

ANSWERS SET A

CLASS 6TH PHYSICAL EDUCATION AND WELL BEING

Section A – MCQ (1 mark each)

- 1 (b) Physical fitness and health
- 2 (d) Painting
- 3 (a) Team game
- 4 (b) Maintain physical fitness and teamwork
- 5 (a) Stretching
- 6 (b) Palm
- 7(b) Performing physical tasks efficiently
- 8 a) Outdoor physical activities
- 9 (a) Running
- 10(b) Rectangular
- 11 a) Kho-Kho
12. a) Aerobic exercise
13. b) Head, Shoulder, Knee, Ball
14. b) Balancing Act
15. b) Seven Stones
16. b) Two

Section B – Short Answer (1 marks each)

True/False:

17. True, 18. False, 19. True, 20. True, 21. False, 22. True, 23. True, 24. True, 25. False, 26. False

Section C – Competency-Based (2 marks each)

27. Physical education is the study and practice of activities that develop physical fitness, promote health, and teach teamwork and discipline through games and exercises.

28. Two importance: (1) It helps keep the body fit and healthy.

(2) It teaches values like teamwork and discipline.

29. Difference: Speed is how quickly a person can move from one place to another, while agility is the ability to change the body's direction quickly and efficiently.

30 Two skills for Kho-Kho: (1) Quick running or chasing,
(2) Dodging or changing direction quickly.

31 Flexibility helps prevent injuries and allows the body to move freely and comfortably during physical activities.

32 Two safety rules: (1) Do not push or pull other players, (2) Always wear proper sports shoes and uniform.

Section D – Competency-Based Questions (4 × 3 = 12 marks)

33. Show discipline and teamwork by:

- (1) Following the rules strictly,
- (2) Encouraging and helping each other,
- (3) Listening to the captain/teacher during the game.

34. To improve motor fitness, suggest

- (1) Regular running or jogging,
- (2) Practicing stretching exercises for flexibility,
- (3) Doing skipping or short sprints for speed and stamina.

35. As a sports leader:

- (1) Organize group games and activities,
- (2) Motivate classmates by discussing benefits of regular exercise,
- (3) Set an example by participating actively in physical education.

36. Practice zig-zag running.

Do dodging drills with partners.

Play small chasing games to improve agility.

Section D – Long Answer (2 x 5 =10 marks)

37. "Physical education is not only about sports, but it also develops social, emotional, and moral values."

In the classroom, when students play games together, they learn to cooperate and respect each other.

On the playground, children develop leadership skills when they organize teams or help each other practice.

During matches, everyone learns to follow rules (respect authority), handle winning and losing (emotional control), and show fair play and honesty (moral values).

For example, helping a classmate who is losing in Kho-Kho, sharing equipment, or calmly accepting defeat all show values learned through physical education.

These experiences help students grow into responsible, healthy, and respectful persons.

38. Motor Definition.

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Examples of endurance, building strength, becoming flexible learning balance, coordination agility reaction time, balance

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