

Model Activity Task
Class - VI
Health & Physical Education
Full Marks : 20

1. Choose the correct answer and fill in the blanks :

1 × 8 = 8

- (a) Activity of which organ of human body prevents heat stroke?
(i) Kidney ☐ (ii) Heart ☐
(iii) Lungs ☐ (iv) Heat regulation center of brain ☐
- (b) What to do before taking children out in the Sun?
(i) eat lot of ☐ oily and spicy food (ii) refrain from drinking water ☐
(iii) drink adequate water ☐ (iv) eat honey ☐
- (c) What kind of food should children eat?
(i) Junk food ☐ (ii) Fast food ☐
(iii) easy digestable food ☐ (iv) excess oily and spicy food ☐
- (d) What to do if the body temperature rises in the Sun?
(i) reduce the temperature by using ice or cold water ☐ (ii) start artificial respiration if the victim has sense ☐
(iii) send him/herto the local doctor immediately ☐ (iv) All of the above ☐
- (e) What should be done to the person suffering from heat stroke?
(i) Sit on a chair ☐ (ii) Keep in a half lying position ☐
(iii) Keep in a lying position ☐ (iv) Raise the legs 8-12 inches with the help of a pillow and loose the clothings slightly. ☐
- (f) What are the aims of first aid?
(i) Protect the life of the sick person ☐ (ii) Accelerate the healing of the sick person ☐
(iii) Provide emergency services to improve the situation ☐ (iv) All of the above. ☐
- (g) During a of football match in case of muscle or bone injuries without cut or abrasion what should be used to relieve temporary pain ?
(i) Liquid disinfectant ☐ (ii) Marcurocrome solution ☐
(iii) Spray coolant ☐ (iv) Leucoplast ☐
- (h) Which clothing to be worn and which things to be kept up with while going out in the sun?
(i) Umbrella, cap, handkerchief, scarf, torch light ☐ (ii) Tericot clothing, hand fan, handkerchief ☐
(iii) Whole body covering cotton cloth, handkerchief, water bottle and umbrella ☐ (iv) All of the above. ☐

2. Answer any two of the essay-type questions :

6 × 2 = 12

- (i) Write about heat stroke.
(ii) Write down the golden rules of first aid.
(iii) Name the compounds used in first aid.

Students will write answers to these activity tasks in subject-specific exercise books at home, and submit the exercise books to respective subject teachers after schools reopen.
Under no circumstance, students will go out of home.