Zonal Education Office - Vadamaradchy

Second Term Examination - 2019

Health & Physical Education

Grade : 06 Time : 02.00 hrs

Index No : .....

Part I

01. Choose the best answer for the Questions from 1 to 10.

01. Which nutrient helps us to fight disease?
(1) Carbohydrate (2) Lipids (3) Minerals (4) Proteins

02. What disease is Caused by the iron deficiency?
(1) goitre (2) night blindness (3) Aneamia (4) Skin problems

03. Which Concept is related to Cleanliness?
(1) WHO (2) WASH (3) BMI (4) HYGIENE

04. One of the activities which we carry out to maintain Social well being is
(1) engaging in recreational activities (2) doing physical excercise
(3) working as a team (4) Taking adequate rest

05. How is the talent that is found in us to carry out day to day activities called?
(1) Complete health (2) Body Mass index
(3) mental wellbeing (4) physical well being

06. Where was Volleyball originated?
(1) America (2) Japan (3) China (4) Germany

07. During the nomadic era what did the man use as his shelter?
(1) Stone Caves (2) Tents
(3) Sand houses (4) Cement houses

08. The maximum number of players that can participate in netball in one side.
(1) 11 Players (2) 7 Players (3) 9 Players (4) 5 Players

09. Which game starts with Service?
(1) Volley ball (2) Cricket (3) foot ball (4) net ball

10. In which country did the world cup Cricket matches for 2019 take place?
(1) America (2) France (3) China (4) England

(10x2=20 Marks)

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02. Put a (√) if the Statements and true and (☒) if false

1. We should keep the things Close to our body while lifting them up ( )
2. Protein gives us a lot of energy ( )
3. Taking food items which contain much sugar, Salt and oil is harmful to our body ( )
4. Showing kindness to the people is mental - well - being ( )
5. The Stone - age man preserved meat by wrapping it with the skin ( )
6. By following sports rules, a lot of accidents are caused ( )
7. The elbow should be folded at 90^{o} while running correctly ( )
8. Excessive body weight doesn't cause diabetes ( )
9. Sub-games are for developing the skills in organized games ( )
10. Waist Circumference of healthy person should be more them 0.5 ( )

(10x1=10 Marks)

03. Fill in the blanks with the Suitable word.

(Constipation, typhoid, muscles, calcium salt)

1. We should Consume 5*g* .....
2. ..... is essential for teeth
3. ..... Co-ordination would be smooth while moving to rhythm
4. ..... can be avoided by taking fibre
5. ..... is Caused by drinking polluted water

(5x2=10 Marks)

Part II

Answer the all questions.

01. Lets follow healthy food.
    1) Give 4 Nutrients found in the food
    2) Give four factors that can be Considered while taking a healthy food
    3) What are the 4 Problems faced due to the undernutrition?
    4) Write down four snacks eaten in between the main meals.
    5) Write down a food items which contains the following nutrients
        a) Protein
        b) Carbohydrate
        c) Iron
        d) Vitamin A

(5x4=20 Marks)

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02. Let's follow the best healthy habits and get to health.
    1) Write down four healthy habits which we have to follow.
    2) What are three activities followed by us to maintain meatal health?
    3) Give 3 Characteritics of a person who sounds Social well - being.

(4+3+3=10 Marks)

03. Let's Perform respecting rules regulation and ethics in sports
    1) Give four importance of following rules, regulations and ethics.
    2) Write down 3 personal characteristic developments we get by engaging in sports.
    3) What are the three problems we have to face when we don't follow the rules regulation and ethic in sports?

(4+3+3=10 Marks)

04. "Let's Know the techniques in athletics"
    1) Give 2 Correct ways in which our body parts are set while walking correctly.
    2) Give three throwing events taken place in your school athletic sports meet.
    3) Write down three things you have to consider while landing in the jumping event

(4+3+3=10 Marks)

05. Let's Participate in major games and build up a healthy life.
    1) Give 4 Characteristics of organized games
    2) Give 3 organized game held in your school
    3) Mention the games in which the following skills are used.
        a) Service
        b) Shooting
        c) Kicking

(4+3+3=10 Marks)

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