

සියලුම හිමිකම් ඇවිරිණි/ முழுப் பதிப்புரிமையுடையது / All Rights reserved

වයඹ පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව වැඩගෙය්ලයේ මාකාණ කලවිත් තිணකුකුණා Department of Provincial Education - NWP වයඹ පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව වැඩගෙය්ලයේ මාකාණ කලවිත් තිணකුකුණා Department of Provincial Education - NWP වයඹ පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව වැඩගෙය්ලයේ මාකාණ කලවිත් තිணකුකුණා Department of Provincial Education - NWP වයඹ පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව වැඩගෙය්ලයේ මාකාණ කලවිත් තිணකුකුණා Department of Provincial Education - NWP

Grade 7	First Term Test - 2019	86	E
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**Health & Physical Education** 2 hours

**Important :** • Answer all questions Name / Index No.....

**Part I**

• Underline the correct answer of the questions from 1 to 5

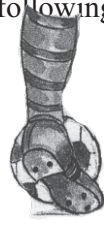
01. Improving and controlling, social, economical and environmental factors are known as,  
 i. health development                      ii. health and protection                      iii. health promotion

02. A feature of a healthy Social Environment is,  
 i. building better interpersonal relationship.  
 ii. respecting rules and regulation.  
 iii. breaking interpersonal relationship.

03. A group of people who give your love and protection at your home is  
 i. teachers.                                      ii. parents.                                      iii. relations.

04. Goal defending is a skill of an organized game. What is it?  
 i. Netball.                                      ii. Volleyball.                                      iii. Badminton.

05. What is the method of stopping the ball depicted by the following diagram?  
 i. Stopping with the instep of the foot.  
 ii. Stopping with the inside of the foot.  
 iii. Stopping with the foot.



• Put a tick (✓) or a cross (X) in the given bracket.

- 06. Pregnant mothers are advised by the family health midwife. ( )
- 07. Netball is a game popular among women. ( )
- 08. Under hand service is a skill of Netball. ( )
- 09. Volleyball is popular only among men. ( )
- 10. "Eluwankama" is a folk game. ( )

• Choose the most suitable word from the bracket for the questions no 11 to 15

(Football, indoor, public health inspector, shooting, spiking)

- 11. It is a responsibility of the ..... to make the people aware of a communicable disease.
- 12. "Pancha damima" is a ..... folk game.

Agaram.LK - Keep your dreams alive!

Agaram.LK - Keep your dreams alive!

13. .... is a skill of Volleyball.  
 14. .... is a skill of Netball.  
 15. .... is the most popular game in the world.

• **Match 'A' with 'B' from the question no 16 to 20**

**A**

**B**

- |  |                       |
|--|-----------------------|
| 16. Giving love and protection at school                       | a) instep of the foot |
| 17. A folk game associated with songs                          | b) getting the ball   |
| 18. A skill of Volleyball                                      | c) teacher            |
| 19. A skill of Netball   | d) "Mewarakeliya"     |
| 20. Use to control the ball coming high in the air in football | e) attacking          |

**Part II**

• **Answer only for five questions including question no 01**

Nimal and Kamal of "Sandasirigama" Central College made an awareness program at the students' health club. Nimal expressed ideas on promoting family health and love and protection of a person. Kamal talked about folk games and organized games and the way of practicing skills of organized games.

- i. Write two reasons for being important family health to you according to Nimal's awareness programme. (2 marks)
- ii. Write 2 health policies that could be practised in school presented by Nimal. (2 marks)
- iii. Name 2 persons who love and provide protection you away from home and school. (2 marks)
- iv. Name 2 folk games with equipments that might have been presented by Kamal. (2 marks)
- v. Name 2 folk games that can be played without equipment. (2 marks)
- vi. Write two rules of Volleyball. (2 marks)
- vii. Write an advantage that a team can get by a correct service. (2 marks)
- viii. What is the quality that is necessary for landing and foot work. (2 marks)
- ix. Name an activity that can be practiced for foot work in netball at school. (2 marks)
- x. Write two advantages of engaging in sports. (2 marks)

02. Members of a family should take necessary steps to promote health in it.

- i. Write two features of a family with better mental environment. (2 marks)
- ii. Write four things that you can do to develop physical environment of your family. (4 marks)
- iii. Write 4 things that you can do to spend your leisure time fruitfully. (4 marks)

03. It is very important for a person to be loved in the family, at school and away from it

- i. What do you mean as "security"? (2 marks)
- ii. Write four duties that you should fulfill for those who love and protect you. (4 marks)
- iii. Write four bad effects of lacking love and protection. (4 marks)

04. people in the past engaged in various folk games for pleasure and invoking blessing from god.
- Write two common features of folk games. (2 marks)
  - Write four outdoor folk games. (4 marks)
  - Write four folk games that can be seen during the new year season (4 marks)
05. The skills of Volleyball should be well practiced for being a good volleyball player.
- Name the skill that is used to begin a volleyball match (2 marks)
  - Write briefly the way how the body should be kept for receiving the ball with the under hand method. (4 marks)
  - Describe an activity that can be used to practice the under hand method of receiving the volleyball. (4 marks)
06. A good netball player can be formed by improving the skills of netball.
- Write two skills that can be used to practice 'foot work' (2 marks)
  - Write two activities that can be used to practice movement in different directions. (4 marks)
  - Describe two activities that you have learnt at school for practicing landing. (4 marks)
07. The following diagram depicts a skill of football.



- What is the skill depicted by the above diagram? (2 marks)
- Write two facts that should be concerned when engaging in the above skill. (4 marks)
- Describe an activity that can be used to practice the above skill. (4 marks)