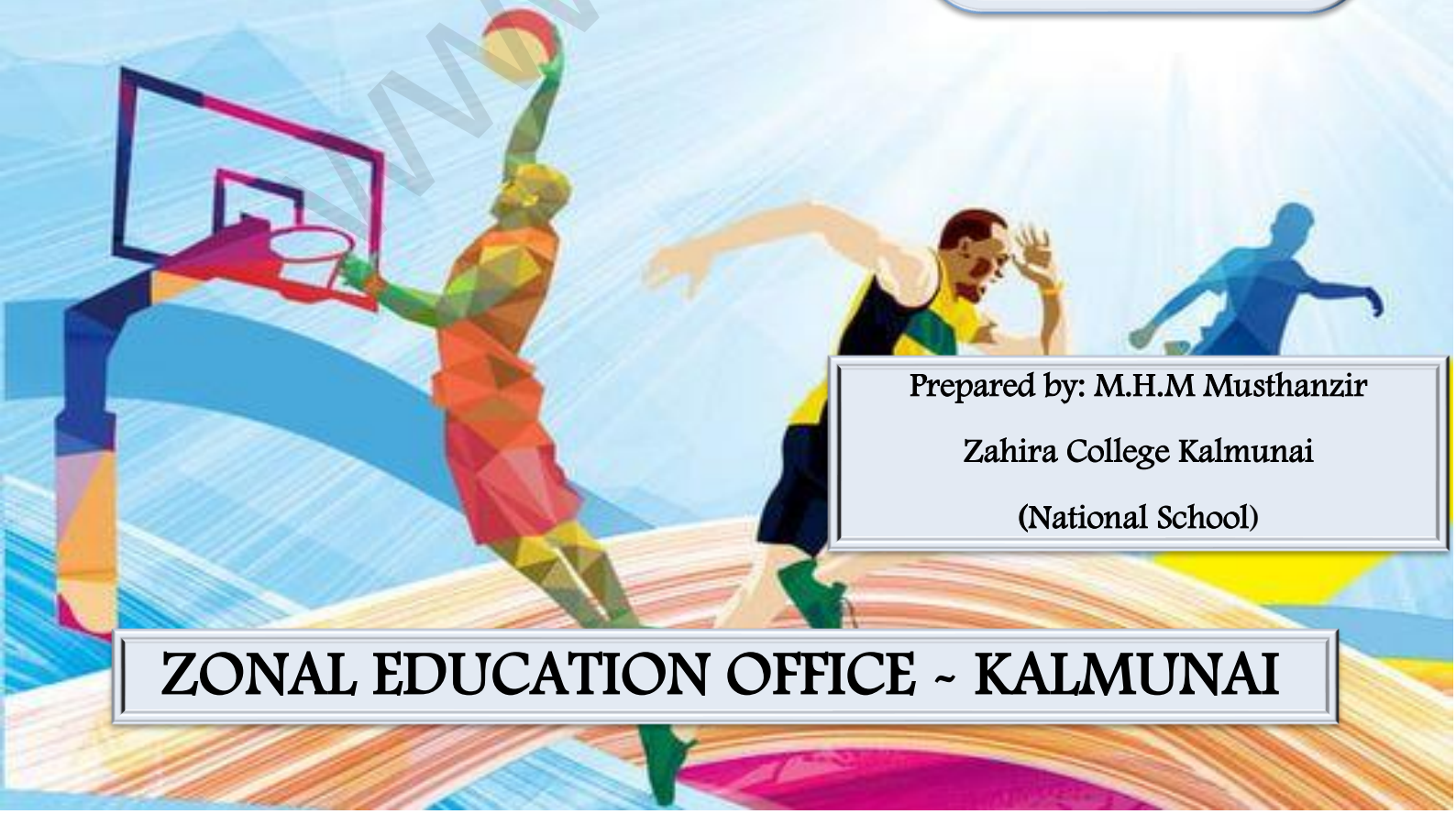
HEALTH & PHYSICAL EDUCATION

SELF-STUDY BOOK

GRADE 06



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Zahira College Kalmunai

(National School)

ZONAL EDUCATION OFFICE ~ KALMUNAI

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01 Let us lead a happy and healthy life

01. Write 04 characteristics of the students who are possess good habits leading to a healthy and Happy life?

- They are quite pleasant and happy
- Their clothes are neat and tidy
- Friendly with everybody
- Keep the books in order

02. Write 04 characteristics of the students who are not possess good habits leading to a healthy and Happy life?



- Not interested in sports
- Clothes are untidy
- Work is not methodical
- Not friendly with others

03. What is a healthy life?

- A healthy life is not only the mere absence of diseases and disability but also reaching perfection in physical, mental, social and spiritual well-being.

Physical Well-being

01. What is the meaning of the Physical well-being?

- Including good health, minimizing of behavioral patterns which lead to ill health and maintain physical fitness.

02. Write 07 factors and good habit required for physical well-being?

- Fresh air
- Clean water
- Hygiene and sanitation
- Healthy food
- Sports and exercises
- Adequate rest and sleep
- Good environment



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03. What has to be done to keep the air fresh?

- Minimizing deforesting
- Avoid burning of polythene
- Controlling smoke emission from machinery
- Proper waste disposal

04. How to protect ourselves from air pollutes areas?

- Wear a facial mask in air polluted areas.

05. Which part of our body is directly affected by breathing polluted air?

- Respiratory system

06. What has to be done to reduce the pollution of the air?

- Maintain a clean atmosphere by growing tress.

07. What are the uses of cleaning water?

- Drinking
- Bathing
- washing

08. Why it is essential to prevent water from getting polluted?

- Water is limited resource



09. What water is suitable for drinking?

- Boiled and cooled water

10. What is the equipment that used to purify water?

- filters

11. How many liters of water child should drink per day?

- 1.5 – 2 liters

12. Water can be polluted due to contamination with what?

- Factory waste
- Agricultural chemicals
- Contamination with micro-organisms

13. What is hygiene?

- Maintaining personal cleanliness

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14. What are the good hygiene and sanitation?

- ❖ Toilet facilities
- ❖ Waste management
- ❖ Presence of sufficient water

15. Give 04 good habits that maintain the hygiene?

- ❖ Trim your nails and keep them clean
- ❖ Brush your teeth at least twice a day
- ❖ Wash or bath daily
- ❖ Pay attention to cleanliness of your clothes, towels and bed linen.



Concept of water and sanitation

01. What is the meaning of the following letter of WASH?

- ❖ WA -Water
- ❖ S -Sanitation
- ❖ H -Hygiene

02. Define the correct method of hand-washing?

The correct method of hand- washing.

- ➢ Your nails must be kept short and clean.
- ➢ Wet your hands with flowing, clean water.
- ➢ Apply soap all over the palms.
- ➢ Rub your hands.
  - ✓ Rub the palms together.
  - ✓ Rub the outer surface of the palms.
  - ✓ Rub between the fingers.
  - ✓ Rub the outer surface of the fingers.
  - ✓ Rub the outer surface of the thumb.
  - ✓ Rub the palm of one hand with the tips of the fingers of the other hand.
- ➢ Wash hands with flowing, clean water.
- ➢ Wipe with a clean cloth or paper serviette, or use an automatic hand Dryer.

03. What is called a healthy diet?

- ❖ Hygienically prepared balanced meal containing all the nutrients in correct proportion can be called.

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04. What are the factors that attention should be paid to regarding the food we eat?

- Cleanliness
- Freshness
- Hygiene
- Free from additives (Natural)



05. Give 04 benefits of engaging in sports and exercise?

- Developing of sports skills
- Controlling weight
- Provides entertainment and fun
- Strengthening of bones and muscles

✓ **You should engage in sports and exercise at least for 30-60 minutes every day.**

06. What is very important to maintain physical well-being?

- Adequate rest and sleep

07. How many hours a child should sleep at least every day?

- 8-10 hours

08. What are the benefits of the adequate rest and sleep?

- Mental stress relieved
- The body undergoes growth and repair during rest

09. Write 04 features of a pleasant environment?

- Adequate light
- Fresh air/adequate ventilation
- Neat, tidy and clean surrounding
- Trees and vegetation in the environment



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10. Write down the 5S concept?

5S concept

This is a Japanese concept that is adopted to keep the living or working environment tidy. This will not only keep the environment clean, systematically and well organized, but also helps to improve productivity and efficiency.

1. Sort (Seiri)

Identifying necessary and unnecessary items and removing unnecessary items.

2. Systematize (seiton)

Arrange necessary items in order so that they can be easily available.

3. Shine (seiso)

Keep the place clean.

4. Standardize (seiketsu)

Maintain and improve on the abovementioned actions at all times.

5. Sustain (shitsuke)

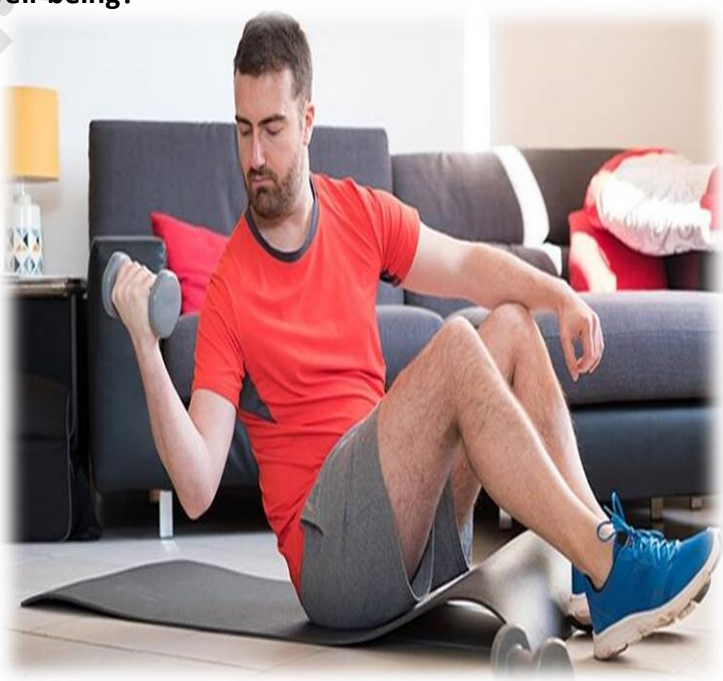
Educate others on this concept and continue to work to improve this.



Features that determine Physical well-being

01. Write 05 features that determine physical well-being?

- Nutritional status
- Physical fitness
- Immunity
- Appearance
- Being active



02. What is called Nutritional status?

- The nutritional condition of a person.

03. Give 04 example to Nutritional status?

- Optimum nutrition
- Micronutrient deficiency
- Malnutrition
- Obesity

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04. What are the effects/results of the above Nutritional status?

- ❖ Lack of nutrients result in under nutritional status.
  - Short stature (short for age)
  - Wasting (inadequate weight for height)
  - Communicable diseases
- ❖ Eating more food than required result in over nutritional status.
  - Overweight and obesity
  - Non-communicable diseases

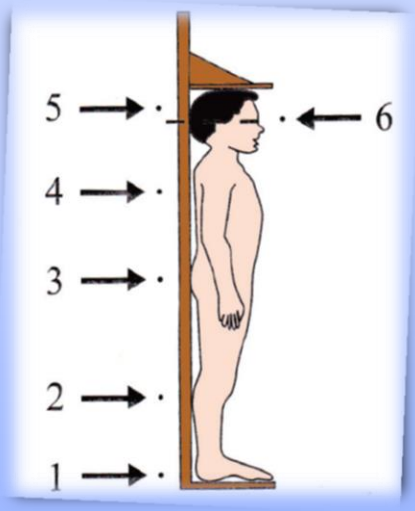
05. What are the indices are used to measure the physical growth?

- ❖ Height
- ❖ Body Mass Index
- ❖ Waist circumference

Measuring height
Equipment : A measuring tape fixed to the wall
Method :

- ➢ Remove shoes.
- ➢ Remove hats, clips and hair styles on the crown to make it easy to measure the height up to the crown.
- ➢ Stand up turning back to the tape hanging on the wall. Your ankle, calf, buttocks, back of chest and the back of the head should touch the vertical line. Keep head looking straight forward.
- ➢ Another person should place a ruler or a wooden stick horizontally on the head (straight and touching the head). Read the height.
- ➢ Note down the height in cm.

The following illustration shows how to measure the height correctly.
The points of the body given below should touch the vertical line.
1. Heel
2. Calf
3. Buttocks
4. Back of Chest
5. Back of the head
6. Person must be looking forward



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Body Mass Index

01. What is known as body mass index (BMI)?

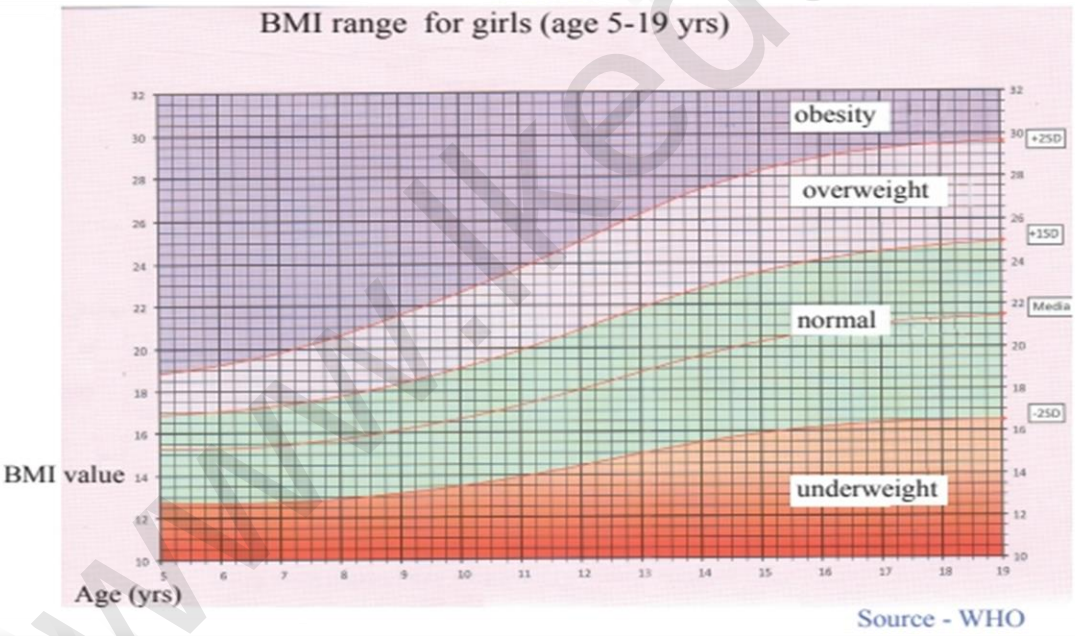
- ❖ Used to decide whether one's weight is appropriate for the height.

02. Write the equation of the body mass index?

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m) x Height (m)}}$$

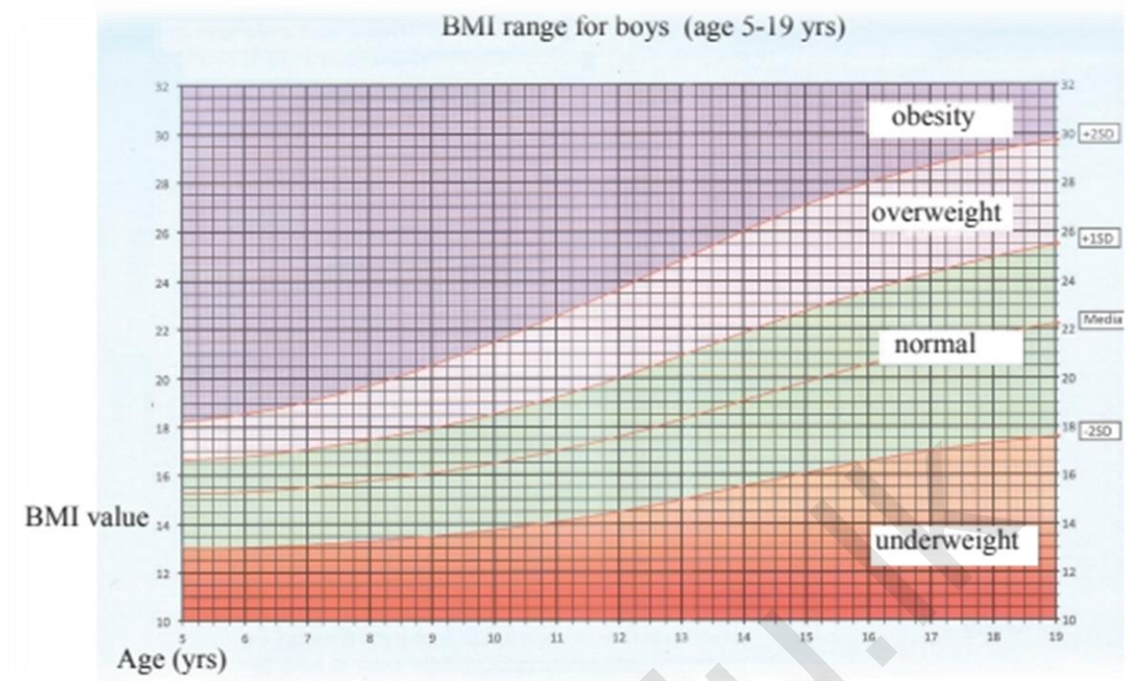
E.g : Imagine your weight is 29 kg and height is 1.4m. Then your BMI value is 14.8 kg/m²

$$\text{BMI} = \frac{29\ \text{kg}}{1.4\ \text{m x } 1.4\ \text{m}} = 14.8\ \text{kg/m2}$$



Source - WHO

www.mathstalk



Orange	- Underweight
Green	- Appropriate weight for height
Light Purple	- Overweight
Dark Purple	- Obesity

04. What are the indicates following in the BMI chart?

- Underweight
- Appropriate weight for height
- Overweight
- Obesity

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Waist circumference

01. What is the risk that the deposition of fat around the abdomen?

- ❖ Non-communicable diseases

02. State the equation of the waist size?

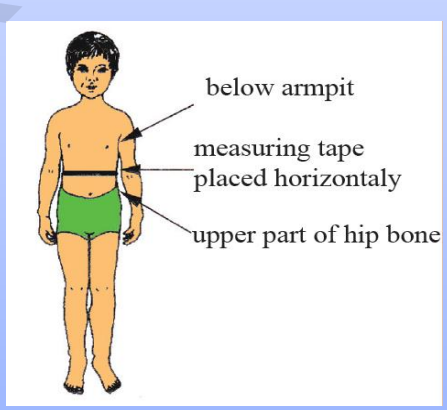
$$\frac{\text{Waist circumference (cm)}}{\text{Height (cm)}}$$

Waist to height ratio should be less than 0.5.

waist circumference should be less than half of one's height.

Measuring the waist circumference
Equipment: A flexible measuring tape
Method:

- ➢ The following illustration (Figure1.4) shows how to measure the waist circumference correctly.
- ➢ On the vertical line coming down from the armpit, mark the lowest part of the ribs, the upper part of the hip bone.
- ➢ Then mark the midpoint between these two points. Do this on both sides of the body.
- ➢ Keep the tape horizontally on these two positions marked. The person should be relaxed at this moment.



03. What is the ratio of the waist size?

- ❖ Waist to height ratio should be less than 0.5

Note: - Waist circumference should be less than half of one's height

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Physical fitness

01. What is known as Physical fitness?

- ❖ Our ability to engage in daily routine activities effectively.

02. Why our body becomes tired?

- ❖ When we do day to day activities.
- ❖ Engaging in sports and exercise.

03. Write 03 factors to improve of the immunity?

- ❖ Good nutrition
- ❖ Healthy habits
- ❖ exercise

04. Write 04 factors which improve your pleasant appearance?

- ❖ Maintain the cleanliness of clothes, hair, teeth and nails.
- ❖ Daily bath and wash
- ❖ Doing exercises and sports
- ❖ Eating healthy foods

05. How to improve the activeness?

- ❖ Maintain a correct posture
- ❖ Doing sports



Measuring weight
Equipment: A scale
Method:

- ➢ Wear light clothes.
- ➢ Remove shoes and everything in pockets.
- ➢ Remove coats or jackets worn over the school uniform.
- ➢ Make sure the scale is at the value of 0.
- ➢ Stand straight on the scale. Keep your hands free and relaxed by the sides of the body.
- ➢ The body should not touch or lean against anything, and the head should be straight. Look forward (You should not look at the scale).
- ➢ Read the value indicated on the scale with the help of another person (a friend).
- ➢ Note down the weight in kg.

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Mental Well-being

01. What is mental well-being?

- ❖ According to the world health organization, mental well-being is the ability to identify your skills, to face the challenges in do-to-day life successfully, work effectively serve society and live happily.



02. Write 04 good habits for mental well-being?

- ❖ Engaging in sports activities
- ❖ Engaging in aesthetic and creative activities
- ❖ Engaging in a hobby
- ❖ Time management
- ❖ Counselling

03. Write 04 advantages of engaging in sports activities?

- ❖ Working cooperative with a team
- ❖ Accepting both victory and defeat
- ❖ Gain physical as well as mental comfort
- ❖ Improve health as well as prevent illness.

04. Mention some aesthetic and creative activities.



- ❖ Listening to the music
- ❖ Singing
- ❖ Dancing
- ❖ Playing musical instrument
- ❖ Creative writing such as poetry or short stories
- ❖ Stitching
- ❖ Other hand work

05. What is 'simple life style'?

- ❖ Getting only what you need and being satisfied with it.

06. What is known as desirable?

- ❖ The things that are not really essential but one may like to have them.

07. What you meant by ''time management''?

- ❖ Understanding the daily activities well and planning them according to priorities within given time frame is time management.

08. How we keep the time management?



- Working to a time table
- Timely preparation
- Avoiding postponement of work

09. Where you get counselling or advisable?

- Counsel
- Teachers
- ''Mithuru Piyasa'' in hospitals
- ''Suwa Sariya'' of the ministry of health education

10. Write 03 benefits of meditation?

- Concentration
- Paying attention
- Tolerance

11. Write 04 characteristic that a person with mental well-being?

- Self-understanding and self-esteem
- Decision making
- Problem solving
- Emotional balance

12. What is known as self-esteem?



- Self-esteem is the trust that you have in your abilities.

13. write 04 factors that develop your own value and self-esteem?

- Talents
- Skills
- Good qualities
- Pleasant behavior

14. What is decision making?

- Choosing the best option when we do something.

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15. Write the steps that taking when making a decision?

- Think of the positives and negatives
- Advantages and disadvantages
- How it would affect you and others

16. How you solve a problem?

- First should be identified correctly
- Should explore all the options available and intelligently choose the best
- Consider others experience well

17. Mention 04 stress in our life.

- Facing an examination
- Facing a competition
- Being bullied after entering a new school
- A friend leaves the school

18. Write 04 activities that can be practiced to cope with stress in life successfully?

- Sports
- Aesthetic activities
- Hobbies
- Time management



19. What is known as critical thinking?

- Thinking carefully, intelligently and logically.

20. What is known as creative thinking?

- Creative thinking is developing new and novel ideas.

21. Write the important of the creative thinking?

- Leads to invention and productivity
- Used to face day-to-day problems and challenges successfully.

22. What is known as emotion?

- Sudden mental state which causes internal and external changes in a person.

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23. Write 03 pleasant emotions?



- Happiness
- Sympathy
- kindness

24. Write 04 unpleasant emotions?

- Sadness
- Jealousy
- Anger
- Fear

25. What can you do when you have harmful emotions?

- Avoid what is causing it.
- Drink a glass of water slowly
- Inhale and exhale deeply
- Count from 01 to 10 before you act.

26. What is known as being lively?

- Mental readiness to work without being lazy.

27. What is a self-discipline?

- Controlling feelings and emotions to suit the situation, moral values, culture and society can be considered as self-discipline.

28. Mention 02 examples for it.



- Respecting road rules
- Not dumping garbage everywhere

29. write 02 advantages of the self-discipline?

- Makes us happy
- It is the way of living without being a nuisance to others.

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Social well-being

01. What is known as social well-being?

- ❖ Maintain good relationships with people around us.

02. Write 04 good habits that can be practiced to develop social well-being.

- ❖ Working as a team
- ❖ Listening to others views
- ❖ Respecting others
- ❖ Being flexible



03. Write 04 skills of a person with social well-being.

- ❖ Good inter-personal relationship
- ❖ Productive communication
- ❖ Empathy
- ❖ leadership

04. What is known as good inter-personal relationship?

- ❖ This is about various types of relationships we have with various people we meet in everyday life.

05. Write 04 advantages if you maintain good inter-personal relationship?

- ❖ More friends in the class
- ❖ More company
- ❖ More friendly talk with others
- ❖ Less conflict with people you associates.



06. What is the meaning of productive communication?

- ❖ Presenting one's ideas clearly and listening to others ideas as well.

07. What is empathy.

- ❖ The ability to understand another person's feelings.

08. Write some characteristics of an empathy person.

- ❖ Help those who need help
- ❖ Do not tease the persons with weakness
- ❖ Join in and share other's happiness

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09. What is flexibility?

- ❖ Adapting to others ideas and respecting them and acting accordingly.

10. Write 02 characteristics of a leader?

- ❖ Guides others to achieve a common goal.
- ❖ A leader has to listen to the ideas and options of the other members of the team as well.

11. What is known as followership?

- ❖ Working cooperatively with the leader in order to reach the goal is followership.

12. What is known as being law abiding?

- ❖ We should work according to the accepted rules and regulations at school and in the society.





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Spiritual well-being



01. Write the foundation factors of spiritual well-being?

- Living happily, having good interpersonal relationship
- Understanding one's position in society
- Growing with time and experience

02. Write 04 basic factors that would help to build spiritual well-being.

- Enjoying environment
- Working collectively
- Time management
- counselling

03. Write 04 good habits for spiritual well-being.

- Do not retort to elderly person
- Stand up when you see an elderly person
- From your childhood make a habit of respecting elders at home and in the neighborhood.
- Engage in religious Activities with your parents everyday

04. Write 05 qualities of a person who has spiritual well-being.

- Being respectful
- Showing kindness
- Being grateful
- Being optimistic
- Nature loving





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02 Let us identify needs and desires

01. What is known as human needs?

- The things or factor that needs to man to live.



02. What is known as basic needs?

- Basic needs are the factors essential for us to live.

03. What is known as other needs?

- The other things which are needed to live.

Basic Needs

01. What are the basic human needs?

- Air
- Water
- Food

02. What is the first human need?

- Clean air

03. How air is pollution?

- Smoke emitted by factories
- Cigarette smoke
- Exhaust fumes emitted by vehicles
- Smoke that gathers inside houses due to the lack of chimneys



04. How water is pollution?

- Throwing garbage
- Mixing dirty waters
- Wash the animals
- Mixing chemicals

05. What are the useable water resources?

- Rivers
- Reservoirs
- Ponds
- springs

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06. Food provides with the nutrients. What are important of the nutrients?



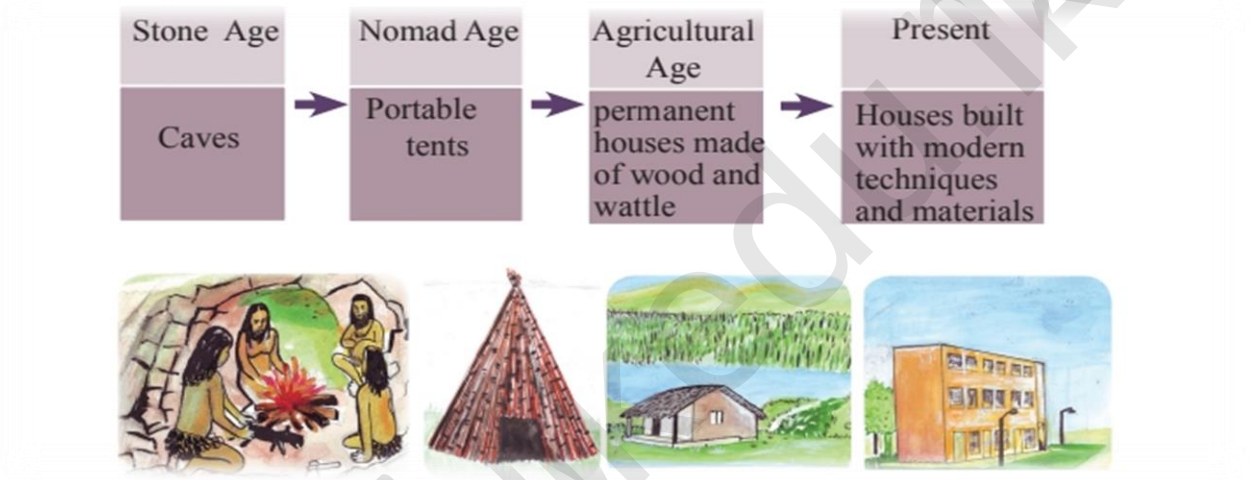
- Energy
- Growth of the body
- Protections from disease

Other needs

01. How the people of ancient times get production from rain?

- They used cave or a tree burrow as a house.

04. Mention the steps of progress of the social system, man's need for houses diversified.



03. What are the other needs in addition to their basic needs?

- Physical needs- house, clothes, tools, vehicles
- Mental and social needs- protection, love, education

Needs and desire

01. What is known as desires?

Desires are things that are not essential for life, but what we like to have.

Responsibilities and duties in fulfilling needs and desires

01. Give 04 factors to be concerned of in fulfilling needs and desires?

- Suitability to your health
- Ability to cope with the economic status of one's family
- Not harming or offending others
- In accordance with the law, social norms and moral values of the country

02. Give 04 duties and responsibilities we should consider when fulfilling needs and desire?

- ❖ Prioritizing our needs
- ❖ Reusing things which are reusable
- ❖ Sharing
- ❖ Being law-abiding
- ❖ Leading a simple life without being slave to desire.





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03 Let us improve personality through posture



01. What are the important in improving our physical appearance?

- Hygiene and correct posture

02. How we should take care to maintain our personal hygiene?

- Cleanliness of nails, teeth, hair, body

03. What are the advantages we can gain when we use correct postures?

- Increasing the efficiency
- Minimize accidents
- Being active
- Good appearance

Factor that affects personal Appearance

01. Give 04 factors that affect personal appearance?

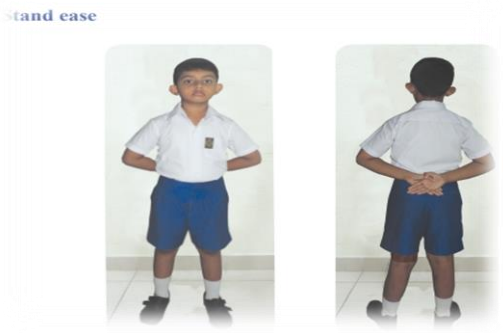


- Cleanliness
- Good health
- Well-built
- Following correct postures
- Smiling face and being happy

Correct postures for physical appearance

01. What is known as correct posture?

- Correct postures are the correct way we keep our body during a certain situation or activity.



02. What is the important and major role in posture?

- Spine

03. How we keep our spine balance?

- To maintain the balance when the spine bears weight.

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04. Mention the situation where we should maintain correct postures?




- Standing
- Walking
- Sitting
- Lying

05. What are the 03 postures which we adopt in standing?

- Stand at attention
- Stand at ease
- Stand ease

06. When we should stand at attention?




- When we sing national anthem
- When we sing school song
- Hoisting national or school flag

07. When we should stand at ease?

- An assembly

Correct walk

01. What are the important parts of the foot?

- Heel -ball -toe

02. What is the part touching the ground first in the correct walk?

- Heel

03. What is the part touching the ground finally in the correct walk?



- Toes

Maintain correct posture in day-to-day activities

01. What are the various activities which we engage in our day-to-day activities?

- Lifting and putting down heavy things
- Pushing
- Pulling

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02. What we should not do when lifting something heavy?



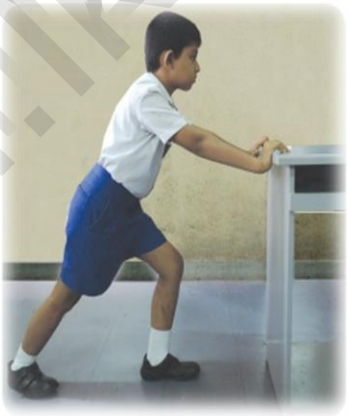
- Using only one hand
- Bending the body from the waist
- Lifting the objects keeping the knees straight

03. Give 04 harmful effects of bad postures?

- Meet with accidents
- Muscles, bones and joints can be damaged
- Productivity and efficiency can decrease as a result
- Laziness

07. Give 04 instances where bad postures can be seen in day-to-day activities?

- Rocking the chair while being seated
- Carrying a school bag of an unbearable weight
- Hunching while walking and sitting
- Wearing high-heeled shoes.









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04 Let us enjoy our leisure through recreational games

01. Mention some sports activities?



- Running
- Jumping
- Throwing
- Hanging

02. Games can be categorized into 03 main groups. What are they?

- Minor games
- Lead-up games
- Organized games

03. Give 03 physical benefits that you gain by indulging in sports activities?

- Muscles and bones become stronger
- Burn the excess fat in the body
- Ability to get good looks and personality for the body
- Waste produced in the body is removed with sweat.

04. Give 03 Socio-mental benefits that you gain by indulging in sports activities?

- Ability to gain fun and happiness
- Ability to gain mental fitness
- Learn to obey rule and regulations
- Learn to help each other



Minor games

01. What is known as minor games?

- Games you do during your leisure time for enjoyment and happiness by yourself or with friends.

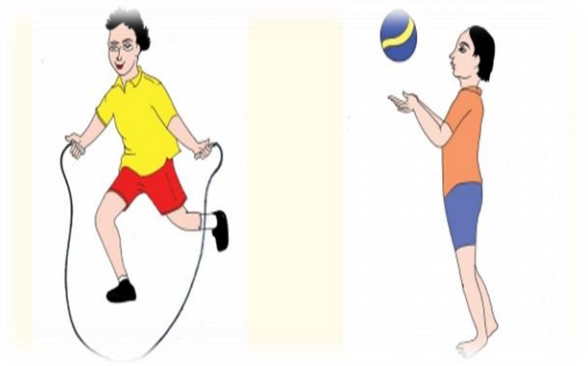
02. What is the special feature of the minor games?

- Adjusting the rules and regulations according to your wish.

03. Give 03 features of minor games?

- Ability to play with or without equipment
- Ability to organize the game to suit the available space.
- Ability to adjust the rules and regulations
- Ability to make use of the resources easily taken from your environment.

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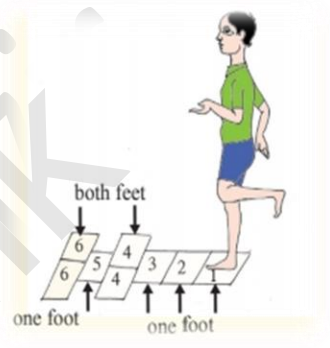
04. Give 02 minor games that can be played by yourself?

- ❖ Skipping with a skipping rope
- ❖ Throwing and catching the ball

05. Give 02 minor games that can be played by pairs?

- ❖ Hopscotch
- ❖ Who is the king?

06. Write 03 minor games which can be played with a few or group of people?



- ❖ Changing trees
- ❖ Stepping on poison

Lead-up games

01. What is known as lead up games?

- ❖ Used to develop the skills of the organized games.

Organized games

01. What is known as organized games?

- ❖ Organized games are played in accordance with approved rules and regulations.

02. Give 03 common features of organized games?



- ❖ Playgrounds with approved measurement
- ❖ Sports equipment prepared according to standards
- ❖ Determines the number of participants that should be present.

03. Mention 04 examples for organized games?



- ❖ Cricket
- ❖ Football
- ❖ Netball
- ❖ Ella

04. What is the game is helpful to develop the skills of organized games?

- ❖ Lead-up games

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Volleyball



01. What is the National game of Sri Lanka?

- ❖ Volleyball

02. When was Volleyball introduced in Sri Lanka? By Whom?

- ❖ 1916- Robert Walter Camack

03. When was Volleyball introduced in the World? By Whom?

- ❖ 1895- William G Morgan

04. Write the skills of Volleyball?

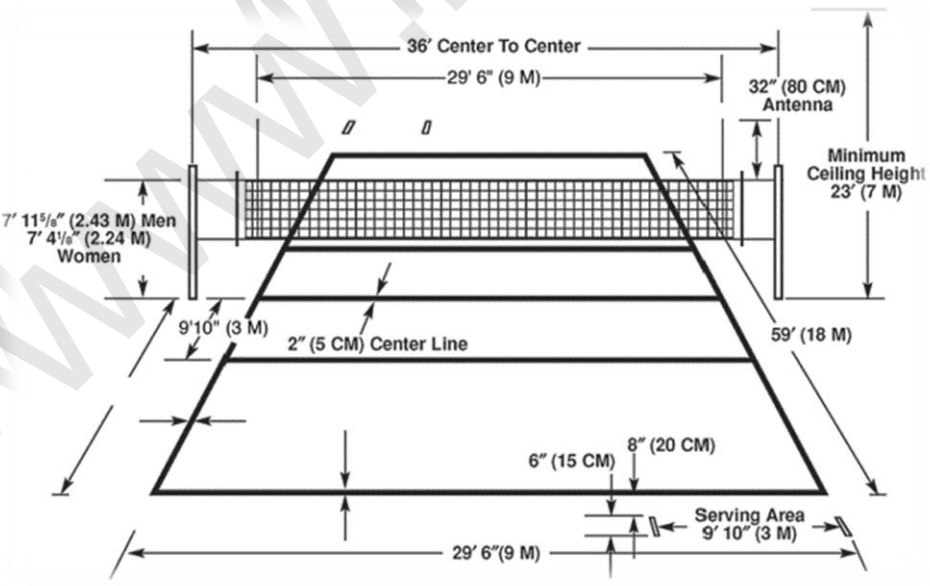
Serving	Receiving
setting	spiking
blocking	Court defending



05. What is the name of the place which volleyball was started?

- ❖ Minro net

06. Draw the volleyball with measurement.



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Training the foot work in volleyball

- When playing volleyball, the ball coming from the opposing team does not come near you. Therefore, let us identify leg movement activities in order to hit the opposing ball from different places in the court.

• Running forwards, backwards, left and right.
• Galloping from side to side.
• Doing the above activity with more speed.
• Galloping forwards, backwards, left and right.
• Make the students stand in a single line with 1m gap and the last student gallops between the students in a zigzag manner to the beginning of the line.

Training the ball handling in volleyball

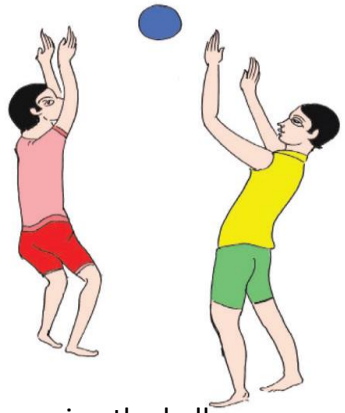
- It is necessary to practise handling the volleyball. This can be done by practising alone, in pairs or among a group of students.



Activities that can be done alone

• Throwing the ball up and catching with both hands.
• Bouncing the ball and catching when coming up.
• Throwing the ball up and catching the ball while running forward.
• Twisting the ball around the body.

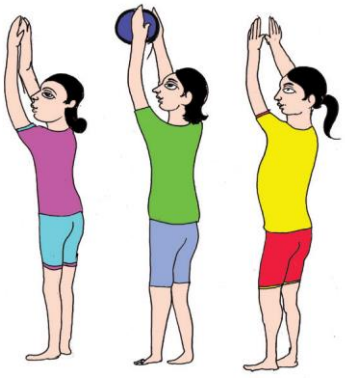
Activities that can be done in pairs



• Passing the ball between two by standing apart, short distance.
• Passing the ball between two above the level of the head.
• Standing back-to-back, with legs apart, receiving the ball above the head and passing it between the legs.
• One person passing the ball in different directions for the other to catch.

Activities to be done in a group

• Forming a single line and passing the ball to the back over the head. Again, passing the ball from the back to the front over the head.
• Form two lines facing each other. The person in the front rolls the ball with his/her fingers along the ground and hands it over to the person in the front of the opposite row. The one who took the ball should go and sit at the back of the line.



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Netball

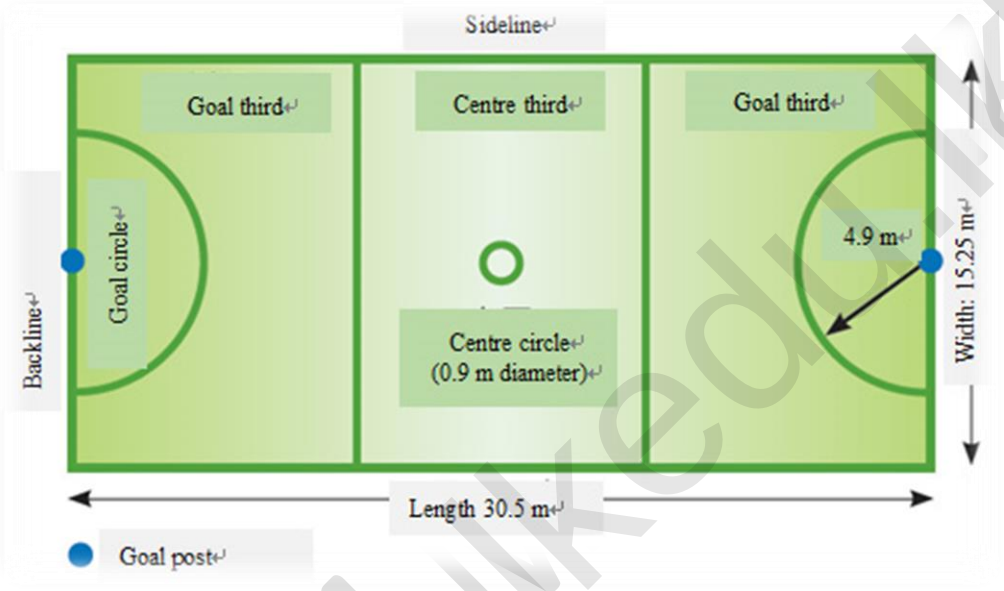
01. When was netball introduced in Sri Lanka? By Whom?

- 1921- Jenny Green

02. When was netball introduced in the World? By Whom?

- 1891- Jams Smith -U.S.A

03. Draw the netball court with measurement.



04. Write the skills of netball?

- **Ball control**
- shooting
- attacking
- Foot working
- defending



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Activities to develop this skill

- Walking freely.
- Running on the spot.
- Running forwards, sideways and backwards.
- Running sideways to the left and right.
- Running changing the directions.

Let us train the ball handling in netball

- Activities to train the correct way of handling the ball could be done alone, in pairs or in groups.

Activities that can be done alone

- Passing the ball from hand to hand.
- Throwing the ball up and catching it.
- Bouncing the ball and catching it.

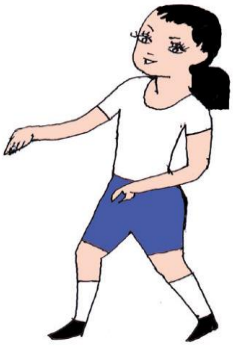




Activities that can be done in pairs

- Passing the ball between two by standing within a short distance.
- In pairs standing back-to-back and twisting the ball around the waist and passing.
- Bounce the ball between the two and catching it.





Activities to be done as a group

- Forming a single line as a group with equal distance and passing the ball to the back over the head.
- Form a circle with equal distance facing each other and passing the ball sideways.

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Football

01. Who improved the football in world?

- ❖ Chinese

02. Who help to popularized in the world?

- ❖ British

03. When was introduced in Sri Lanka?

- ❖ The game was started in 1911 in Sri Lanka.

04. Write the skills of football?

- Dribbling
- Kicking
- Controlling the ball
- Heading the ball
- Throw-in
- Defending
- Goal Keeping

Note: Football is the most popular game in the world.





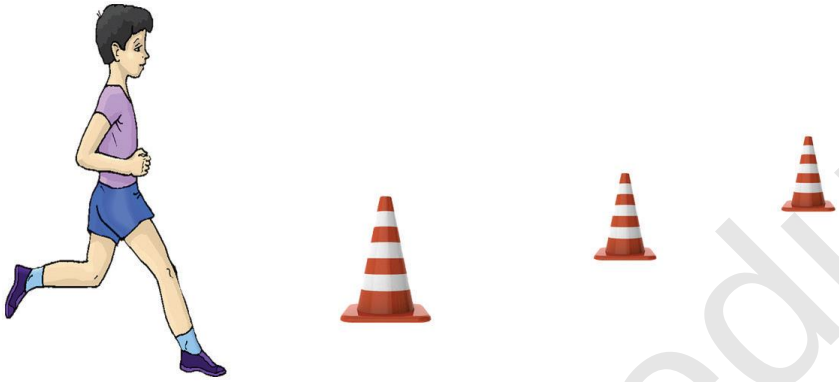
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Training the foot work in football

- It is important to train one's feet to take the ball into the opposing goal by avoiding the opponents.

Activities to develop these skills are:

- Running forward by increasing and decreasing the speed.
- Running while changing the directions.
- Running sideways to the left and right.
- While running, jumping up for a signal and continue running.
- As shown below in fig. 4.24 arrange a row of cones with a gap of about 1m and run in between in a zigzag manner or sideways or forwards.



Practising leg movements to handle the ball

Activities to develop the skill of handling (kicking) the ball

- By keeping the ball down and kicking it slowly with the front foot, outer foot, inner foot and heel.
- Kicking the ball slowly and taking it forward.
- Arrange a row of cones with a gap of equal distance and kick the ball slowly in between, controlling the ball to take it forward.
- Passing the ball by hitting it with different angles of the foot and stopping it with the foot.

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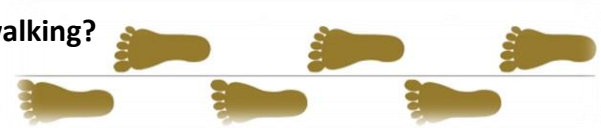
05 Let us develop basic athletic skills

01. What is the activity that is done as an exercise and as a competitive event in athletics?

- walking



02. Write 03 benefits of correct walking?



- Able to live an active
- Develops a good personality
- Helps to raise the health condition as it is an exercise.
- Able to reduce physical injuries.

03. Mention a feature which can be seen in running, but cannot be seen in walking?

- During running both feet will be above the ground at a certain moment of time.
- That is both feet will be in the air at the same time.



04. Name the jump you see in an athletic event you know?

- High jump
- Long jump





05. Write the methods of throwing activity?

- Throws in front of the body
- Sideways of the body
- Above the head
- Above the shoulder





06. Write 03 details to be considered when landing?

- Fold the knees when bringing the body down
- Landing on the soles
- Safeguarding the balance





07. Write 03 points to be considered when throwing?

- The technique of throwing depends on the equipment used.
- Maintain the balance of the body after the throw.
- Consider your safety as well as the safety of others when throwing.

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06 Let us respect rules, regulations and ethics in sports

01. What is known as rules and regulations in sports?

- ❖ Rules and regulation in sports are the norms that have been imposed for the conduct of the sport and for the safety of sports persons.

02. What is known as sports ethics?

- ❖ Virtues and traditions needed to maintain rules and regulation are known as ethic.

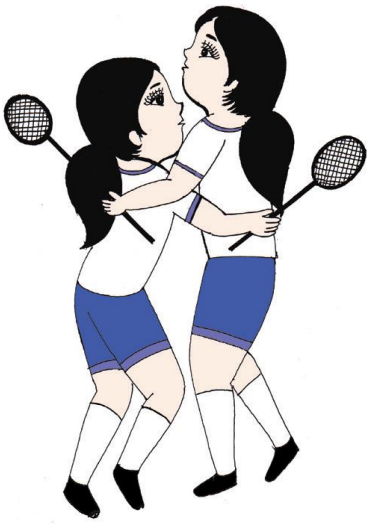
03. Write 04 importance of rules, regulations and ethics in sports?





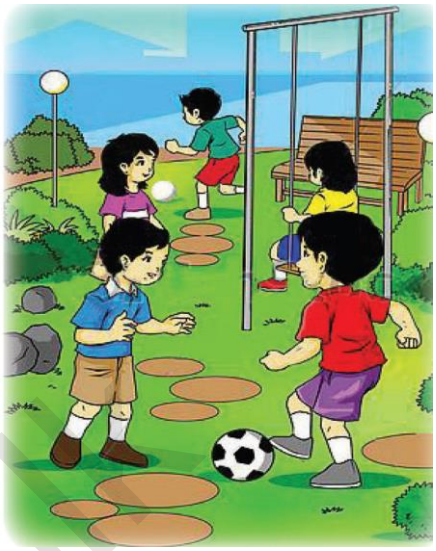
04. Write 04 personal qualities and abilities which develop in sports activities?

- ➢ Team work
- ➢ Ability to listen to and respect the opinions of others
- ➢ Respect leadership
- ➢ Patience
- ➢ Ability to accept victory and defeat gracefully
- ➢ Endurance
- ➢ Discipline
- ➢ Ability to handle stressful situations successfully.



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05. To minimize injuries when doing sports, participants should pay attention to some facts. What are they? (Rules and Regulations in sports)



- Observe rules and regulations
- The playground should be prepared according to requirements
- Standard equipment must be used
- Use suitable clothes and shoes
- Methods of training should be appropriate to the age
- Employ qualified coaches or trainers.
- Availability of a person who has trained about giving first aid

06. Mention the difficulties that must be faces when rules, regulations and ethics in sports are not observed?



- Being disqualified from the game
- Facing bans from competitions
- Being subject to the scorn and disrespect of others
- Losing friends
- Becoming a person who is not respected or recognised by the society



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07 Let us get used to healthy food habits



01. What is giving nutrients to our body?

- Food

02. Why food is essential to us?

- To get energy- carbohydrate
- For the growth of the body- protein, vitamins and minerals
- To be safeguarded from diseases- vitamins and minerals

03. What is known as healthy meal?

- Hygienically prepared meal that contains the necessary nutrients in the correct proportion as required by the body.

04. Draw the nutrients chart?

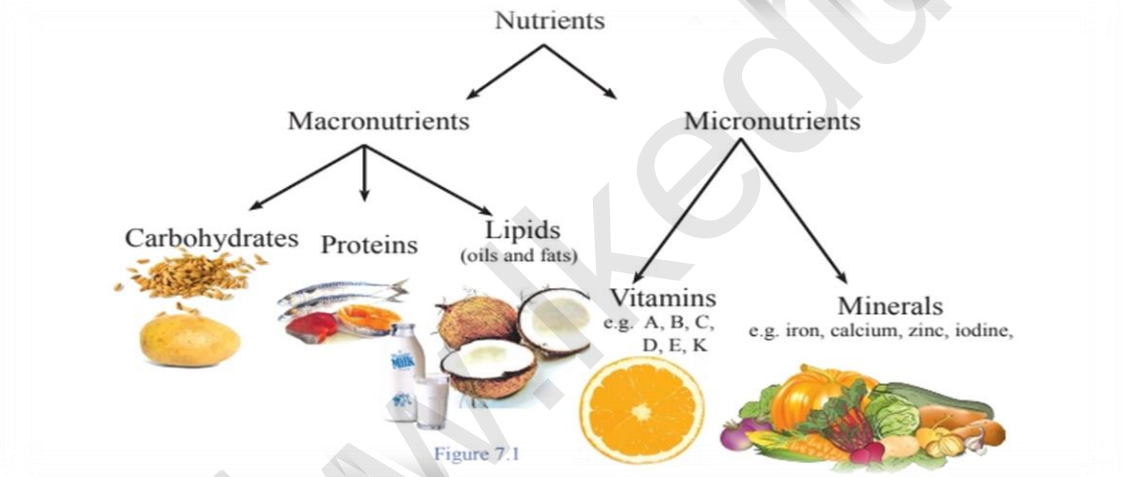


Figure 7.1

05. Food can be categorized under six groups. What are they?

- Grains (cereals) and tubers (yams)
- Vegetables
- Fruits
- Meat, fish, egg and pulses
- Milk and milk products
- Food containing oils and sugar

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06. List out the categories of food, their main nutrients and their functions?

Food Group	Main nutrients	Function
Rice, bread, yams and grains	Carbohydrates	Gives energy to the body.
Vegetables	Vitamins, minerals, carbohydrates	Safeguards the body from diseases. Gives energy.
Fruits	Vitamins, minerals	Safeguards the body from diseases.
Meat, fish, eggs pulses and cereals	Proteins, vitamins, minerals, lipids	Necessary for the Growth of the body. Safeguards the body from diseases.
Milk and dairy products	Protein, vitamins, minerals and lipids	Necessary for the Growth of the body. Safeguards the body from diseases.
Food containing oils and sugar	Fats, carbohydrates	Gives energy.

07. What are the points to be considered when choosing healthy food?

- Nutritional value
- Cleanliness
- Sufficient quantity
- Natural conditions
- Freshness

08. What factors are depending on the nutritional value?

- Quality
- Quantity of nutrients



09. How we can provide food variety?

- Adding food of different colors and flavors
- Taking five portions of fruits and vegetables of different colors daily.
- Preparing food in different ways (frying fish, ambul thiyal, fish curry)

10. Write 04 factors depends on quantity of food intake differs from person to person?

- Body Mass index (BMI)
- Age
- Sex
- Health conditions

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11. What is known as natural food?

- ❖ Food with minimal addition or no addition of preservatives, coloring or chemicals.

12. How many liters of water will take a student per a day?

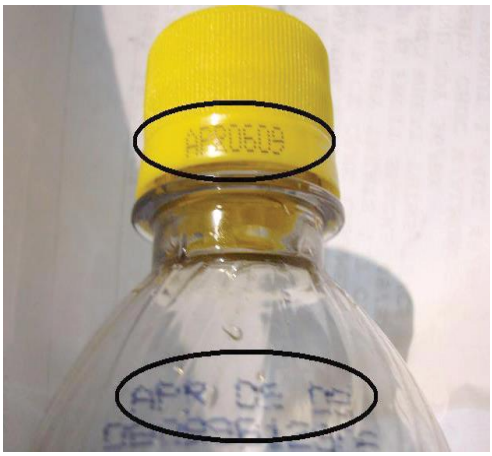
- ❖ 1.5 to 2L

13. What are the factors that we should consider the following when choosing food?

Type of food	Things to be considered
Vegetables/ Fruits	Choose fresh vegetables or fruits which are readily available during a particular season.
Fish	Choose fresh fish with bright eyes and red or pink gills.
Meat	Choose bright red or pink coloured meat.
Grains	Avoid taking discoloured, shapeless, damaged, insect infected grains.
Packeted and canned food	Be alert about the necessary standard, manufacturing date, expiry date and ingredients. Bloated, dented or damaged tins must not be purchased.
Water bottles	Check for the certificate of the ministry of health. Check for SLS certification and expiry date. See if the lid of the bottle is well sealed.







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14. Give some healthy snack?

Food that can be used as a healthy snack



1. A fruit or a fresh fruit drink
2. Yoghurt or curd
3. Boiled gram or green gram
4. Boiled manioc or sweet potatoes with coconut
5. Sago porridge
6. ''Helapa''
7. Gingelly balls, peanuts or cashew nuts
8. Corn



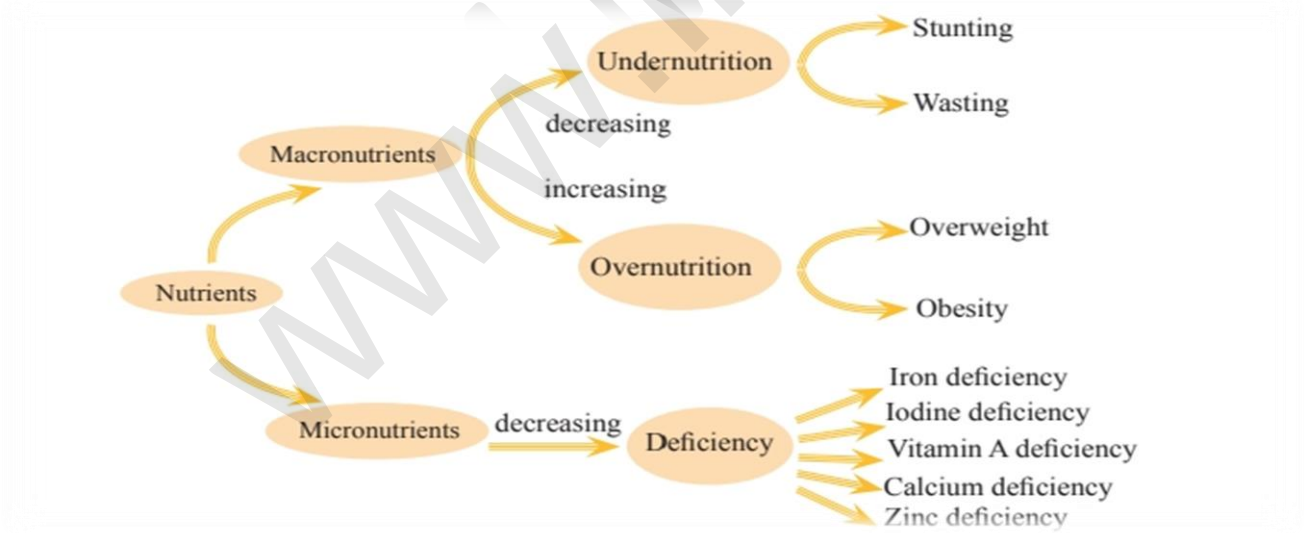
15. Write 02 method used during ancient times to increase the quality of food?

- Using natural fertilizers when cultivating crops- animal excreta, dry leaves
- The use of mixed food to enhance nutritional value- Pongal, sambar, biriyani
- We can mix some substances to the food to increase absorption of nutrients- adding lime juice to green leaf mallum.

16. What is known as malnutrition?

- Nutritional problems occur when the necessary nutrients are received either in reduced amounts or increased amounts than the body requires.

17. Draw the nutrient chart.



18. What are the deficiency by the under nutrients?

- Undernutrition condition such as stunting, wasting or underweight can occur, due to lack of macro nutrients such as carbohydrates, fats and proteins necessary for the body.

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19. What is known as stunting?

- ❖ Not having the suitable height for the age.

20. What is known as wasting?

- ❖ Not having the suitable weight for the height.

21. What are the problems faced due to under nutrition?



- ❖ Contacts communicable diseases easily.
- ❖ Slowing down of physical growth.
- ❖ Impairment of education
- ❖ Reduction of participation in sports activities.

22. What is known as over nutrition?

- ❖ If more macro nutrients such as carbohydrates and fats are taken than the body requires over nutritional conditions can occur.

23. What is known as overweight?

- ❖ When the weight is higher than required for the height.

24. What is known as obesity?

- ❖ Excessive weight increases than appropriate for the height.





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25. Draw the chart of micronutrient deficiency states and steps that can be taken to prevent them.

Deficiency	Bad influence	Methods to avoid
Iron deficiency	Anaemia (Reduced haemoglobin in blood)	Taking foods rich in iron such as meat, fish, dry fish, green leaves (dark green in colour). Should add vitamin C rich food like lime to absorb iron to the body. Not to drink tea or coffee after about one hour of meals
Iodine deficiency	Reduction in growth, weakness in memory and education, Develops goitres.	Use of iodine added salt. When storing iodised salt. it should be stored in a dark vessel in a cool place. Iodised salt should be added after food is cooked.
Vitamin A deficiency	Development of dry skin, unable to withstand sicknesses, night blindness(reduction of vision at night)	Taking foods rich in vitamin A such as yellow/ orange and dark green coloured vegetables or fruits (carrots, pumpkins, mango, papaw and green leaves), eggs, milk, cheese, meat, fish.
Calcium deficiency	The weakness of the bones and teeth	Taking foods rich in calcium such as sprats, small fish, eggs, milk and milk products.
Zinc deficiency	Reduction in growth, unable to withstand sicknesses	Taking foods rich in zinc such as beans, peanuts, red meat and seafood.

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08 Let us maintain a healthy body

01. Give 05 sensory organs?

- Eye
- Ear
- Nose
- Tongue
- skin



02. Write 03 situations where heartbeat increases?

- During running
- During hard work
- Playing football

03. Name 02 systems and function of that.

- Digestive system- digest food
- Urinary system- eliminates waste from the body

04. Why do we feel hungry?

- Glucose in our body provides energy to the body which the blood Glucose level is low, it is indicated to us by feeling hungry.

05. Why do we feel thirsty?

- The body temperature increases when we play.
- The body brings down the temperature by sweating.
- The body cools down when the sweat on the skin evaporates.
- The water inside the body will be reduced and we perceive it as thirst.

06. How we see?

- We see when, light in the environment goes through the eye to create a reflection.



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07. Mention 03 things you must do to maintain healthy eyes?

- Our eyes can get tired when we read, use the computer or watch television for a long period of time without a break. When doing such activities, we must allow our eyes to rest. This can be done by taking a break once every 10 minutes to look at a distant object. It helps the eyes to relax.
- When watching television, at least a distance of about 2 1/2 times of the screen size should be maintained between you and the television screen.
- A green colour background such as a plain of grass is the best to have when you read. Such a background will reduce tiredness of the eyes.
- Reading must be done in a place where there is plenty of light.
- Eating food that are good sources of Vitamin A (e.g. green leaves, animal protein) frequently helps to make your eyes healthier.

08. The ear can be divided into 03 parts. What are they?

- Outer ear
- The middle ear
- Inner ear

09. Mention 03 things you must do to maintain healthy ear?

- You should not pour any liquids into the ear without medical advice.
- You can pour a small amount of oil (pure coconut oil) or even clean water (if you cannot find oil) into the ear if an insect has crawled inside. Immediately afterwards take the person to a hospital.
- Objects such as cotton buds and safety pins should not be put into the ear to clean it.
- Listening to very loud music or other sounds too often can cause harm to the ears.
- Wearing headphones and using hand phones frequently can also harm the ear.

10. What is the function of nose?

- Help us to feel different smell.



11. What are the functions of tongue?

- Used for talking, mixing food inside the mouth and for tasting.

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12. Our tongue is able to recognize 04 types of taste. What are they? And draw the picture?

Tongue

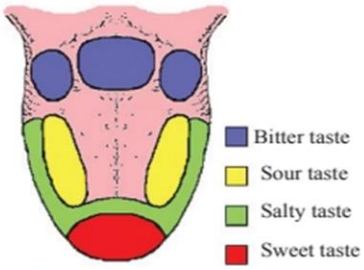


Figure 8.4 - Areas that feel taste.

The tongue is used for talking, mixing food inside the mouth and for tasting. Our tongue is able to recognise four main types of tastes.

Sweetness – sugar
Sourness – lime
Bitterness – bitter gourd
Saltiness – salt

13. Write 04 functions of skin?

- Protection
- Producing vitamin D
- Controlling body temperature
- Giving shape and appearance to the body

14. Name 03 things you must do to maintain healthy skin?

- **Sk**in must not be exposed to extreme sunlight.
- It is important to keep the skin clean by washing twice a day.
- You must refrain from using different kinds of cream.

15. What are protects the body?

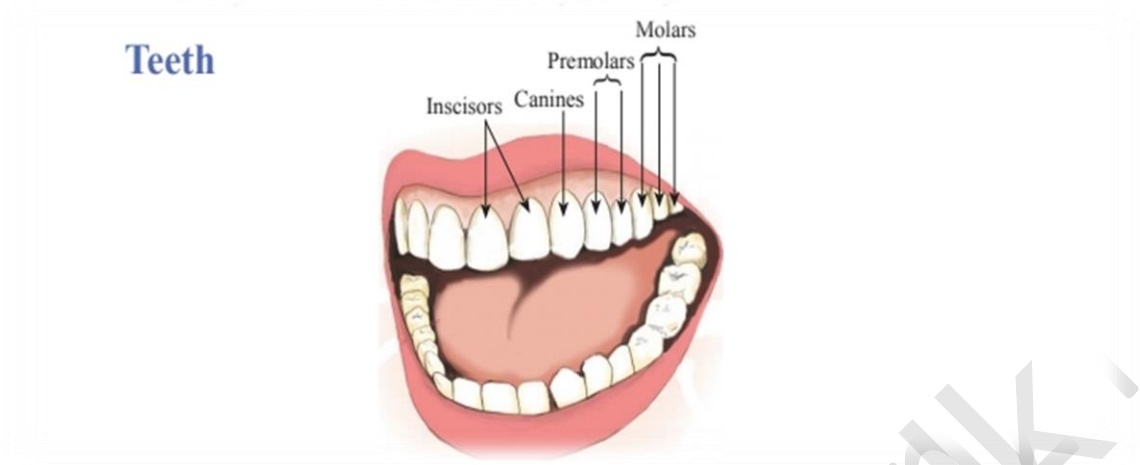
- Nails and hair protect the body.

16. Name 03 things you must do to maintain healthy nails and hair?

- Nails must be clipped and maintained properly. Dirty nails can cause illnesses.
- Hair must be maintained, clean and free of lice. It is important to wash your hair at least once every two days.

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17. Explain the types of teeth with picture.



18. Write 04 reasons for teeth can decay?

- ❖ Not cleaning the teeth properly
- ❖ Eating sticky and sweet food too often
- ❖ Cleaning teeth using sharp objects
- ❖ Taking very hot or very cold food/drinks often.

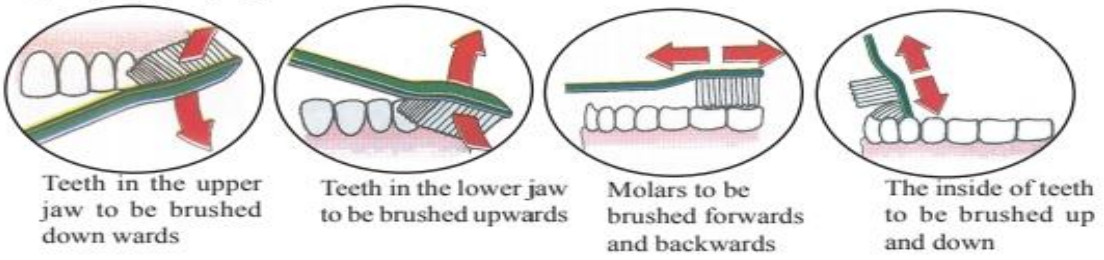
19. Write 04 good habits will help to keep our teeth healthy?

- ❖ Rinsing the mouth after eating sweets
- ❖ Eating food that has more calcium
- ❖ Getting your broken teeth filled without delay
- ❖ Using dental floss regularly to clean teeth.

20. Name 04 good healthy habits that must be followed by us to be healthy?

- ❖ Healthy food
- ❖ Clean water- 1.5 to 2L
- ❖ Sleep and rest- 8 to 10hours
- ❖ Exercise

- Brushing teeth after meals - all five sides of the tooth must be cleaned properly (Figure 8.6)



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09 Let us improve fitness for a balanced life

01. What is known as fitness?

- Fitness is the ability we have to complete our activities successfully.

02. We can identify 03 main aspects of fitness. What are they?



- Physical fitness
- Mental fitness
- Social fitness

03. What is known as physical fitness?

- Ability of a person to do a physical activity in the proper manner with maximum efficiency.

04. Write some factors that affect physical fitness?



- Sports and exercises
- Rest
- Sleep
- Healthy food

05. What is known as mental fitness?

- Ability to live a productive and happy life after recognizing your strengths and facing the daily challenges of life.

06. How can we identify a person who has mental fitness?

- Peoples with mental fitness spend happy lives.
- They handle stressful situation well.
- They take correct decision in life and have self-respect.
- They are able to accept both victory and defeat with the same spirit.

07. What are help to improve our mental fitness?



- Engaging in aesthetic activities
- Yoga exercises
- Meditation
- Board games

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08. What is known as social fitness?

- Ability to build-up healthy social relationship that enable us to perform our day-to-day activities in the most productive manner.

09. How can we identify a person who has social fitness?

- They respect others and help others
- They are obedient to the laws and are flexible.
- Very amicable when dealing with others in society.

10. Write 04 importance of maintaining fitness?



- Improved personality
- Improved sports skills
- Ability to spend a healthy life.
- Suitability for leadership.

11. Write 03 affects when our physical, mental, social fitness are poor?



- We are not able to maintain satisfactory relations with our friends.
- We are not able to engage in sports too.
- This causes a negative change in our personality.

12. What is known as physical fitness factor?

- Certain characteristic of our body is useful for our day-to-day activities and these characteristics can be improved through specific activities.

13. Name the characteristic of physical fitness?



- Strength
- Speed
- Endurance
- Flexibility
- Coordination

14. What is known as strength? Give example.

- Ability to do something against resistance.
- Ex. Lifting an object.

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15. What is known as speed? Give example.

- Ability to do something within a lesser duration of time.
- Ex. Running hundred meters within a shorter period of time.

16. What is known as endurance? Give example.

- Ability to engage in a task for a longer period of time without feeling any discomfort.
- Ex. Ability to run a longer distance.

17. What is known as flexibility? Give example.

- Flexibility gives you the ability to bend and work your joints within a wider range.
- Ex. Gymnastic exercises

18. What is known as coordination? Give example.

- Coordination allows your nerves and muscles to have a better communication that results in smoother and more accurate movements.
- Ex. Throwing a ball and catching it.

19. Write 04 activities that you can carry out in order to improve your physical fitness?



- Rapid walking
- Jogging
- swimming
- Cycling

20. What is known as rhythm?

- A regular repeated pattern of movement or sound.

21. Write 04 rhythm activities that you could follow?

- Physical fitness exercises
- Skipping rope exercises
- Ballet exercises
- Rhythmic jumping





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22. Write 04 advantages that doing things with a rhythm?

- It reduces fatigue.
- It helps us engage in sports with enjoyment
- It helps us stay active for a longer period of time.
- It makes our movements attractive.

23. What is known as emotion?

- When our feelings are very strong in sadness, happiness and anger on many occasions in our lifetime.



24. Write some pleasant emotions?

- Happiness
- Excitement
- Enjoyment
- Gratitude

25. Write some unpleasant emotions?

- Anger
- Fear
- Jealousy
- sadness

26. What are the factors that influence emotions?

- Situations
- How we interpreted the situation
- Our personality
- Behavior of the others



27. Write 04 advantages of emotional balance?

- Happiness
- Recognition in society
- Developing personality
- Having less conflicts

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28. Write 04 methods to maintain emotional balance?

- ❖ Identify the feelings you get
- ❖ Control your emotions
- ❖ Engage in sports activities
- ❖ Take steps to reduce stress





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10 Let us be aware and face challenges



01. Write the main types of Diseases?

- ❖ Communicable diseases
- ❖ Non-communicable diseases

02. What is known as communicable diseases and give 04 examples?



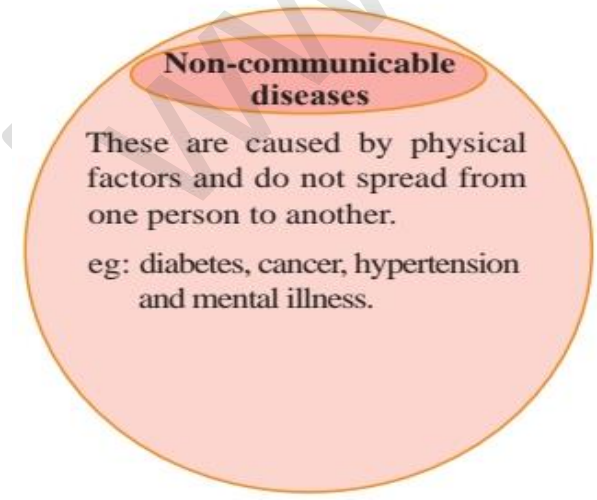
03. Mention some communicable diseases, how it spreads and how to prevent the spreading.

Disease	How it spreads	How to prevent the spreading
Common cold/ Tuberculosis	Germs can be found in nasal fluids and droplets that are expelled through sneezing and coughing. These germs are inhaled or spread into the body from contaminated hands through the respiratory system.	Avoiding public places when you are ill. Covering mouth and nose when sneezing. Washing hands with soap. Opening windows during daytime and making sure there is proper ventilation and sufficient sun light.
Diarrhoea Typhoid	Water, food and flies.	Drinking boiled water. Eating food that is prepared hygienically. Covering food and beverages to

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		prevent flies and other pests from contaminating them. Using a toilet. Washing your hands with soap after using the toilet. Washing hands with soap before preparing meals and before eating.
Dengue Filaria and other diseases transmitted through mosquitoes	Vector mosquito bites	Destroying mosquito breeding places. Keeping the environment clean. Avoid staying outdoors at times mosquitoes are active. Closing the doors and windows in the evening to prevent mosquitoes entering your house. Covering louvers with mesh. Applying mosquito repellents and using mosquito nets.

04. What is known as non-communicable diseases and give 04 examples.



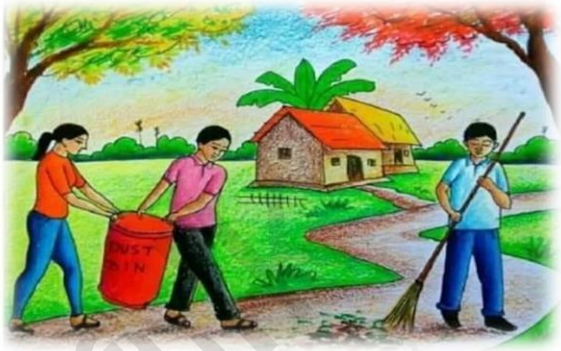


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05. Write 04 factors increase the risk of non-communicable diseases?

- Mental stress
- Being over-weight or obese
- Use of alcohol and drugs/smoking
- Eating food that has high salt, sugar or fat content

06. Write some methods used to preventive diseases?



- Personal hygiene
- Cleanliness of the environment
- Immunization
- Healthy life style

07. What is known as personal hygiene?

- Personal hygiene refers to the good habits that we can follow to maintain cleanliness.

08. Write 04 good habits that we must follow to maintain or personal hygiene?

- Wearing clean clothes
- Bathing daily
- Brushing your teeth in the morning and before going to bed
- Combing and keeping hair clean

09. Write 04 actions that can be taken to maintain the cleanliness of the environment?



- Keeping our home clean
- Using a toilet
- Dispose garbage in the proper manner
- Maintain and keeping the drainage system clean

10. How we improve our natural immunization?

- It can be improved by having a balanced diet and engaging in proper exercises.

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11. What are the diseases that can be prevented through vaccination?

- ➢ The following are some of the diseases that can be prevented through vaccination:
- ✓ Tetanus
- ✓ Tuberculosis
- ✓ Diphtheria
- ✓ Whooping cough
- ✓ Measles
- ✓ Mumps
- ✓ Rubella
- ✓ Hepatitis A and B
- ✓ Japanese encephalitis
- ✓ Polio
- ✓ Chicken pox

12. Write 04 actions will help us to prevent non communicable diseases?

- ❖ Following good food habits
- ❖ Active life style and exercises
- ❖ Sufficient sleep and rest
- ❖ Avoiding alcohol, drugs and smoking

13. Write 04 negative consequences that may arise due to illness in general?



- ❖ Physical and mental discomfort
- ❖ Death due to critical illnesses.
- ❖ Disability
- ❖ Disruption of education

14. Write 04 other challenges of day-to-day life?

- ❖ Accidents
- ❖ Disasters
- ❖ Abuse and sexual assault
- ❖ expectations

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15. Write 04 accidents that could happen at home?

- Food poisoning
- Injuries due to lightening
- Falling from unprotected, higher places
- Getting injured by sharp tools and pointed objects



16. Write 04 ways to prevent road accidents?

- Motorist and pedestrians must obey road rules.
- Avoid driving when feeling sleepy or tired.
- Vehicles must be maintained in good condition
- Pedestrian must walk on the right-hand side of the road.

17. Write 04 disasters?

- Floods
- Draught
- Landslide
- Tsunami



18. Mention 04 methods that can be taken to decrease the disaster?

- Having a pre prepared plan on how to face a disaster
- Being mindful of the food and beverages that are taken
- If people have been injured, providing first aid before sending them to hospital
- Immediately moving to a safe location from the place where the disaster has occurred.

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19. Write 02 actions that can be taken to be safe from abuse?

- ❖ Avoiding being alone at home or other places
- ❖ Avoiding talking to unknown people



20. Mention some developing skills to face expectations?

- ❖ Self-understanding and self-esteem
- ❖ Decision making
- ❖ Problem solving
- ❖ Critical thinking



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Purpose - I expect this Grade 06 self-study book is designed to learn their lessons easily to my beloved students.

I think it's an easy way to study your lessons.

Thank you.....