

බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව
 மேல் மாகாணக் கல்வித் திணைக்களம்
 Department of Education - Western Province

වර්ෂ අවසාන ඇගයීම
 ஆண்டிறுதி மதிப்பீடு - 2019
 Year End Evaluation

ශ්‍රේණිය } தரம் } 06 Grade }	විෂයය } பாடம் } Health and Physical Education Subject }	පත්‍රය } வினாத்தாள் } I, II Paper }	Answer
------------------------------------	---	---	--------

Part - I

- | | | | |
|-------|-------|-------|-------|
| 01. 1 | 06. 3 | 11. ✗ | 16. 5 |
| 02. 4 | 07. 4 | 12. ✓ | 17. 4 |
| 03. 1 | 08. 4 | 13. ✗ | 18. 1 |
| 04. 3 | 09. 2 | 14. ✗ | 19. 3 |
| 05. 2 | 10. 1 | 15. ✓ | 20. 2 |

(2 x 20 = 40 marks)

Part - II

- | | |
|--|--|
| <p>01. (i) Macro nutrients, micro nutrients.
 (ii) Being nutritious, variety, quantitateness.
 (iii) Hath maluwa, mungkiribath, pongal, Biryani
 (iv) Sweet taste, sour taste, bitter taste, salt taste.
 (v) Discuss throw, Javeline throw, Hammer throw.
 (vi) - Learn to accept victory or defeat
 - Be disciplined.
 - Learn to respect leadership.
 (vii) - Walking in a way that toes are kept forward.
 - Keeping the hands at ease.
 - One foot always
 - One foot always touches the grand.
 (viii) Bending knees and lowering the body maintaining balance. Etc.</p> | <p>03. (i) Communicable
 Cold, T.B, Vomitting, Dengue
 Non Communicable
 - Diabetes, High blood pressure
 - Heart attack, mental illness
 - Cancer
 (ii) - Reducing food with salt, oil and sugar
 - Avoiding drinking alcohol
 - Get rid of mental stress
 (iii) - Get hurt by sharp weapons
 - Falling from unprotected heights.
 - Small children falling into unprotected wells food poisoning
 (iv) - Adhering to road rules and ethics
 Avoid drinking and driving
 Drive being tired.
 - Driving when feeling sleepy.
 (v) Avoid being alone at home or anywhere else not going to talk with unknown persons.</p> |
| <p>02. (i) Food, water, air
 (ii) Love, protection, Kindness
 (iii) - Sustain the family
 - Match the health condition
 - Comply with social values
 (iv) - Houses, clothes, vehicles
 - Clinging two stones together
 - By clinging two sticks together</p> | <p>04. (i) - Protect the honour of the sport
 - Reduce accidents
 - Protection of sportsman rights
 - Solve problems.</p> |

- (ii) - Arrange the ground in the required size equipment.
- Wearing suitable cloths
- Wearing numbers in athletics
- (iii) - Eliminating from the game
- Being prohibited to play the game
- Friends ignoring
- (iv) Meo memo, Changing trees
(Gasmaruwa), Wasa pageema
Panduwa paradawamu
05. (i) - Catching the ball after throwing it upwards.
- Rotating the ball around the body.
- Throwing the ball to the ground and catching
- (ii) - 7 players
- (iii) - Free walking
- Running in the same place
- Running in different directions
- (iv) Football, goal posts
- (v) Five marks for the activities written correctly