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Department of Education, Southern Province

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First Term Test, March 2019

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Grade 11
II ශ්‍රේණිය

Health and Physical Education - I

සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය - I

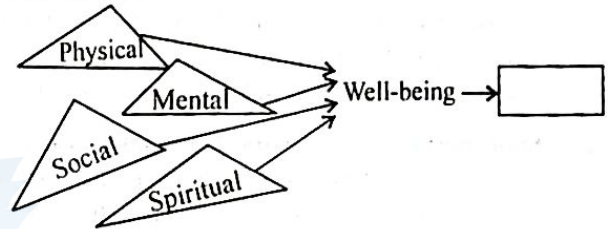
One hour
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Name / Index No.:

- Answer all the questions
- Underline the most suitable answer

01. The best answer to fill the above empty box,

- (1) Health promotion
- (2) Total health
- (3) Good personality
- (4) Psycho - social well being



02. The concept of empowering yourself as a person who has the capability to control and improve the factors that affect your health and that of your family and the society is,
- (1) Health promotion
 - (2) Personal security
 - (3) Total health
 - (4) Formulation of health policies
03. When building an environment favourable for health promotion the three sections that should be developed are,
- (1) Physical environment, mechanical environment, Social environment
 - (2) Family health, physical health, educational environment
 - (3) Mental environment, educational environment, physical environment
 - (4) Physical environment, social environment, mental environment
04. There are persons who contribute for the success of health promotion programmes. Out of them the person from whom important information can be obtained quickly and conveniently is,
- (1) Regional health director
 - (2) District medical officer
 - (3) Public health inspector
 - (4) Nurse
05. Criteria that can be used to evaluate the success of school's health promotion are,
- (1) The school accepting the need to follow established health policies
 - (2) Recognition of health policies that can be carried out by the school
 - (3) Identifying methods of carrying out these health policies
 - (4) Above all
06. When organizing a sportsmeet according to the correct concept, the activities should be organized
- (1) Prior to the sportsmeet, sportmeet day's activities and after the sportsmeet
 - (2) Prior to the sportsmeet and day of the sportsmeet
 - (3) Day of the sportsmeet and after the sportsmeet
 - (4) Before the sportsmeet and after the sportsmeet

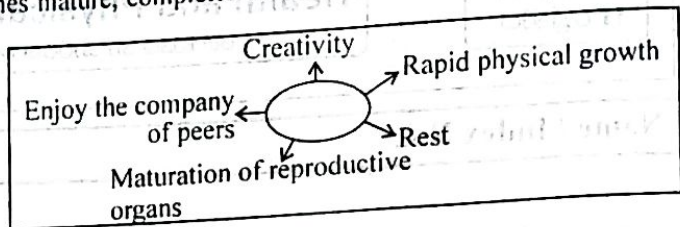
07. Suvimali is a girl studying in Grade 11,
- Body mass index
 - Memory
 - Being active
 - Physical fitness
 - Waist circumference

The above given factors are her

- (1) Correct factors of quality of life
- (2) Features of a community with a high quality of life
- (3) Criteria used to measure an individual's health states
- (4) Factors that affect the quality of life

08. The period of a person in which he / she becomes mature, completes education, finds a job and attempts to establish in a wide social circle is,

- (1) Adolescence
- (2) Youth
- (3) Middle age
- (4) Old age



09. The most suitable answer to the blank box is,
- (1) Youth
 - (2) Adolescence
 - (3) Old age
 - (4) Childhood

10. The periods you have passed before reaching adolescence is,
- (1) Prenatal / Neonatal / Infant / Late Childhood / Early Childhood
 - (2) Neonatal / Early childhood / Late childhood / Infant / Prevalat
 - (3) Prenatal / Neonatal / Infant / Late childhood / Early childhood
 - (4) Prenatal / Neonatal / Infant / Early childhood / Late childhood

• Study the below given pairs of phenomenon and answer the questions 11 and 12.

- A - Neglect of engaging in exercises due to busy schedule
Prone to non - Communicable diseases
- B - Need to get leadership and to make independent decisions
Loss of self esteem and personality
- C - Restlessness and competitiveness
prone to mental stress
- D - Become qualified for a job
Poor economical status

11. The pair of phenomena in which increase in the first one leads to the increase of the second one.
- (1) A and B
 - (2) B and D
 - (3) B and C
 - (4) A and C

12. The pair of phenomena in which the increase in the first one leads to the decrease in the second one,
- (1) A and C
 - (2) B and D
 - (3) A and B
 - (4) B and C

13. The two teams A and B engage in a fun game. The limits of the court, rules and regulations, time of play..... etc., are decided by the team members themselves. The game that they engage in is,

- (1) Organized Game / Major Game
- (2) Folk Game
- (3) Minor Game
- (4) Lead up Game

14. An activity to get released from stress among school children is,

- (1) Engage in meditation programmes
- (2) Face exams
- (3) Enter into a new school
- (4) Not engage in sports activities

15. The posture shown by the given sportsman is a

- (1) Correct static posture
- (2) Wrong dynamic posture
- (3) Correct dynamic posture
- (4) Wrong static posture



16. Select the correct answer related to the below given statement and reason

Statement - Any person at any age can be subjected to heart diseases

Reason - By leading a healthy life style the risk of subjected do heart diseass can be reduced

- (1) Both statement and reason are correct
- (2) Both statement and reason are incorrect
- (3) Statement is correct, but reason is incorrect
- (4) Statement is incorrect, but reason is correct

17. Chalani - Stands on one leg
Hirushi - Stands at ease
The one with the maximum equilibrium is,
(1) Janani (2) Chalani (3) Hirushi (4) Nayana
Janani - Stands at attention
Nayana - Stands on hands (Hand-stand)
18. The principles of biomechanics influence the postures are
(1) force / inertia / center of gravity / direction of force / momentum / Balance
(2) Static posture / center of gravity / direction of force / momentum / inertia / balance
(3) Dynamic posture / direction of force / momentum / force center of gravity / balance
(4) Balance / force / inertia / dynamic posture / momentum balance
19. The property of resistance of a body that remains at rest to move or the resistance of a body that is in motion to stop is called.
(1) Centre of gravity (2) Momentum (3) Balance (4) Intertia
20. Fathima - is in adolescence
Thisaru - is a male in his youth
Ginadasa - is a senior citizen
Out of the above persons the one with the highest iron requirement is,
(1) Kamani and Ginadasa (2) Fathima (3) Thisaru (4) Fathima and Anula
Kamani - is 20 years old
Anula - is an elderly woman
21. He is very weak and feels loneliness. To overcome loneliness he engages in religious activities. He expects love and kindness from children and grandchildren. It is our responsibility to look after them. This person can be a
(1) Patient suffering from a serious illness (2) Person in an old age
(3) Father completely neglected by his children (4) Person in middle age respected by the society
22. The equation to find the momentum of an object is,
(1) Mass x force (2) Mass x velocity (3) Velocity x force (4) Inertia x velocity
23. The factors that affect the height or length an athlete jumps are
(1) Point of landing / angle of take - off / height of take - off
(2) Speed of take - off / angle of take - off / height of take - off
(3) Point of take off / speed of take - off / height of take - off
(4) Length of take off / point of take off / speed of take - off
24. The ultimate aim of organizing school sports activities is maintaining all physical education activities in school at a higher level. As the manager of school sports activities the most suitable person is,
(1) Health & physical education teacher (2) Deputy principal
(3) Teacher in-charge of Athletics (4) Principal
25. In which of the following events the body of an athlete becomes a trajectory,
(1) Long jump and Triple jump (2) Hurdles and Javelin Throw
(3) High jump and shot - put (4) Discus throw and high jump
26. There are six skills in volleyball. A successful player should practice all the six skills, which of the following volleyball skill helps to score a point in a match,
(1) Receiving (2) Setting (3) Blocking (4) Spiking
27. One of the skills in volleyball is blocking. The number of blocking types are,
(1) one (2) two (3) three (4) four
28. In volleyball there is an order of positioning players. As a result of not following the correct order of positions.
(1) Offering a point and the service to the team that did the fault
(2) Changing the players to the correct places
(3) Offering the service and a point to the opposing team
(4) Offering the service and point to the opposing teams and the players should revert back to the correct positions
29. Blocking in volleyball is a defensive as well as an attacking strategy. The correct order of the stages of blocking technique is,
(1) Ready position, Take - off, blocking, landing
(2) Landing, ready position, touching the ball, Approaching
(3) Ready Position, Approaching the ball, Take off and touching the ball, Landing
(4) Approaching the ball, landing, take off and touching the ball, ready position
30. Officials are required to officiate a volleyball match. The positions of the scorer and assistant scorer are,
(1) Should sit facing the first referee at the scorer's table that is placed on the side opposite of the first referee's position
(2) Should stand on the ground outside the court close to the pole on the opposite side of the first referee
(3) Should stand on the referee's stand at the end of the net
(4) Should sit facing the second referee at the scorer's table outside the court

31. Kumara who suffers from mental stress has a habit of consuming liquor daily. He likes fatty food and acidic food. His food pattern is quite irregular. The disease condition he may be suffering from is,
 (1) Diabetes (2) Gastritis (3) Cancer of mouth (4) Appendicitis

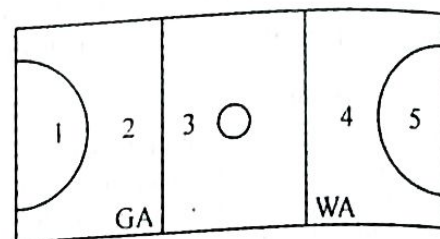
• Answer question numbers (32) and (33) based on the above netball court.

32. The playing areas where GA (Goal Attack) in the above court can play

- (1) 2, 3, 4 (2) 3, 4
 (3) 3, 4, 5 (4) 1, 2, 3

33. The playing areas where WA (Wing Attack) in the above can play

- (1) 2, 3, 4 (2) 4, 5
 (3) 3, 4 (4) 3, 4, 5



34. In a netball match when the ball goes out of the court, the decision of the umpire is,

- (1) Penalty pass (2) Free pass
 (3) Toss - up (4) Throw - in

35. First aid given to a victim is given below.

- Make the person lie down in a suitable place
- Loosen the clothes
- Raise the legs
- Allow ventilation

This person may be a person

- (1) Who suffers from fainting (2) Who has got high fever
 (3) Who has got a fit (4) Who got poisoned

36. The below given diagram shows

- (1) Goal kick / out kick in football
 (2) Corner kick in football
 (3) Kick off in football
 (4) Free kick in football



37. In a football match played between P and Q teams both teams played well but Q team got defeated by one man point. Team members of P team enjoyed their victory in a very peaceful way while the team members of Q team put the blame on umpires. According to this incident we can decide that,

- (1) Team members of both teams are very skillful
 (2) Q team members should practice more
 (3) Both P and Q members showed sportsmanship qualities.
 (4) P team members showed sportsmanship qualities.

38. Kick - off in foot ball can be done in which of the following places?

- A - At the start of the game B - When players did something wrong
 C - At the start of the second half of the game D - When two players come into contact with each other
 (1) A and C are correct (2) B and C are correct (3) A and B are correct (4) C and D are correct

39. • Bleeding from nose • High fever • Red patches on the skin • Severe headache

The above symptoms can be seen in,

- (1) Dengue Haemorrhagic state (2) Jaundice (3) Pheumonia (4) Dengue

40. Olympic Games in 2020 will be hold in,

- (1) Washington in USA (2) Athens in Greece (3) Tokyo in Japan (4) Sydney in Australia

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First Term Test, March 2019
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Grade 11
II ශ්‍රේණිය

Health and Physical Education - II
සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය - II

Two hour
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Name / Index No:

- Answering first question is compulsory.
- Answer five questions selecting at least two questions from each section I and II.

(01) The Ministry of education has issued a circular no. 2007/21 to all schools regarding the health promotion programme at schools.

Kahatapitiya Vidyalaya is following this circular issued by the Ministry of Education, and the school has won gold medal for its great achievement.

Ruwina and Tharudi are two brilliant students of this school, and they take part in organized sports in the school too. Their health condition is satisfactory as they regularly take a balanced diet for breakfast.

Their contribution to the health promotion programme school is highly admired. The school has displayed the policies of health promotion programme in the school premises, and furthermore, the school has formulated certain policies in school.

Out door activities are done once a week in school. The co-operation of the community in related to this health promotion programme can be highly mentioned, and more over, the school - canteen strictly follows the circular, 2007/21 in school.

An anti-dengue programme is conducted once a month in the school premises and an Annual Health Camp is conducted for the students who study health education as a subject

A number of special programme were conducted by the school during the week of prevention of drugs.

- Write two health aspects that Ruwina and Tharadi have developed.
- Mention for organized games and two features of them in which these two children can participate.
- Write a well balanced diet suitable for breakfast.
- Write two uses of a well balanced meal.
- Write two health promotion policies that the school might display in the school premises
- Write any other two organizations or associations in a school in addition to health promotion programme
- Mention two qualities that will improve in children by doing outdoor activities
- A bonfire has been organized in the annual students' camp. Write two important facts that should be paid attention in organizing a bonfire
- Write two activities that can be done in school to prevent the spread of dengue
- "A week for prevention of drugs" consisted of many programmes in the school. Write two programmes organized to prevent the use of drugs and cigarettes.

(02 × 10 = 20marks)

Part - I

- Answer **only two** questions

(02) Quality of life is indeed the increase in longevity, reduction in disease and infirmity and a happy and active life.

- Write two factors that affect quality life.
- Write two features of a community with a high quality of life.
- Write two communicable diseases that reduce the quality of life.
- Write two criteria used to measure an individual's quality of life.
- Mention two facts that we can done to improve the quality of life.

(2×5=10 marks)

(03) Every child born to this world passes many stages in his / her life time.

- (i) Write two problems encountered when providing needs of adolescence.
- (ii) Write two steps that we can follow to make adolescence a success.
- (iii) Write two social needs of Youth.
- (iv) Write the ways of overcoming difficulties to lead a good middle age.
- (v) Mention two skills you should develop to solve problems and lead a successful life.

(2×5=10 marks)

(04) State briefly how you act to face the following challenges successfully.

- (i) You have come to know one of your friends rides the bicycle very fast.
- (ii) You have seen a fight between two groups of students during the school interval.
- (iii) A friend of you influences you telling that you should smoke to get the real happiness of life.
- (iv) PHI (Public Health Inspector) comes to your house to inspect about dengue.
- (v) Your parents expect best results from you at the G.C.E. (O/L) examination this time.

(2×5=10 marks)

Part - II

• Answer only two questions

(05) Principles of biomechanics is an important factor to maintain correct postures and physical activities.

- (i) Write an advantage of maintaining correct postures in life. (01 m.)
- (ii) Write two static postures that you know. (02 m.)
- (iii) Write two facts that should be concerned in maintaining a posture you mentioned above. (02 m.)
- (iv) Write 04 principles of bio-mechanics that affect postures. (02 m.)
- (v) Write three factors that affect the distance of the throw of a player. (03 m.)

(06) There are many systems in the body which do many bodily functions. The following body systems P and Q are important among these.

P - Does the function of getting Oxygen into the body and release out carbondioxide of the body.

Q - Transport necessary Oxygen to cells, and transport unnecessary matter away from the cells.

- (i) What are the systems indicated by P and Q?
- (ii) Write two organs that form the system Q.
- (iii) Write two steps that should be followed to maintain the optimum function of these systems.
- (iv) Write two diseases separately that affect the optimum functions of P and Q systems in the body.
- (v) In addition to the function mentioned in Q system write another important two functions of that system.

(2×5=10 marks)

(07) Answer only one question out of A, B, and C.

Part - A

(A) The special features of the volleyball match played between Gold Team and Silver Team are given below.

- Only one player of Silver Team blocks the ball to prevent Gold Team player the spikes.
- More than one player from Gold Team block the spikes of the opposing team.

- (i) Write two blocking classification according to the number of players involved in it. (02 m.)
- (ii) Suggest three activities that can be done to practice blocking technique of both teams. (03 m.)

- (iii) What do you decide as a referee if the match between Gold Team and Silver Team played as below.
- When a player of Gold Team touches the top level of the net.
 - Two players of Silver Team extending hands and arms toward Gold Team over the net and touch it before the Gold Team hit the ball.
 - Libero player of Gold Team attempts to block the ball.
 - A player positioned in the back row of Silver Team attempts to block the ball.
 - At a spike of a player of Gold Team, the players of joint block got touched of the ball and hit it three times by the Silver Team.

(1×5=5 m.)

Part - B

- The netball match between Mahara and Ragama is due to be held according to rules and regulations of netball. You have been asked to provide with officiating the Team. Name the officiating (officials) Team you are planning to provide. (02 m.)
- In playing the netball match between the centre of Mahara Team always passed the centre pass to Goal attack of her team, but the centre of Ragama team used other players to pass the centre pass. Write three other players who can receive the centre pass according to rules and regulations. (03 m.)
- Below given are some of your decisions as a referee of this match. State the instances one each for the given decisions.
 - Free pass
 - Penalty pass
 - Penalty pass or shot
 - Toss up / Throw up
 - Throw In

(1×5=5 m.)

Part - C

- The football watch between Gemunu and Wijaya teams are planned to be held according to rules and regulations of the game. You are asked to provide officials to the match, Name the officials needed in judge a football match. (02 m.)
- In the match between Gamunu and Wijaya, the players of Gamunu mostly used the instep of their foot to pass the ball, but the players of Wijaya team used other parts of foot to pass the ball. What are the other parts of the foot that can be used to pass the ball other than instep? (03 m.)
- If you are asked to judge the match what are your decisions in the below given instances.
 - A player of Gamunu team goes off - side.
 - A goal kick of a player in Gamunu team strikes the body of a player in Wijaya team and the ball of a player in Wijaya team and the ball goes into the goal of Wijaya team.
 - A team member of Wijaya obstructs a player in Gamunu by pulling his T-shirt.
 - A player in Gamunu team obstructs a player in Wijaya team in penalty zone.
 - A player in Gamunu team kicks the ball out of court across goal line of his side.

(1×5=5 m.)