

Health and Physical Education, Art Education, Work Education

Class : 6

Time : 2 hours

Instructions

- There are three sections: Health and Physical Education, Art Education and Work Education.
- Each section carries 15 scores.
- First 15 minutes is cool-off time.
- Answer each section in separate sheets. Write your Name, Subject, Class and Roll number in all the sheets.

Health and Physical Education

Questions 1 to 5. Answer any four.

(4x1=4)

1. The instrument used to measure height scientifically.
a) Stadio meter b) Thermometer c) Weighing machine d) Barometer
2. Equation which is universally recognized to determine body composition.
a) Body Mass Index b) Decibel c) Heartbeat d) Calorie
3. Choose the country where Asian Games 2023 was held.
a) India b) China c) Thailand d) Sri Lanka
4. Which of the following game uses safety equipments the most?
a) Football b) Kabbadi c) Hockey d) Khokho
5. One should ride the cycle on the road
a) along the right side b) along the left side
c) along the foot path d) through the middle

Questions 6 to 10. Answer any four.

(4 x2 = 8)

6. What do you mean by muscular endurance?
7. Match the following.

A	B
a) Sit and Reach	• Strength and endurance of shoulder
b) Sit-up	• Flexibility
c) 1600 meter run	• Muscular endurance
d) Modified pull-ups	• Cardio-respiratory endurance

8. What are the precautions to be taken to prevent dizziness?
9. What are the advantages of using safety equipments while engaging in games?
10. Write the first aid for a bleeding nose.

Questions 11 to 12. Answer any one.

(1x3=3)

11. Write the different components of physical fitness?
12. What are the advantages of cycling?

Art Education

Question 1 to 6. Answer any four.

(4x1=4)

1. Who is the founder of famous 'Santhikethan' in West Bengal?
(Nandalal Bose, Rabindranath Tagore, A. Ramachandran, Pandit Ravi Shankar)
2. Singing songs with rhythm and tone without indicating any meaning is called
(Ishal, Krithi, Vaytharikal, Keerthanam)
3. Name the dance form related with Rukmini Devi Arundale, the first dancer appeared on the Indian postal stamp from the given pictures.



Mohiniyattam



Keralanadanam

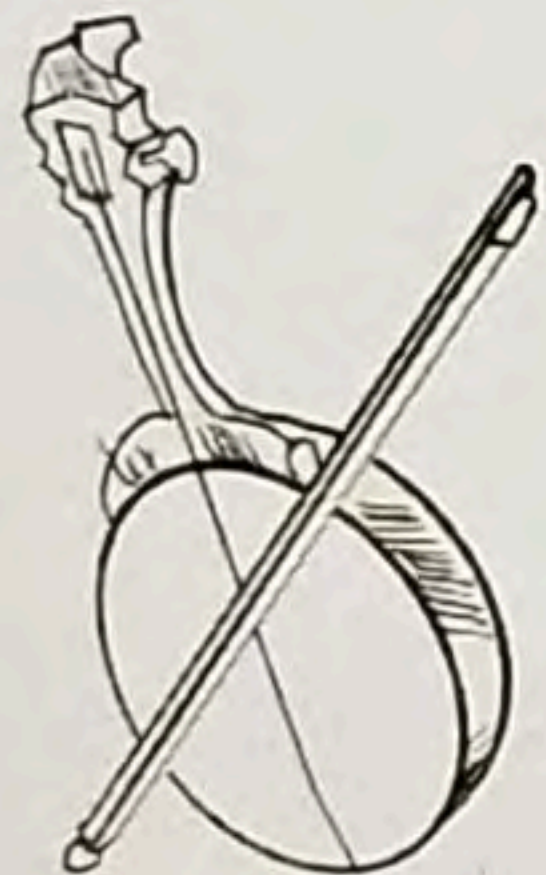


Kathakali



Bharathanatyam

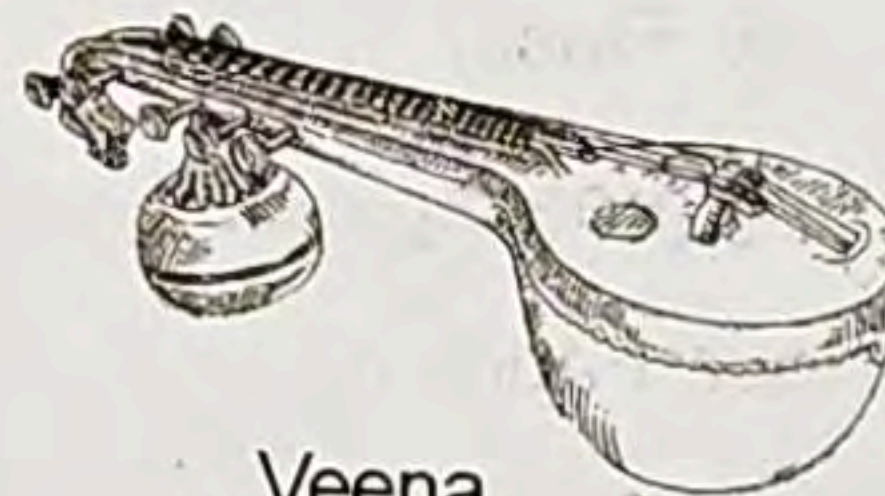
4. Among the following, the great genius who worked for children's Nataka Vedi.
(P. Bhaskaran, K.C.S Panicker, Kalamandalam Hyderali, G Sankara Pillai)
5. The western painter who is known as 'proponent of impressionism'.
(Pablo Picasso, Claude Monet, Rembrandt, Binode Bihari Mukherjee)
6. Among the following pictures of musical instruments, choose the one used for folk song.



Pulluva veena



Violin



Veena



Guitar

Questions 7 to 8. Answer any one.

(1x2=2)

7. You have seen violet flowers in the garden. Which colours are mixed to get violet colour?
8. Write two important things the singers should keep in mind while singing folk songs in groups.

Questions 9 to 12. Answer any two.

(2x3=6)

9. Select three materials generally used for sculpture making from the following.
(Oil, Cement, Sugar, Clay, Wax, Lime stone powder)
10. Write any three percussion instruments used for folk song and their peculiarities.
11. What things are to be kept in mind while preparing choreography of a poem?

12. Look at the picture. Write a short play based on the characters given in the picture with suitable dialogues.



Questions 13 to 14. Answer any one.

(1x3=3)

13. Match the following.

A	B
a) Karnatic Music	1. Pulluvakkudam
b) Folk song	2. Sitar
c) Hindustani Music	3. Violin

14. Small worm is moving along the leaves aiming to eat the shoe flower.
Can you make this a picture? Draw using pen or pencil.

Work Education

Questions 1 to 5. Answer any four.

(4x1=4)

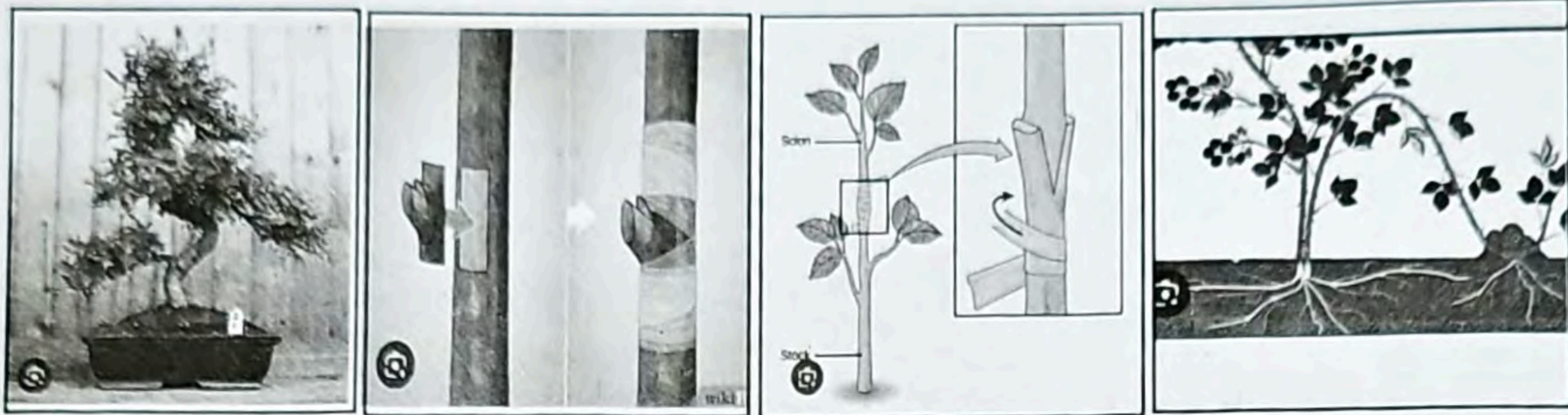
- Which material cannot be used in school celebrations related to environmental preservation?
(Paper thoranam, Plastic thoranam, Ola thoranam, Cloth thoranam)
- Which of the following is not an electrical instrument?
(Mixie, Grinder, Refrigerator, Flask)
- The paint used for marbling greeting cards which is not soluble in water.
(Enamel paint, Water colour, Fabric paint, Poster colour)
- The paper used for making office envelope.
(News paper, Tissue paper, Crape paper, Brown paper)
- Name the stitch used to complete the centre of the flower while doing embroidery.
(Laisy-daisy, Chain stitch, French knot stitch, Stem stitch)

Question 6 to 10. Answer any four.

(4x2=8)

- What is the importance of eyelight in making paper carry bags?

7. Observe the pictures given below. Write the name of the activity shown in the picture.



(Budding, Layering, Grafting, Bonsai)

8. What are the benefits of designing clothes using stencil printing?

9. Match the following.

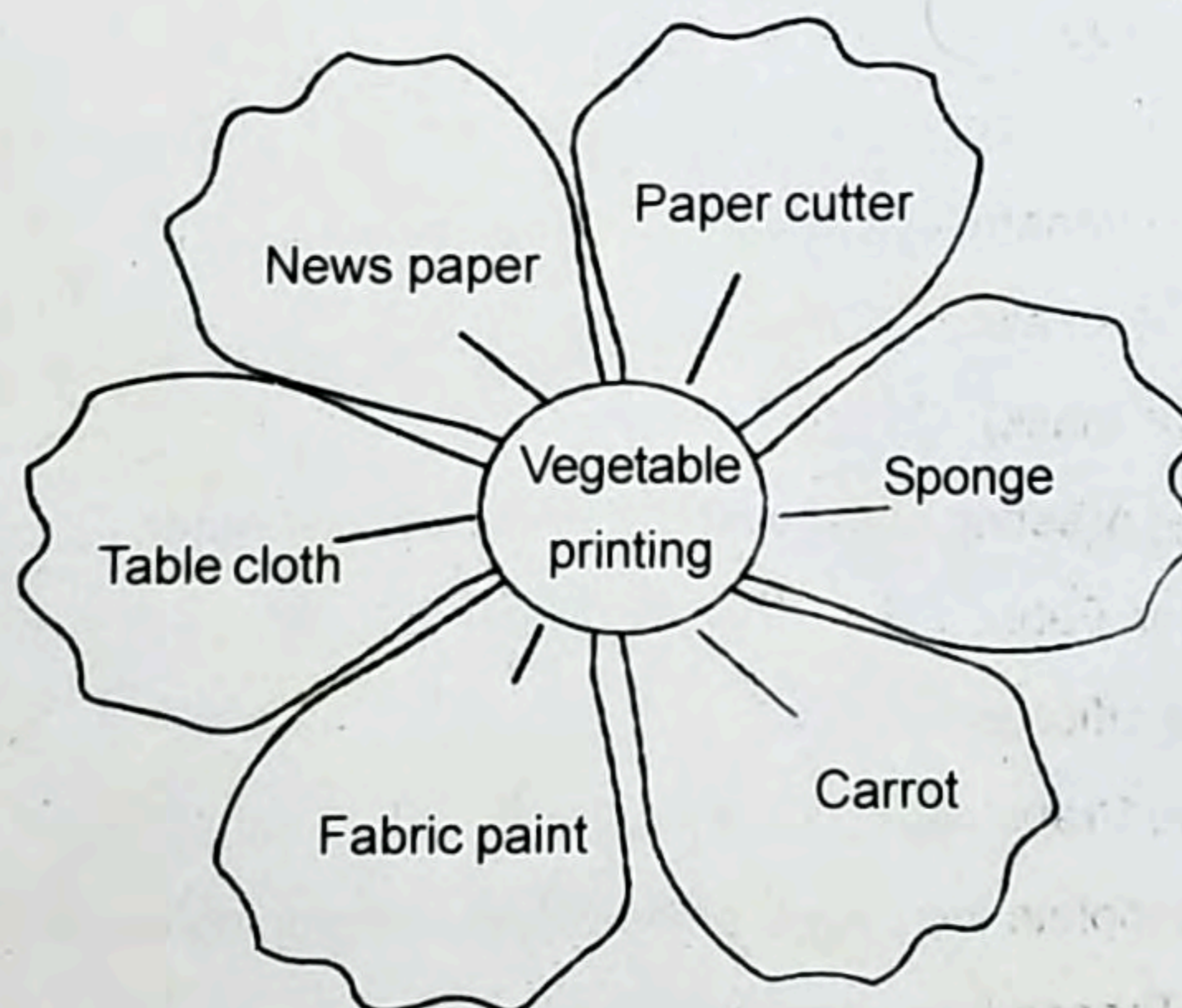
A	B
a) Clay	• Achappam mould
b) Marbling	• Table cloth
c) Sheet metal work	• Enamel paint
d) Vegetable printing	• Flower pot

10. Write four uses of metal sheet.

Questions 11 to 12. Answer any one.

(1x3=3)

11. Materials used for vegetable printing are given in the picture below. Observe the picture and write the method of doing vegetable printing on a table cloth.



12. Environmental problems are critical now a days.

Write five methods to reduce the use of plastic in your home.