


SUMMATIVE ASSESSMENT- I 2026-2027
**Health and Physical Education, Art Education
 Work Integrated Education**
Class : 6
Time : 2 hrs 15 minute
Instructions

- The first 15 minutes is cool-off time. Read the questions and plan the answer during this time.
- There are three sections in the question paper. A. Health and Physical Education B. Art Education and C. Work Integrated Education
- Follow the instructions while answering the questions and its sub questions in all the sections.

A. Health and Physical Education
Total Score : 15
Read each of the questions given below carefully and write the answer.

1. Why do athletes need proper rest? (score 1)
- a) to relieve fatigue
 - b) to achieve recovery
 - c) to weaken muscle strength
 - d) All of the above are false.
- A. Both a and c are correct
 - B. Only d is correct.
 - C. Both a and b are correct.
 - D. Both b and c are correct.

Choose the correct answer

2. What should you do to recover and get back to normal after playing? (score 1)
- a) Engage in breathing exercises.
 - b) Run long distance again.
 - c) Engage in stretching exercises.
 - d) Avoid drinking water.
- A. Only d is correct.
 - B. Both a and b are correct.
 - C. Both a and c are correct.
 - D. Only b is correct.

Complete the table

Look at the pictures given below and identify the yoga posture.

(score 2)

	A
	B

Classify and write the macronutrients from the table.

(score 2)

Carbohydrates - Rice and Wheat

Proteins -

Fats -

(Hint: butter, egg, ghee, green gram)

Question 5 to 7 have two options, A and B. Answer only one of the two options.

5A. Write any two methods adopted by athletes for a speedy recovery.

(score 2)

OR

5B. Yoga is a form of exercise that is beneficial for the physical and mental health of a person. Write two benefits of yoga.

- Coordination
-
-

6A. The nutrients contained in food can be classified into two categories. Which are they?

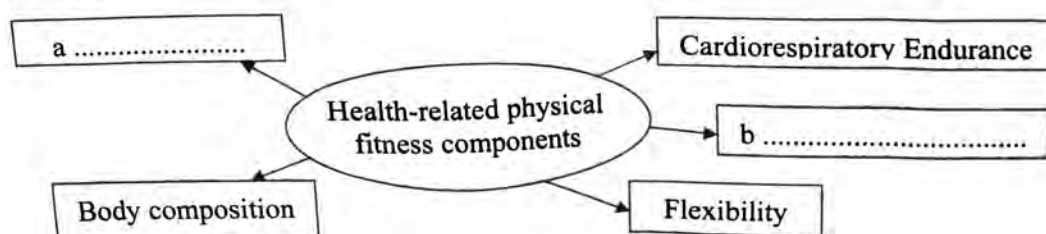
(score 2)

OR

6B. What are the qualities that made Usain Bolt the fastest athlete in the world?

7A. Complete the word web..

(score 2)



OR

- 7B. Water soluble vitamins include vitamin B – complex and vitamin C. Write any two fat soluble vitamins.
8. What measures related to environmental hygiene can be taken at home and in school to prevent the spread of infectious diseases? Write any three. (score 3)

B. Art Education

Total Score: 15

1. While singing a song as a group. (score 1)
- The singing should be rhythmic.
 - Be careful with your steps.
 - The singing should be in the *sruthi*.
 - The singing should be in the correct tune.

Which of these statements are correct?

- i, ii and iv are correct.
 - i, iii and iv are correct.
 - i, ii and iii are correct.
 - only iv is correct.
2. Select and write the reason that justifies the statement. (score 1)

Statement: Violet is a secondary colour.

Reason : A. Violet has more than one variant.

- We can divide the colour violet into two types.
- Violet is formed by combining two primary colours.
- Violet cannot be made by mixing other colours.

Questions 3, 4 and 5 have options A and B. Answer only one of them.

- 3A. Edakkal Caves is a historical example of relief carvings. Identify the materials and tools required to make relief carving in your school premises and write the names of any four. (score 2)

OR

3B. We have become familiar with four types of lines.

Straight line



Zig zag line



Curved line



Spiral line



Draw a picture using all four of these.

4A.



(score 2)

Identify and write the name of musical instruments shown in the picture.

Write two similarities between the musical instruments shown in pictures 1 and 2.

OR

4B. പുതുമഴയിൻ തുള്ളികളാൽ
തിരുമുറ്റം പൂഴയായപ്പോൾ
കുഞ്ഞിനത് കൗതുകമായി
മഴ നനയാൻ തിടുകുമായി

When the fresh raindrops softly fall,
The courtyard turned into a little stream,
The child watched in wide-eyed wonder,
Eager to dance in the sparkling rain.

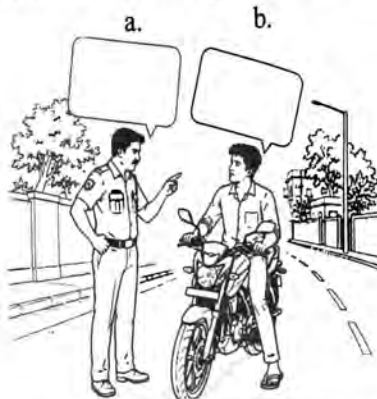
What should be taken into consideration while presenting this rain song as a group performance in a suitable tune?

5A. i) Animation is an important field in the film industry. What are the characteristics of animation films?

ii) There are mainly two types of animation films. Which are they? (score 2)

OR

5B. The main elements of a screenplay are visual descriptions and dialogues. Write the dialogues of the characters in the picture given below.



6. The children's theatre is meant for creating and staging plays based on themes that are interesting for children. As part of this, many theatre games are also practised. Describe a theatre game that you are familiar with. (score 2)
7. There are many dance forms in Kerala, based on rituals. Write the name of any two ritual dances. (score 2)
8. Share your experiences of rain creatively. You may write a rain poem, draw a rain picture, or prepare dialogues for a short play. Choose any one of these activities. (score 3)

C. Work Integrated Education

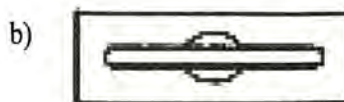
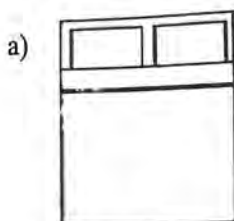
Total Score: 15

1. Which of the following statements is correct regarding bedroom furnishing? (score 1)
- (i) Furniture should be arranged in such a way that doors and windows can be opened and closed easily.
- (ii) The size of the room does not need to be considered while choosing furniture.
- (iii) Electrical appliances should be arranged safely.
- A. Statement ii and iii are correct.
- B. Statement i and iii are correct.
- C. Statement i and ii are correct.
- D. All are correct.
2. Find the corresponding from columns given below. (score 1)

A	B	C
a. Cross stitch	1. Simple hand stitch	(i) Stitch similar to pollen
b. Blanket stitch		(ii) Stitch used as an alternative to machine stitch
c. French note	2. Decorative stitch	(iii) To prevent the threads at the edges of the fabric from fraying.
d. Back stitch		(iv) Similar to the multiplication symbol

- | | | | |
|----------------|-------------|------------|-------------|
| A. a - 1 - ii | b - 1 - iii | c - 2 - iv | d - 2 - i |
| B. a - 2 - iv | b - 1 - iii | c - 2 - i | d - 1 - ii |
| C. a - 1 - iii | b - 2 - i | c - 1 - iv | d - 2 - ii |
| D. a - 2 - ii | b - 2 - iv | c - 2 - i | d - 1 - iii |

3. Appu decided to make an envelope as part of the 'Postal Day' celebrations conducted in the school. What are the things that Appu should keep in mind to make a good envelop? (score 2)
4. What do the symbols below indicate? (score 2)



5. Different hand stitches are used for different purpose.
Do you agree with this statement? Why? (score 2)
6. Are window type envelopes suitable for sending all types of letters? Explain. (score 3)

Answer any one of the questions 7A & 7B

- 7A. What things should be considered when arranging appliances and furniture as part of setting up a kitchen? (score 4)

OR

- 7B. Riya decided to participate in the embroidery competition at the work experience fair. What preparations should Riya make to create an attractive product?