



Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

9 week

Grade - 6

Mawanella Zone

❖ Answer all the questions.

Match A with B

A	B
1. A sensory organ	food
2. A rhythmic activity	clothes
3. A vertical jump	100 m
4. A fitness test	Ear
5. A short distance	Gymnastic exercises
6. It is a basic need	50 m speed run
7. It is a other need	High jump
8. It is a non- communicable	Producing vitamin D
9. A function of the skin	Taking foods rich in vitamin A
10. To protect the eye	diabetes

11. Write down some of the athletic events you know.
12. Write down four challenges you face on daily life.
13. Write down two causative agents of disease.
14. Mention two mosquito borne diseases.
15. Write down three physical fitness qualities you know.
16. Write down three things you can do to prevent accidents at home.
17. Write down three differences between living and non- living things.
18. Write down four good habits to follow for a healthy life.
19. There are several taste that the tongue can feel what a is that?
20. Write down four benefits of balancing emotions.