
 - ii. Fear
 - iii. Disgusting
 - iv. Gratitude
2. The factor that affect emotions.
 - i. Speed
 - ii. Strength
 - iii. Personality
 - iv. Flexibility
3. It is an activity that can be done immediately when there is a bad mood.
 - i. That of aggression
 - ii. Cloud game
 - iii. Anger
 - iv. Clap
4. There is no benefit to maintaining emotional balance.
 - i. Happiness
 - ii. Conflict reduction
 - iii. Recognition
 - iv. Promoting unity
5. Choose the wrong statement.
 - i. Slow walking can be used to improve fitness
 - ii. A regular repeated pattern of movement or sound is called a rhythm.
 - iii. Can be co-ordination as a quality of a physical fitness
 - iv. An emotion is a bad though.

❖ Answer the following questions.

1. What is emotional balance?
2. Name the three positive emotions and the three negative emotions.
3. Name three factors that affect mood.
4. Write down three benefits of maintaining emotional balance.
5. Write down two things to consider when maintaining emotional balance.

