



Royal College - Colombo 07

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Grade 7 – Second Term Test – July 2019

දෙවන වාර පරීක්ෂණය - 2019 ජූලි - 7 ශ්‍රේණිය

කාලය : පැය 2
Time : 2 hours

Health and Physical Education

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Name :- Grade :- Index number:-.....

Part I

Underline the correct answer.

- What is a good characteristic feature of healthy family environment?
(i) Love (ii) Fresh air (iii) Protection (iv) Discipline
- What's the meaning of 'PHI'?
(i) Family health worker (ii) Family health officer.
(iii) Public family worker (iv) Public health inspector
- Which is not harmful effect of not receiving love and protection?
(i) Dislike of school.
(ii) Disruption of education.
(iii) Living at home become pleasant
(iv) Deterioration of discipline in the country.
- In which indoor folk game, equipment are used?
(i) Gudu panima (ii) Pora pol gasima
(iii) Eluwan kema (iv) Olinda keliya
- Which is the incorrect skill in football?
(i) Kicking (ii) Eluwan kema
(iii) Field defending (iv) Spiking
- An example for living down posture,
(i) Kneeling (ii) Lying with face upwards
(iii) Sitting on a chair (iv) Sitting on heels
- Advantage of correct posture,
(i) Minimize discomfort (ii) Development of personality.
(iii) Development of self-esteem. (iv) Discomfort and fatigue felt quickly.

8. Difference between running and walking.
- While running both feet touches the floor and while walking one foot is above the ground.
 - While walking both feet are above the level of the ground.
 - While walking one foot touch, the ground and when running, at one point of time both feet are above the level of the ground.
 - While walking both feet touches the ground.
9. An example for vertical jump in athletics.
- Long jump
 - Jump forward
 - High jump
 - Triple jump
10. Main stages of jumping events.
- Landing, Approach run, Landing
 - Take off, Flight, Landing
 - Flight, Landing, Take off
 - Landing, Flight, Take off
11. What should we do to maintain a healthy life?
- Drinking unclean water.
 - Falling in sick, more frequently.
 - Stay clean at all time
 - Stay unclean at home and outside].
12. Iron deficiently can leads to a disease condition like,
- Typhoid fever
 - Goitre
 - Anemia
 - Skininess
13. What is the skill is not required to balance your emotion?
- Minimize mental stress.
 - Empathy
 - Creating problems.
 - Effective communication.
14. Which nutrient is not belongs to macronutrients,
- Carbohydrate
 - Vitamin
 - Protein
 - Lipid
15. What is the main organ of circulatory system?
- Alveoli.
 - Kidney
 - Blood vessels
 - Heart
16. Helps in the clothing of blood,
- Vitamin K
 - Vitamin A
 - Vitamin D
 - Iodine
17. Incorrect method of preserving food is,
- Salting
 - Smoking
 - Drying
 - Grinding

18. Fibre rich food is,
- (i) Fish (ii) Grains with yams
(iii) Potato (iv) Coconut
19. Not an organ in responsible for the removal of wastes.
- (i) Nose (ii) Left lung (iii) Liver (iv) Alveoli
20. What is the system responsible for the removal of wastes.
- (i) Circulatory system (ii) Muscular and skeletal system
(iii) Digestive system (iv) Excretory system
- (40 marks)

Part II

Answer the five questions, including the first question.

01. Most of our lives are spent with our family members. We learn our health and eating habits also from our family most of our leisure time is also spent with the members of the family. Therefore the family has great impact on our health. For a healthy family environment effects the physical, mental, social and spiritual environment.
- (i) What is health promotion. (3 marks)
- (ii) What are the 3 mental teachers of healthy family environment? (3 marks)
- (iii) Explain, What is 3R concept? (3 marks)
- (iv) Write 3 features of spiritual environment. (3 marks)
- (v) Write 3 steps taken to promote family health. (3 marks)
- (vi) What are the 3 things that you can do as a student to maintain a healthy family environment. (3 marks)
- (vii) Write 2 physical features of healthy family environment. (2 marks)
- (20 marks)
02. Since folk games are in harmony with cultural, people naturally find it easy and enjoyable to participate in them.
- (i) Write 3 common features of folk games. (3 marks)

- (ii) What are the 3 benefits of engaging folk games. (3 marks)
- (iii) What are the two types of folk games. (2 marks)
- (iv) Name 2 outdoor folk games. (2 marks)
03. Volleyball, Netball, Foot ball cricket and Elle are organized games have skills which can help to gain victory. Football is the most popular game in the world.
- (i) Write 3 features of organized games. (3 marks)
- (ii) Write 3 skills of foot ball. (3 marks)
- (iii) Name 2 methods of serving in volleyball. (2 marks)
- (iv) Write 2 activities to improve foot work in netball. (2 marks)
04. Correct posture is important to lead a healthy life and to maintain a pleasant appearance.
- (i) Write 2 advantages of sitting correctly and the disadvantages of sitting incorrectly. (4 marks)
- (ii) Write 2 various sitting postures. (2 marks)
- (iii) Write 2 postures of lying down correctly. (2 marks)
- (iv) Write 2 points to consider when lying down correctly. (2 marks)
05. From natural activities such as waling, running, jumping and throwing various athletics events have evolved. These sports events use different activities for the development of skills.
- (i) Name 2 vertical jumps and horizontal jumps in athletic. (4 marks)
- (ii) Name 3 main stage in jumping event. (3 marks)
- (iii) Write 2 activities to improve jumping technique. (3 marks)
06. The things that we need, in our day to day life, are known as human needs. Food is a basic need. Food not only eases hunger but also gives us satisfaction. Therefore the maintenance of a correct food pattern is essential for your physical and mental wellbeing.
- (i) Mention two types of macronutrients and micronutrients. (2 marks)

- (ii) What are the 2 benefits we get by including food with fiber in our diet? (2 marks)
- (iii) Write 3 points to consider when buying food. (3 marks)
- (iv) Write 3 methods of preserving food. (3 marks)

07. Different organs together form systems. It is your duty and responsibility to protect it.

- (i) Write 3 systems in our body. (3 marks)
- (ii) Write 2 steps you can take to protect the healthy digestive system (3 marks)
- (iii) Fill in the blanks under the picture.

