

Year 6: Practice Worksheets – Term 2: 2025/2026
LO: I can answer correctly

Name:	Year 6
Subject: Science	Practice Worksheet

Instructions: Read the information and answer the questions below

Question 1

The boxes on the left shows some words related to healthy living.

The boxes on the right show the meaning of the words.

Draw one straight to match the boxes on the left to the ones on the right

Obese	drugs used to treat sickness
Lack of sleep	Substance found in coffee and cola
Medicine	Being overweight that can damage the health
Hydrated	Essential substance found in food
Caffeine	Drinking enough water
Nutrients	Can make someone feel grumpy

Question 1b

Eating balanced diet is essential for good living and healthy lifestyle.

Which of the following eating habits suggest balanced diet?

Circle the correct answer

- eating only fruits and vegetables
- eating foods from different food groups in the right amounts
- eating whatever you like
- skipping meals to stay thin

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1 C During physical activity it is important to keep the heart rate within a target range for effective exercise. This range is dependent on age.

Fig. 1.2 is a chart showing the target range of heart rate for healthy adults of different ages.

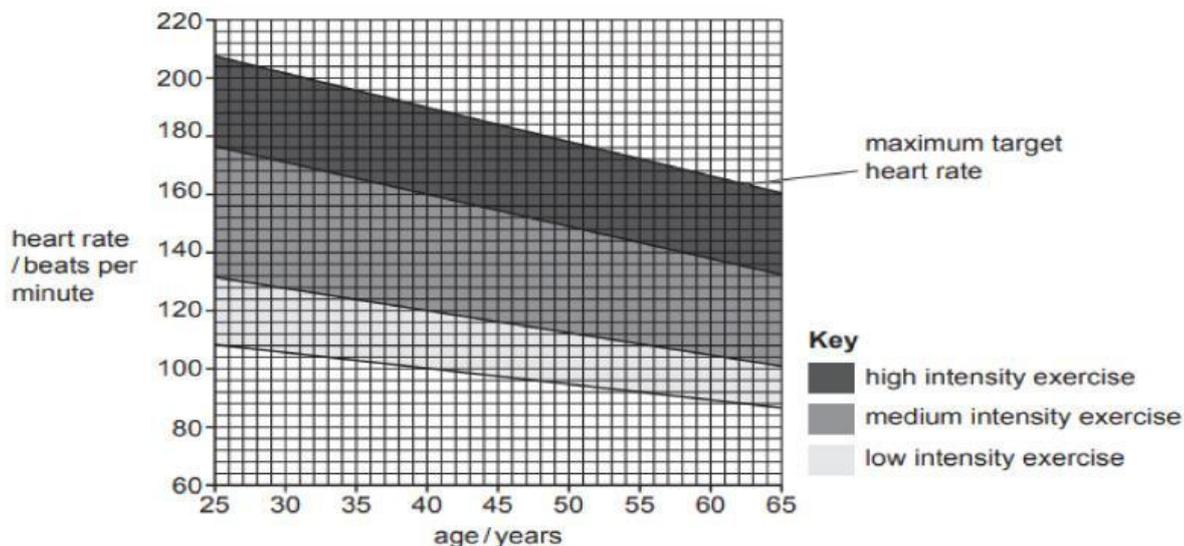


Fig. 1.2

(i) Use Fig. 1.2 to identify the target range of heart rate for a person aged **40** during **medium** intensity exercise.

Tick (✓) the correct answer.

100 – 120 beats per minute	<input type="checkbox"/>
100 – 190 beats per minute	<input type="checkbox"/>
120 – 160 beats per minute	<input type="checkbox"/>
160 – 190 beats per minute	<input type="checkbox"/>

Question 1d

There are harmful substances that destroys the body system. Below are lists of substances. Tick the substances that can destroy the body system

- a. Fruits, vegetables and proteins
- b. Carbohydrates, fats and oil and fibre
- c. Caffeine, smoking and junk food
- d. Exercising, drinking enough water and sleeping well

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Light and Shadow

Light sources produce light and other objects reflect light. Shiny objects reflect light more than dull objects. Shadows are caused when certain materials block light. Opaque, translucent and transparent objects block light in different ways. The further away the light source is, the smaller the shadow and vice-versa.

How do we see?

We see through our eyes, which are organs that take in light and images and turn them into impulses that our brain can understand. We can see things because light either comes from an object—a light source—or is reflected by an object in straight lines. Reflection is when light bounces off a surface changing its direction of travel. Light rays reflect (bounce) off objects and into our eyes, allowing us to see.

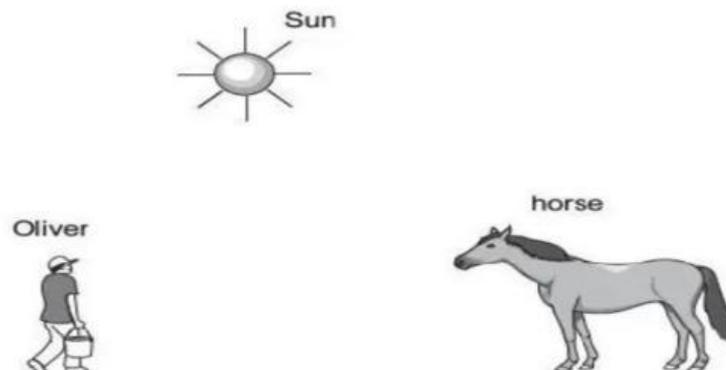
Question 2

Draw two arrows to show how the boy can read the book using the light source. Remember that light travels in a straight line.



Draw 2 arrows on the image of how the horse sees Oliver

Each day Oliver feeds his horse. His horse sees him when he arrives.
Here is a diagram of Oliver and his horse.



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Natural and Artificial Light

Natural light is produced by nature (Sun, stars, fire, fireflies). Artificial light is man-made, usually powered by electricity or combustion (light bulbs, flashlights, candles, phone screens). Natural light changes with time, while artificial light is constant.

Question 3

Which of the following is a natural source of light?

- a. Fire b. Headlamp c. Streetlamp d. Traffic light

Question 4

Which of the following is an artificial source of light?

- a. Stars b. The Sun c. Lightening d. Traffic light

Question 5

Which of the following objects does not allow you to see in the dark room?

- a. A torch b. A lamp c. A glow stick d. A pair of glasses

Question 6

A light bulb is a/an _____ source of light

- a. dim b. bright c. natural d. artificial

Question 7

Light is needed to help us use our sense of _____

- a. smell b. sight c. feels d. taste

Question 8

A firefly makes its own light. Firefly is an artificial light source. (True / False)

A mirror is a source of light. (True / False)

A traffic light is an artificial source of light. (True / False)

The Sun is our biggest artificial light source (True / False)

The moon is a reflector and not a light source (True / False)

Translucent objects produce scattered light (True / False)

Light does not pass-through transparent objects (True / False)

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Shadows

A shadow is a dark area or shape formed when an object blocks light from a source. It occurs when light cannot pass through an opaque object, creating an area behind the object where light is unable to reach. Shadows are biggest when the light source is closer to the object and they are smaller when the light source is farther away from the object. Shadows are formed at the opposite side of the light source.

Question 9

Ryan is in a dark room. He puts his puppet between a light source and a screen.

Light travels from the light source

Light is blocked by the puppet

A dark area appears on the screen

What is the name of the dark area? _____



Question 10

Ryan moves the puppet. He does not move the light source. He does not move the screen.

Draw lines from the image to the correct distance of the puppet from the Light source

Size of image



distance of puppet from screen

at the mid-point

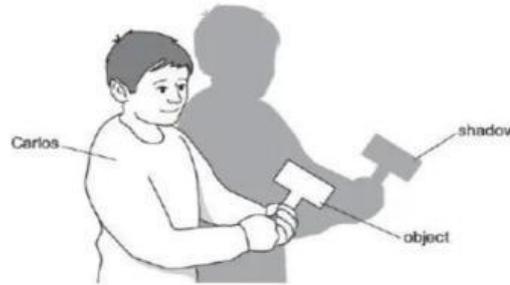
furthest from the light source

closest to the light source

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Question 11

Carlos uses different objects to investigate the size of shadows. Circle the correct property of the object that he used.



- a. Transparent object b. Translucent object c. Opaque object

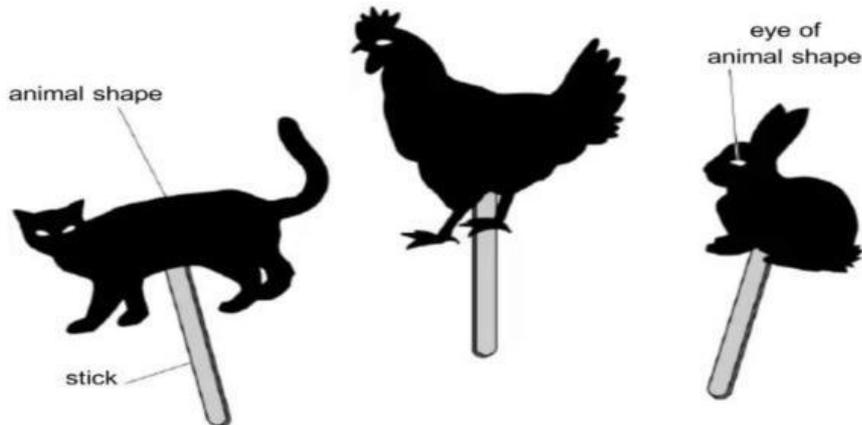
Question 12.

Carlos moved closer to the source of light. Circle what happened to the size of the shadow

- a. It increases b. it decreases c. it stays the same

Question 13

Carlos investigates shadows. He makes different animal shapes and puts them on the stick.



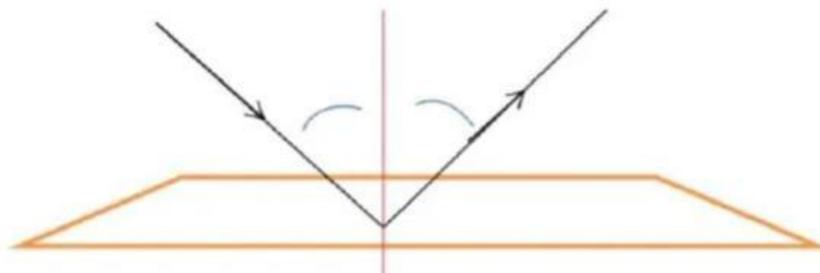
Complete the sentences to describe how the animal shadows are formed

- a. Animal shadows are made when light from a light source is _____
- b. The animal shapes and the sticks make a shadow.
This is because the materials they are made are _____
- c. We can see the light passing through the eyes of the animal
This is because the eye of the animal shape is _____

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Question 14

Label the diagram below using the following terms: reflected ray, angle of reflection, angle of incidence, incident ray, normal line,



Changing Circuits

Electrical Components - Definitions and Examples

Component	Picture	Definition	Example
Cell		A single electrical energy source that changes chemical energy to electrical energy	AA cell in a remote control
Battery		Two or more cells connected together to provide electrical energy.	Battery in a torch
Wires		Thin, flexible strands of metal (usually copper or aluminum) covered with an insulating material like plastic.	Copper wires in a circuit
Ammeter		A device used to measure the amount of electric current in a circuit.	Ammeters found in car dashboards to monitor the charging system
Closed Switch		The switch allows current to pass through, completing the circuit.	A television system
Bulb		A device that produces light when electricity flows through it.	Bulb in a table lamp

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What is a circuit?

A **circuit** is a path that electricity can flow through.

Example: When you connect a battery, wires, and a bulb in a loop, the electricity flows around the circuit and makes the bulb light up. Sometimes, the components in electrical circuit do not work, so we say the circuit is faulty.

Conductor - A conductor is a material that allows electricity or heat to flow through it easily
Examples of conductors are: metal, copper, paperclips, steal, graphite, seawater, human body

Insulator - An insulator is a material that stops the free flow of electric current or heat
Examples: plastic, paper, rubber, wood, ceramic, glass, porcelain, oil, diamond

Why Scientist use symbols!

Scientists use symbols to make diagrams and information **clear, quick to read, and easy to understand**. In the case of **electrical circuits**, symbols help because:

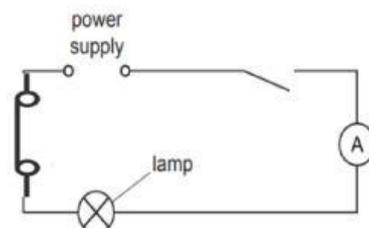
1. **Saves time** – Drawing a small bulb symbol is faster than sketching a real bulb.
2. **Universal understanding** – Scientists around the world can understand the same symbols, even if they speak different languages.
3. **Clarity** – Symbols make diagrams neat and easy to follow.
4. **Consistency** – The same symbol always means the same component, so there’s no confusion.

Question 15

Fig 15.1 shows a circuit diagram. Two of the components are labelled.

- a. State the name of **two** other components in the circuit

Fig 15.1

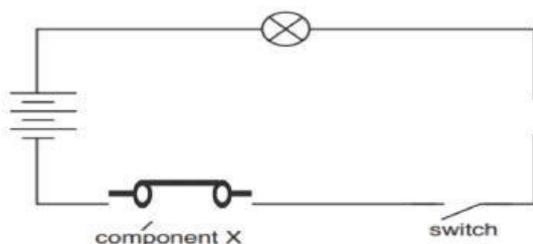


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Question 16

A teacher is investigating reasons why a bulb in a circuit may not light up
Fig 16.1 shows part of the circuit she uses. State why the bulb will not light

Fig 16.1



The circuit will not work because _____
_____.

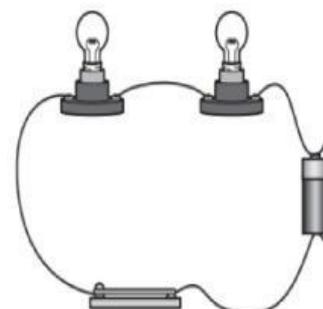
What is the name of component x? _____.

Question 17

A circuit is made of two lamps, a cell and a switch as shown in fig 17.1

- Draw the symbol for cell _____
- The lamp light up. State the reasons why the lamps lit up

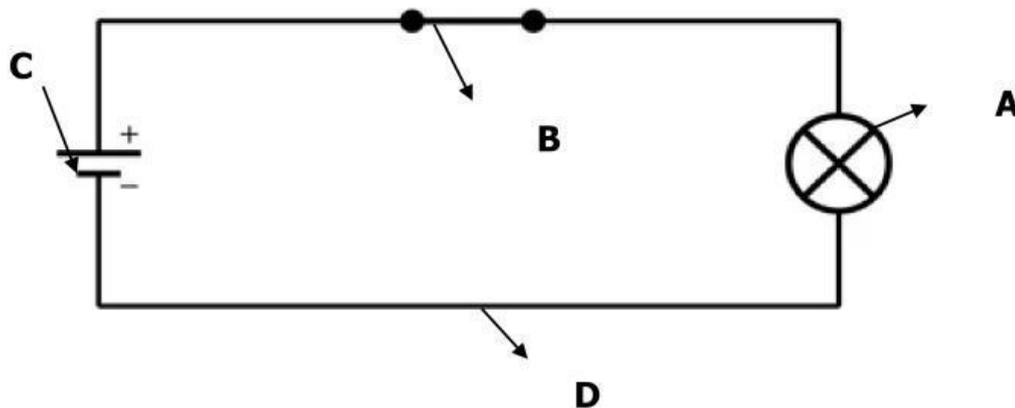
Fig 17.1



Question 18

Look at this circuit diagram, label the symbols and write the functions

Electric Circuit



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Part A: Name: _____
Function: _____

Part B: Name: _____
Function: _____

Part C: Name: _____
Function: _____

Part D: Name: _____
Function: _____

Bulb Brightness Investigation

Source A

The brightness of bulbs is not always the same. In some light fittings, certain bulbs are brighter than others because they are designed differently. The brightness of a bulb can also be changed in a simple electric circuit by the number of voltage that a bulb has. The higher the voltage, the brighter the bulb and vice versa.

Question 19

State 2 factors that affects the brightness of a bulb

_____.

Question 20

Evaluate whether increasing the number of bulbs in a series circuit will increase the brightness of the bulb

_____.

Question 21

Evaluate whether increasing the number of batteries in a series circuit will increase the brightness of the bulb

Question 22

Justify how increasing the voltage of a battery increases the brightness of the bulb in a series circuit

_____.

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Think out of the box

1. Does the thickness and length of a wire affect the brightness of bulb in a series circuit?

2. Why are wires wrapped with plastics? What are plastics and what purpose do they serve?

3. Why are conductors used in electrical circuits? _____

4. Predict what will happen if the wires in a circuit is cut and a paper clip is used to bridge the gap _____

Why? Paper clip is _____

5. Predict what will happen if the wires in a circuit is cut and rubber is used to bridge the gap _____

Why? Rubber is _____