

Name / Index No. :

- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternative (1), (2), (3), (4) which you consider as correct or most appropriate.
- Mark a (x) on the number corresponding to your choice in the answer sheet provided.

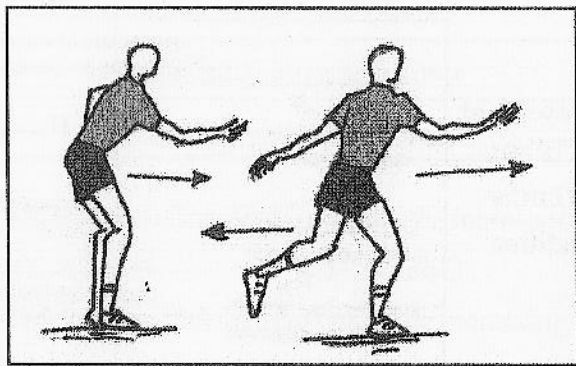
01. Keeping one's physical, mental, social and spiritual wellbeing balanced, shows that he is,
 (1) free from diseases (2) healthy
 (3) totally healthy (4) health promoted

02. The group of answers that shows the poor status of only the mental wellbeing of a person is,
 (1) poor nutrition, being ill, often, mental stress
 (2) being undisciplined, being unlawful, being lifeless
 (3) tension, being undisciplined, inferiority complex
 (4) Enmity, poor immunity, (dogmatism) egoism

03. Following instructions have been given to pregnant mothers in a clinic,
 A - The weight of the child should be between 2.5kg - 3kg.
 B - They should be relax and happy.
 C - Favourable social relationships should be built.
 D - Breast feeding should be started with in 30 minutes after the child birth.

What is the physical needs of the above factors that should be fulfilled during the prenatal period?
 (1) A (2) B (3) C (4) D

04. According to the depiction of the above diagram, the factor that is highly important for the player to keep his body balanced is,

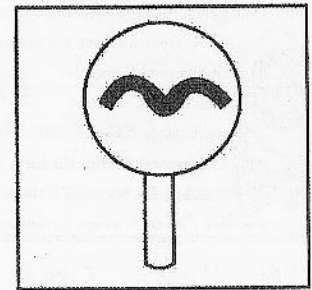


- (1) maintaining a wider supporting base
- (2) moving the body parts to various directions
- (3) having the centre of gravity at a lower position.
- (4) bending the body towards an external force.



05. The board with the above symbol shows,

- (1) a signal of road signs
- (2) a hand signal of playing football
- (3) a rule related to relay races
- (4) a rule related to race walking



06. Following are some of the track events of athletics.

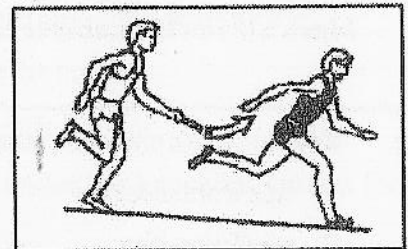
- A - 100 m, B - 4x400 m C - 800 m
 D - 5000 m E - 110 m hurdles

The group of events for which the crouched start is being used is,

- (1) B, C, D (2) A, B, E (3) A, B, C (4) C, D, E

07. The method of changing the baton depicted by the above diagram is,

- (1) visual, inside, down sweep technique
- (2) non visual, inside, up sweep technique
- (3) non visual, outside down sweep technique
- (4) non visual, outside up sweep technique



08. A technique of putting the shot is,

- (1) Parry 'O' Brien technique
- (2) Sail technique
- (3) Straddle technique
- (4) Flop technique

09. * Safety of players

* Protection of judges

* Being easy to solve problems

* Maintaining dignity of sports

The above factors can be achieved by,

- (1) holding sports competitions
- (2) engaging in sports training
- (3) sports rules and regulations
- (4) using techniques

10. The nutritional problem due to lack of getting macro nutrients properly is,

- (1) Undernutrition (2) Goitre (3) Rickets (4) Over nutrition

11. Following are some of the factors that may harm personal well-being,

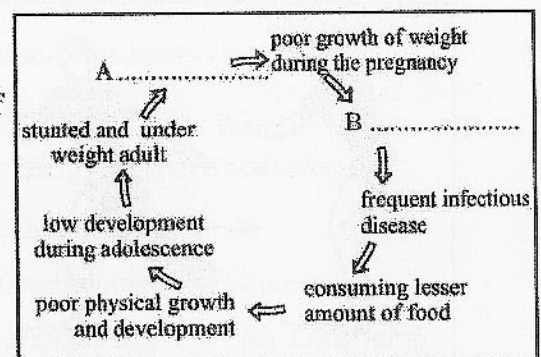
- * poor eye sight * being subjected to diseases as common cold often
- * poor immunity

above conditions are caused due to,

- (1) low in take of energy giving foods
- (2) low intake of food rich in zinc.
- (3) low intake of iron rich foods.
- (4) low intake of foods rich in vitamin 'A'

12. The above diagram depicts the vicious cycle of nutritional deficiency. The phrases for 'A' and 'B' are,

- (1) 'A' maternal mal nutrition 'B' underweight births
- (2) 'A' underweight births 'B' better health condition
- (3) 'A' poor immunity 'B' Over nutrition
- (4) 'A' being inactive 'B' delaying child birth





13. *
- * Avoiding consumption of too hot and too cold food items.
 - * Drinking adequate amount of clean water.
 - * Taking natural fibre containing food.
 - * Avoiding consumption of artificial foods and drinks.

By following the above measures, the fascination of which system can be protected?

- (1) Digestive system (2) Blood circulatory system
 (3) Excretory system (4) Muscular system
14. A sprinter pushes forward from the block as soon as he hears the sound of the pistol. The bio mechanical principle of this activity is,
- (1) inertia and balance (2) force and direction of force
 (3) momentum and force (4) direction of force and balance
15. When someone was given first aid, first of all the injured part was kept under flowing water until the pain stopped. So, it is,
- (1) a wound (2) a bone fracture (3) a muscle cramp (4) a burning
16. *
- Facing examinations
 - Participating in sports competition
 - Having conflicts between parents
 - Going to a new school

As a result of facing above challenge continuously children could be victimize to,

- (1) violence (2) abused (3) narcotic (4) mental stress
17. Media reported that many lives and properties had been destroyed due to such conditions as floods, lightening, wildfire and landslides, recently in various parts of our country. Such disasters are known as,
- (1) natural accidents (2) work related accidents
 (3) technical accidents (4) agricultural accidents

- * Study the following couples of incidents (A, B, C, D) an answer the questions 18 to 19.

	The first	The second
A	Following sports rules and regulations	Being subjected to sports injuries
B	Over weight and obesity	Noncommunicable diseases
C	Keeping correct postures	Efficiency
D	Breaking social contacts	Being respected and accepted by others

18. The couple of incidents in which the increase of the first affects the increases of the second is,
- (1) A and B (2) B and C (3) C and D (4) A and D
19. The couple of incident in which the increasing of the first affects the decreasing of the second is,
- (1) A and D (2) B and C (3) B and D (4) A and C

• Use the following information to answer the questions 20 and 21.

- ★ Making policies of health promoting
- ★ Developing skills
- ★ Developing community participation
- ★ Building up a co-operative environment

20. If the school "Namal Uyana" follows the above policies, it is a,

- (1) health school
- (2) friendly school
- (3) health promoting school
- (4) sports school

21. What is the most suitable activity that can be used to build up a co-operative physical environment in the above school.

- (1) maintaining counselling services
- (2) organizing debate competitions
- (3) holding medical clinics
- (4) maintaining a home garden

22. A more suitable way of solving problems in the adolescence,

- (1) providing job opportunities
- (2) time management
- (3) strengthening the economy
- (4) taking instant decisions

23. According to the above picture, the resistance of the ball at rest to move is,

- (1) inertia
- (2) force
- (3) direction of force
- (4) momentum



24. • team spirit • joy and knowledge
 • using road signs • gaining understanding about concepts

The most suitable educational program that you can engage in at school, to gain above practical skills is,

- (1) seminars on subjects
- (2) outdoor activities
- (3) inter school competitions
- (4) inter house sports meet

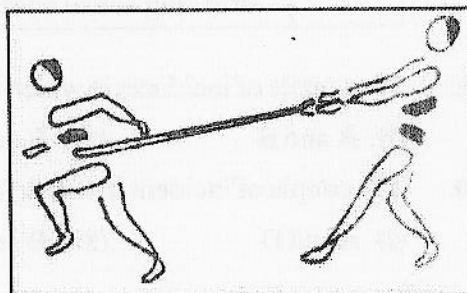
25. • Nimal takes the standing start for 4 x 400 m.
 • Saman makes unnecessary noise at the start.
 • Kapila uses start blocks, at the start of 110m Hurdles.

According to the above instances related to the start, what is your decision if you are a judge?

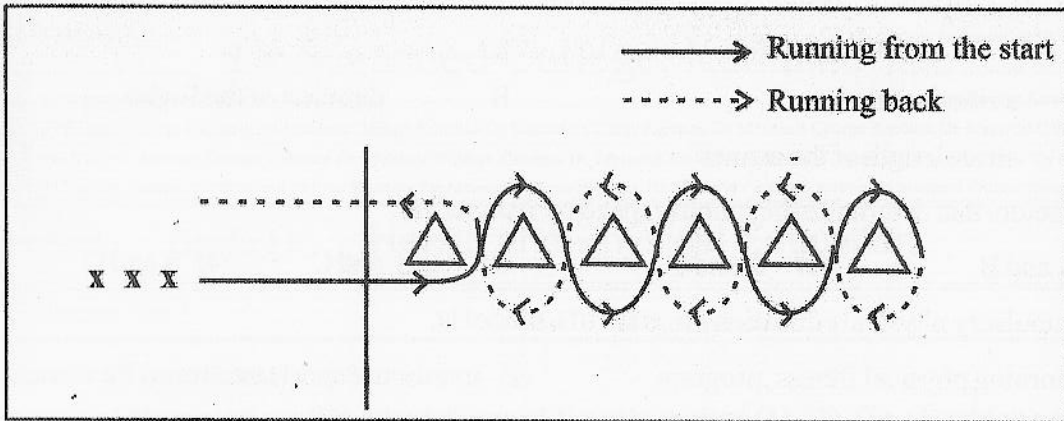
- (1) Only Nimal is correct
- (2) Both Nimal and Kapila correct
- (3) Only Kapila is correct
- (4) All of them are correct

26. The activity depicted by the above diagram is used to,

- (1) develop lead up games and minor games.
- (2) develop reaction speed.
- (3) develop technique of sprinting events.
- (4) develop technique of baton changing.



36.



The physical fitness factor that could be develop using the above diagram is,

- (1) speed
- (2) muscular endurance
- (3) muscular strength
- (4) agility

37. A favourable life skill that can be development is through interpersonal relationship is,

- (1) peer groups
- (2) being logical
- (3) empathy
- (4) taking quick decision

38. "ELISA" blood test is done to detect,

- (1) Amount of Glucose in blood.
- (2) H.I.V. antibodies in blood.
- (3) amount of platelets in blood.
- (4) amount of cholesterol in blood.

39.



The above diagram depicts a body movement as,

- (1) a type - 1 lever
- (2) a type - 2 lever
- (3) a type - 3 lever
- (4) a type 1 and type 2 lever

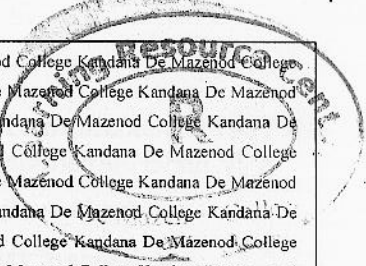
40. The Asian Netball championship - 2018 was won by,

- (1) Singapore
- (2) India
- (3) Malaysia
- (4) Sri Lanka

2024-03-04



De Mazenod College, Kandana



3rd Term Test - Grade 11 **Health and Physical Education** 2 hours

Name / Index No. :

The question No. 01 s compulsory and answer for more questions selecting by two questions from each part as I and II.

(01) The Past Pupils Association on Mihindupura Vidyala, organized a leadership camp for the students of grade 10 and 11. All of them participated in the morning physical fitness program. Specially, they have given priority to local food items when preparing both breakfast and lunch. Students were made aware of importance of being prevented from communicable diseases and noncommunicable diseases. Practical and theoretical training of throwing events and jumping events had been given under the patronage of a physical education teacher and after that they had been trained on giving first-aid. "PRICE" method was highly focused. Finally, a volleyball tournament was organized and the defeated teams had to be away from the tournament.

- (i) Write 02 qualities that students can improve in them related to physical wellbeing, by engaging in such programs. (02m.)
- (ii) Mention the stage of life and the age group of the students those who participated in this camp. (02m.)
- (iii) Write two advantages that students can gain by consuming local food. (02m.)
- (iv) Write two of the postures that the students might have kept while they were in the program. (02m.)
- (v) Name two of the systems that may function at a grand scale in students when they are making various movements. (02m.)
- (vi) Write two motor skills related physical fitness factors that could be developed in students by engaging in morning physical fitness program. (02m.)
- (vii) Write the category to which high jump belongs and name another event among the events that were taught to the students. (02m.)
- (viii) What do "P" and "S" stand for of "PRICES", as explained in the camp. (02m.)
- (ix) Name the method of tournaments used for the volleyball tournament, and write and advantage of that method. (02m.)
- (x) Suggest two favorable life patterns to prevent these students from noncommunicable diseases in the future. (02m.)

PART - I

(02) The PHI made lecture focusing the following points, at the "Health Day" program in the Ranminithenna M.V. under the patronage of the D.M.O.

- Quality of life.
- Needs of various stages of life.
- Rapid breeding of Dengue.

- (i) Write 03 factors that may affect the quality of life. (03m.)
- (ii) Write 02 physical needs and 02 psycho social needs of children in the pre-childhood. (04m.)
- (iii) A - Name a species of mosquitoes that breeds Dengue. (01m.)
B - Write 3 features of Dengue hemorrhagic fever. (02m.)

(03) Food is a basic need of man. Health and quality life can be led by following a correct food pattern and having good nutrition.

- (i) Write 03 advantages of in taking natural food. (03m.)
- (ii) Write 03 measures that can be taken to increase nutrition as value of foods. (03m.)
- (iii) a. - Write two factors that may affect food poisoning. (02m.)
b. - Write two factors that should be considered when selecting food for consuming. (02m.)

(04) Briefly explain the way how you positively face the following challenges.

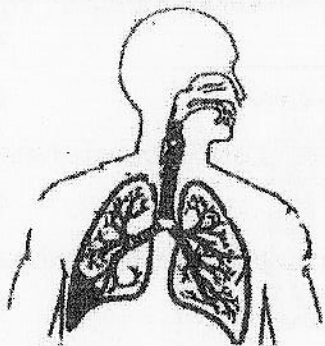
- (i) An unidentified person gives you a parcel and asks you to bring it to a nearby boutique while you are going to school. (02m.)
- (ii) The driver of your school van drives it so fast breaking road signs with a heavy crowd of students. (02m.)
- (iii) Malaria is to be spread again in certain places in the country. (02m.)
- (iv) Your mother is suffering from an infectious disease and she dislikes to go to the clinics. (02m.)
- (v) You have been to a remote area for participating in a competition and a group of friends suggest to go to bathe in the river flowing nearby the place where you are. (02m.)

(2 × 5 = 10 m.)

PART - II

(05) It is very important to protect the fascination of the systems of our body to lead an efficient life.

- (i) Environmental pollution may harm the function of the system depicted by the following diagram. Write two such bad effects. (02m.)



- (ii) It is essential to keep the amount of water in body constant for the fascination of the systems. Write 02 things you can follow for it. (02m.)
- (iii) Engaging in Swimming, Cycling, running for more than 30 minute may increase functioning of some of the systems in our body. Write two such systems. (02m.)

(iv) Fibres of skeletal muscle are of two types according to the functioning.

(a) Write 02 features of a white fibre (FTP). (02m.)

(b) Write suitable athletic events for a player with the highest amount of E.T.F. (02m.)

(06) Athletic events have been formed through natural activities of man as walking, running, jumping and throwing with a set of standard rules and regulation.

(i) Write the classification of field events. (02m.)

(ii) Name the technique of high jump depicted by the following diagram. (02m.)



(iii) Write 02 special features of the first runner of 4 x 100m relay race. (02m.)

(iv) Write the decision that you make as a judge in the following situations. (02m.)

(a) A hurdler pushes the last hurdle when he is finishing the race. (02m.)

(b) A shot putter puts the shot on one of the marginal lines. (02m.)

(07) Answer only one of the questions of 'A', 'B' and 'C'.

Part - A

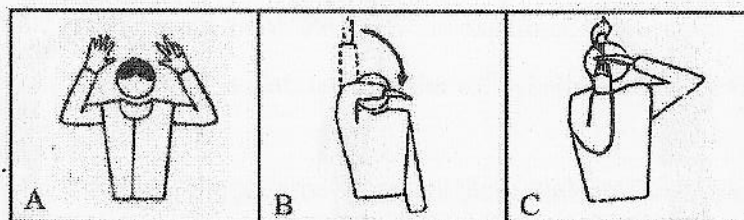
The team "Perakum" and the team "Gemunu" played a volleyball match and the spiking from the team "Gemunu" was tried to be blocked by the front row player but the ball was out of the court of the team Perakum after hitting his hands.

(i) What is your decision as you are the referee? (01m.)

(ii) Write two fouls that the committed during spiking. (02m.)

(iii) Describe two activities with diagrams, that can be used to teach the skill of blocking to a newplayer. (04m.)

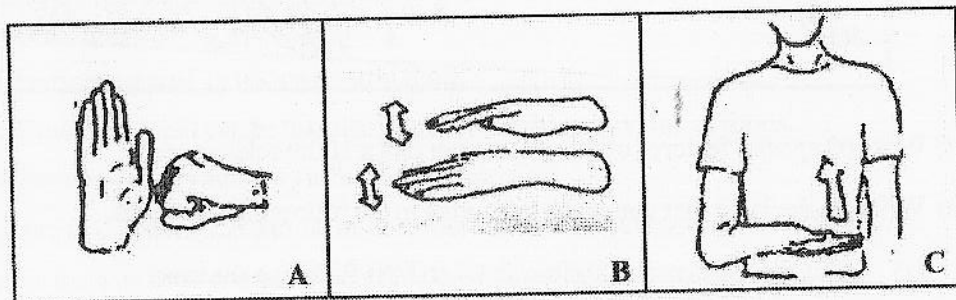
(iv) Explain the following hand signals. (03m.)



Part - B

The netball match was between the team Perakum and Gemunu. The GA of the team Gemunu was attempting to shoot the ball sitting the Goal area and the GD of the team Perakum was attempting to defend the ball keeping 3 feet but the ball went through the ring after hitting her hand.

- (i) Explain your decision at the above situation as you are the umpire. (01m.)
- (ii) Write two fouls that the GA or GS might do when she was making the shoot. (02m.)
- (iii) Describe two activities with diagrams, that can be used to teach the skill of defending to a new players. (04m.)
- (iv) Explain the following hand signals. (03m.)



Part - C

The football match was between the two teams, Vijaya and Gemunu and the player 09 from the team Vijaya kicked the ball towards the goal, at the goal area but the player No, 11 attempted to keep the goal but it his leg and after that it passed the goal line having touched at the knee of the Goal keeper of the same team.

- (i) What is your decision as you are the referee at the above situation. (01m.)
- (ii) Write two of the fouls that a defensive player of the team Gemunu might do when he is defending the ball. (02m.)
- (iii) Write the instruction that you give a new football player when you are teaching him the "Kicking with the inside of the foot." (04m.)
- (iv) Explain the following hand signals.

