

Department of Education - Western Province
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Year End Evaluation - 2024 - (2025)

മുദ്രകാലം } 2 hours

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 சுட்டிக்காட்டும்
 Index No.

1. "Concept of total Health" means.
 - i. Work with clean and efficient way.
 - ii. Physical mental and spiritual well-being.
 - iii. Being free from disabilities.
 - iv. Physical" mental" social and spiritual well-being
2. Pawan who is in grade 6, maintained his Body Mass Index value in green colour zone likewise he is a talented and daily attended student. According to above information, He has,
 - i. Physical well-being
 - ii. Mental well-being
 - iii. Social well-being
 - iv. Spiritual well-being
3. Body Mass Index (BMI) used to,
 - i. Determine physical and mental state.
 - ii. Determining nutritional status.
 - iii. Determine mental state.
 - iv. To measure waist circumference.
4. Basic needs are,
 - i. Food, water and clothes.
 - ii. Food, clothes and Air.
 - iii. Food, Air and Love.
 - iv. Food, water and Air.
5. Ability to free from diseases can called as,
 - i. Malnutrition
 - ii. Physical fitness
 - iii. Immunity
 - iv. Emotional balance
6. first part which touch on the ground when walking is,
 - i. Toe
 - ii. Sole
 - iii. Heel
 - iv. Ball
7. Through following rules, regulations and ethics in sports,
 - i. Can neglect opponents.
 - ii. Maintain the dignity of the game.
 - iii. Can't minimize injuries.
 - iv. Can't get real victory.
8. following diagrams represent 3 organized games and select the most famous game in the world,



D

iv. D

9. Nutrient which need to develop bones and teeth is,

- i. Vitamin ii. Calcium iii. Iron iv. Protien

10. Vinura can play in long time duration without fatigue, physical fitness factor which shown by Vinura.

- i. Endurance. ii. Coordination. iii. Flexibility. iv. Strength.

• If correct put (✓) and if false put (x) in the bracket.

11. We can't get fatigue through doing rhythmic activities. ()

12. There are 32 teeth have in mouth of the baby. ()

13. We can prevent non communicable diseases through use sweetened drink and food rich in high sugar. ()

14. We can check our pulse through touch our neck and wrist. ()

15. We can develop our strength through developing comptencies to face challenges successfully. ()

• Select the most suitable answer from the bracket.

(Ethics, vitamin A, germs, Sweat, Vitamin C)

16. Helps to absorb iron for the body.

17. Control the internal body temperature by

18. are main reason to cause diseases of our body.

19. Virtues and traditions needed to maintain rules and regulations can called as

20. deficiency helps to Weakening of eye sight and skin diseases.

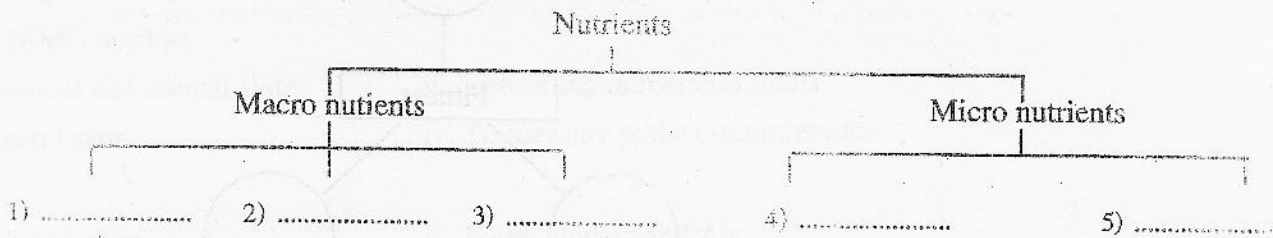
Part II

- Question number one is compulsory
- Write 4 other questions

01. We can maintain a healthy life through maintain functions of sensory organ, get nutritious food engaging in sports etc. through maintain healthy body and protecting organs, we can develop appearance and personality.
- Name the sporting event which conduct annually at school. (2 marks)
 - Write 3 benifits can get through engage in sport of your body, Which not mentioned in passage. (3 marks)
 - Name 3 sensory organ and their 3 tasks. (3 marks)
 - Write 2 tasks of skin. (2 marks)
 - Write 3 steps can do to maintain a healthy body. (3 marks)
 - Name a minor game and 2 athletic events you know. (3 marks)
 - Name 2 persons who helps to victory of the event. (2 marks)
 - Name 2 diseases which we can get in due Nutritional deficiencies. (2 marks)

02. We can get healthy life through getting proper nutrition.

- Draw the following diagram and write suitable answers in answerscript.



- Write 2 tasks of nutrients. (4 marks)
 - Write 2 tasks of nutrients. (2 marks)
 - Name 2 problems can get in due not having nutrients. (2 marks)
 - Write 2 mixed food which used by ancient people. (2 marks)
03. When people work with competitive life style, have to face different kind of accidents in their life
- Name 3 accidents can happen at day to day life. (3 marks)
 - Write 2 steps can do to prevent from that type of accidents. (2 marks)
 - Write 3 accidents can happen at school. (3 marks)
 - Write 2 steps can do to safe from abuse and coercion. (2 marks)
04. People have to face diseases in their day to day life.
- Define the term "hygiene". (3 marks)
 - Write 2 communicable diseases. (2 marks)
 - write 2 non-communicable diseases. (2 marks)
 - Write 3 negative consequences of illnesses which you can face (3 marks)

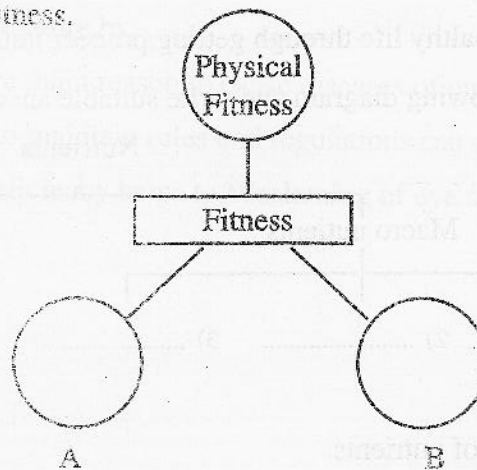
Personal hygiene and correct postures help to develop appearance and health status of the person.

- i. Define the term "posture". (2 marks)
- ii. Name postures which we use for following instances.
 - A) When sing the national anthem.
 - B) Listen to speech of morning assembly. (2 marks)
- iii. Write 3 instances can get to wrong posture. (3 marks)
- iv. Write 3 postures can use at home. (3 marks)

We can develop qualities such as Leadership and cooperate with others through engage in organized games.

- i. Name an organized game you learned and number of players per side of that game. (2 marks)
- ii. Name the originated country of that game you mentioned. (2 marks)
- iii. Write 2 features of organized games' (2 marks)
- iv. Explain an activity to practice a skill of a game you mentioned. (2 marks)
- vi. Name the game which can play 18 m in length and 9 m width. (2 marks)

Ability to do something can called as fitness.



- i. Write suitable answers for A and B cages seperately. (2 marks)
- ii. Name 2 physical fitness factors you know. (3 marks)
- iii. Name 2 activities and game to improve physical fitness factors you mentioned. (3 marks)
- iv. Name 2 benefits of person who having fitness. (2 marks)