



JAFFNA HINDU COLLEGE

Risk Holiday Self - Education Worksheet - 2020

Grade - 06 | Health and physical Education

Name/Index No :

Mrs.K.Keetha, B.Sc, NDT

Unit 01

01. Explain the concept of Health?

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02. Write 5 Factors that required for proper physical well being.

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03. Write 4 activities to get fresh air from the environment.

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04. Write 3 good habits to maintain personal hygiene.

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05. Write the abbreviation of "WASH"

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06. Write the Six steps in the correct method of hand washing?

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07. What are the factors should be considered when selecting food?

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08. What are the benefits of engaging in ecercises?

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09. Why adequete rest and sleep are important to maintain physical well being?

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10. Give 4 features of a pleasant environment

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11. Explain Japanese 5's Concept.

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12. What are the features that determine physical well-being of person?

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13. What is overnutritional state?
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14. What is undernutritional state?
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15. What indices are used to measure the nutritional status of person.
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16. How to calculate BMI of a person?
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17. How to calculate waist circumference of person?
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18. What is physical fitness?
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19. What is immunity?
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20. Give 4 good habits for mental well -being?
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21. What factors influencing in appearance of a person?
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22. Give 4 examples for creative activities?
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23. Give 4 entertainment activities?
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24. What are the factors should be considered when making a decision?
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25. Write 4 characteristic of person with mental well being?
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26. What are the features of a person with good self control?

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 27. What activities that can be practised to cope with stress in life?

 28. What are the situations causes harmful emotions?

 29. How to control the harmful emotional in unplesant situations?

 30. What are the habits that develop social well-being?

 31. Write 4 skills of a person with social well-being?

 32. What are the benefits of maintain good inter personal relationship with others?

 33. What is empathy?

 34. What is flexibility?

 35. What are the factors that would help to build spiritual well-being?

 36. Write 4 qualities of a person who has spiritual well-being?

Unit – 03

01. What is posture?

 02. What are the factors that effect personal appearance?

 03. What are the type of postures?

04. Give an example for above mentioned type of postures in question 3?

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05. Give the type of correct standing postures?

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06. Which situation where you should stand at attention?

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07. In which situation where normally stand at ease?

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08. Which type of Standing posture is suitable when you have to stay long?

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09. What are the parts of a feet?

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10. Explain correct sitting postures?

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11. Explain correct walking posture?

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12. What should not do when lifting something heavy?

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13. What should do when pushing and pulling objects?

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14. What are the factors should be considered when selecting a healthy school bags?

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15. What are the situations causes bad postures?

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16. What are the benefits of maintain correct postures?

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Unit – 04

01. What are the physically related benefits gain by engaging in sport activities?

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02. What are the socio mentally related benefits gain by engaging in sports activities?
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03. What are the features of minor games?
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04. Give 2 minor games thar can be played by yourself?
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05. Give 2 minor games that can be played in pairs?
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06. Give 2 minor games that can be played with a few or groups of people.
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07. What is the importance of leadup games?
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08. What is organized games? give 2 examples?
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09. What are the common features of organized games?
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10. Why rules and ragulations are necessary for games?
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11. Draw the vollyball court with measurements?
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12. Give the legmovement activities related to volleyball?
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13. Give the activities that can be done alone to proper ball handling in vollyball.
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14. Give the activities that canbe done in pairs to proper ball handling in vollyball.
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15. Give the activities to be done in group to proper ball handling in volley ball.

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16. Draw the netball court with measurements?

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17. What are the activities that develop footwork for netball.

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18. What are the activities that can be done to proper ball handling in netball?

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19. Draw the court of football ground?

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20. Give the activities to develop skill of kicking in football.

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