



# Royal College - Colombo 07

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**Grade 11 – First Term Test –June- 2021**

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## Health & Physical Education – I

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Time: 1 hour

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Name: - .....class: -.....Index no: -

Answer all questions.

In each of the questions from 1 to 40, pick one of the alternatives 1, 2, 3, 4, which is correct or most appropriate.

❖ Below mentioned is a description of four students studying in a girls' school. Answer questions 1,2,3,4, based on that.

Nipuni - has a good memory, engages in different types of hobbies, keeps getting sick often, does not maintain an appropriate BMI.

Kasuni - has a lot of friends, good at studies, very popular in school, eats short eats like vegetable rotis and patties frequently.

Thisuli - gets angry quickly, very good at sports and extra-curricular activities, rarely gets sick, follows good health habits.

Sandali - good at studies, collaborates well with others, engages in daily exercises and healthy activities, good looking.

01. Which student or students can be described as the most physically fit?

I. Nipuni only

II.Kasuni, Thisuli

III.Kasuni, Thisuli, Sandali

IV.Thisuli and Sandali

02. Which student or students require a development in mental health?

I. Nipuni

II.Kasuni and Sandali

III.Thisuli

IV.Thisuli and Sandali

03. Which students maintain a better social health?

I. Kasuni and Sandali

II.Nipuni and Kasuni

III.Kasuni and Thisali

IV.Nipuni and Thisuli

04. Which student or students maintain total health?

I. Nipuni

II.Kasuni and Thisali

III.Sandali

IV.Thisuli

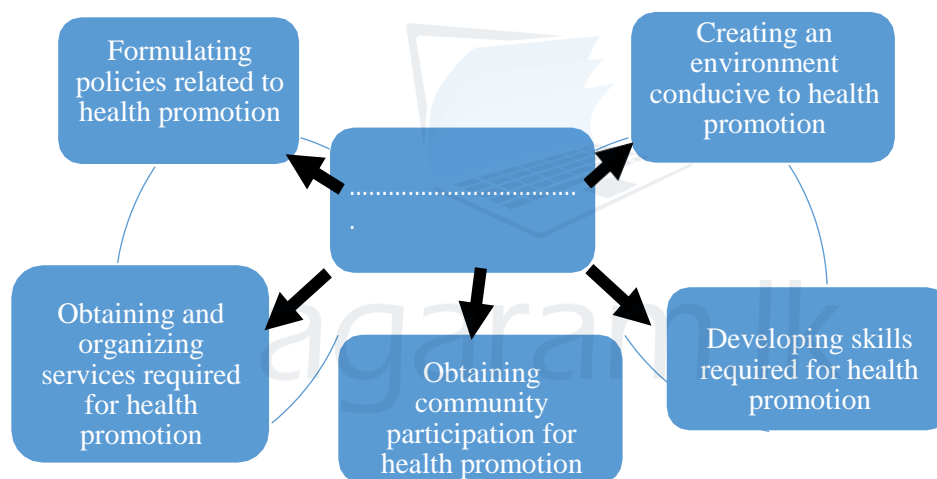
05. What is the objective of implementing the subject Health and Physical Education in Sri Lankan school curriculum?

- I. To make students understand the importance of improving physical and mental health.
- II. To develop the attitudes towards promoting mental and social development in the school community.
- III. To make students understand the value of physical and mental development.
- IV. To create a healthy society by developing qualities related to physical, mental, social and spiritual development in the school community.

06. If you are working to control and improve the factors that affect the health of yourself, your family, and the community around you, in which way would you contribute to that?

- I. By maintaining physical cleanliness
- II. By promoting health
- III. By preventing the spread of diseases
- IV. By preventing accidents and disasters

❖ Answer the questions using the following diagram.



07. What is the more suitable answer for the space in the diagram above?

- I. Strategies that can be used to promote health
- II. Health Promotion Principles
- III. Community Health Development Strategies
- IV. Principles of Self-Realization

08. By reducing the incidence of diseases and disabilities, prolonging life span and being happy and active, a person can improve,

- I. Complete personality
- II. Good physical health
- III. Quality of life
- IV. Good mental health

09. The unacceptable statement regarding alcohol and cigarettes is,

- I. People use alcohol and cigarettes to manage stress.
- II. Alcohol and cigarettes use can cause economic and social impacts.
- III. The influence of the media on alcohol and cigarettes addiction is not so serious.



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10. What is the life expectancy of a community with a higher quality of life?

I. Males 70 years and females 79 years

II. Males 79 years and females 70 years

III. Men 75 years and females 80 years

IV. Men 80 years and females 75 years

11. What is the Body Mass Index of a person who is 1.60 m in height and weighs 60 kg?

I. 25

II. 30.5

III. 23.4

IV. 22.5

12. What is not a suitable lifestyle to maintain total health?

I. Stress Management

II. Activeness

III. Competitive lifestyle

IV. Adequate sleep and rest



Figure 1



Figure 2



Figure 3

13. Recalling the lesson you learned about the stages of human life, what can be described as a physical need of the child shown in Figure 1?

I. The need to play a suitable sport whenever possible.

II. The need to gather facts by grasping everything the brain hears and sees.

III. The need to sleep 18 - 20 hours per day.

IV. The need to join the adult community.

14. What is the correct age period of the stage of life that the above-mentioned human being belongs to?

I. 0 months - 01 year

II. May 79 years and female 70 years

III. Men 75 years and 80 years

IV. Men 80 years and 75 years of age

15. According to World Health Organization (WHO), what would be the weight of a healthy fetus in the womb by the time the pregnant mother is about to give birth as shown in Figure 2?

I. Weighs between 2.5-3.5 kg

II. Weighs between 2.0-3.0 kg

III. Weighs between 3.0-3.5 kg

IV. Weighs between 3.5-4.5 kg

16. What might not be a psychological need of the elderly couple shown in Figure 3?

- I. The need to spend time with their children and grandchildren.
- II. The need to get more attention from those around them.
- III. The need to rest more.
- IV. The need to constantly receive love and kindness in order to get rid of loneliness.

17. Priyanthi is a pregnant mother, Nilanthi's child is 6 days old, Kamani's child is one year old and Sanduni has a two-year-old child. The public health midwife should counsel the mothers of children in the pre-natal stage and neonatal stage. Who are the mothers she should counsel?

- I. Nilanthi and Sanduni
- II. Sanduni and Kamani
- III. Kamani and Nilanthi
- IV. Priyanthi and Nilanthi

18. What should not a mother be doing when feeding a healthy baby?

- I. Breast feed whenever the baby needs milk during the first 6 months.
- II. Introduce complementary food on completion of six months.
- III. Reduce salt and sugar intake in the first year of life.
- IV. Apart from the three main meals give three other snacks per day.

19. A fact that need not to be known before becoming a mother,

- I. That the family should be financially stable in order to raise a child.
- II. The possibility of inherited diseases in marriages between blood relatives
- III. Living with parents after the marriage
- IV. All girls over the age of 15 should be vaccinated against rubella to protect themselves against German measles.

20. "An effect that causes an object which remains at rest to move, or which changes the nature of motion of an object in motion" is,

- I. called as "momentum"
- II. called as "gravitational acceleration"
- III. called as "power"
- IV. called as "velocity"

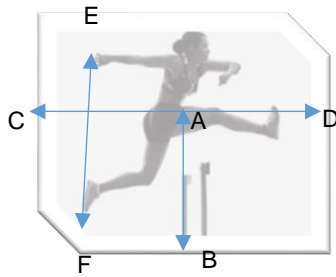
21. Nisal, Vinuja and Samitha are the current top three athletes in the shot-put event of Sri Lankan School Athletics. Nisal is a taller athlete compared to Vinuja and Samitha. Samitha has a higher reaction rate than both of them. Vinuja is at the top in terms of speed. All of these players are similar in all the other aspects. Which of these athletes will have an additional advantage in the final championship due in a few hours?

- I. Nisal
- II. Samitha
- III. Vinuja
- IV. No one has any additional advantage

22. The release of an object into the air is also called **www.agaram.lk** the object thus projected is called a projectile. In which of the following events that an athlete's body does not function as a projectile?

- I. Triple Jump      II. Pole jump      III. Hurdling      IV. 400m running

23. The image below shows the jumping posture of Upeka who competed in hurdling race. Which line indicates her gravity line?



- I. AB line      II. CA line      III. CD line      IV. EF line

24. The unacceptable statement regarding balance is,

- I. That the area of the supporting base affects the balance.
- II. That the balance is lost when the force applied is unequal.
- III. That the balance is not maintained when the gravity line is unkept within the supporting base.
- IV. That the relationship cannot be affected by making movements.

25. Walking and lying are respectively,

- I. A dynamic posture, a dynamic posture
- II. A static posture, a dynamic posture
- III. A static posture, a static posture
- IV. A dynamic posture, a static posture

26. The Libero player can be described as one of the most notable players in a volleyball game. What is the wrong statement about the Libero player?

- I. Can enter the playground from anywhere of their side.
- II. Must wear a different color than the other teammates.
- III. Can act as the team leader when needed.
- IV. Can only be substituted for back-court players of the team.

27. Select the answer that shows the correct order of players' positions when the ball is being served.

1	2	3
4	5	6

↑

3	2	1
6	5	4

↑

4	3	2
5	6	1

↑

5	2	1
4	3	6

↑

28. When judging a volleyball game official hand signals are very important. What is the signal expressed by the figure below?



- I. Indicates the direction of service
- II. Substitution of players
- III. Ball "in"
- IV. Positional or rotational fault

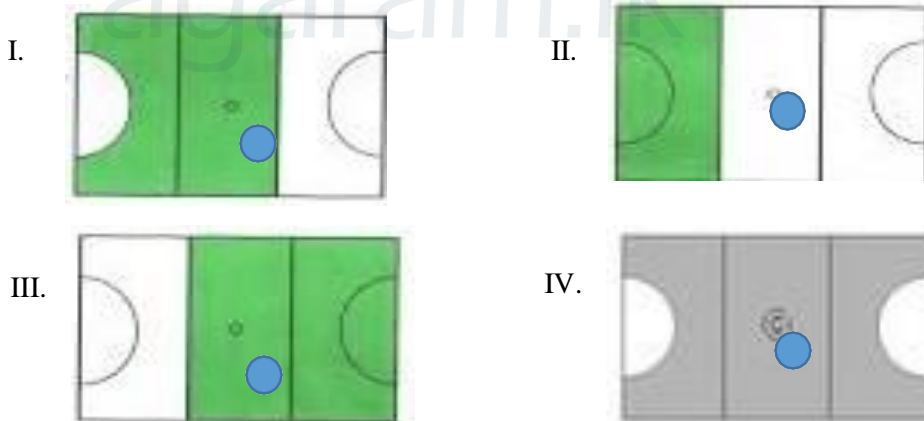
29. When playing volleyball,

- I. The maximum number of players who can participate in serving the ball to the opposing team is two.
- II. The ball can touch the net before it goes to the opposing side.
- III. A back court player can also hit the ball while it is completely above the level of the net in the front part of the court and send it to the opposing team.
- IV. The ball can be hit from anywhere on the body and sent to the opposing team

30. A skill related to Volleyball is,

- I. Foot work
- II. Shooting the ball
- III. Ball controlling
- IV. Blocking

31. Which image that accurately shows the play area of a 'WD' player in a netball match?



32. Among the following statements regarding netball,

- A. A shooter can shoot a goal when she is given a free pass in the goal circle.
- B. Jumping up on both feet and landing on both feet without releasing the ball from hands is an offense related to footwork.
- C. A penalty pass is awarded for the offences committed by two or more players of the two teams outside the goal circle.
- D. In the event of opposing players make simultaneous contact, the match resumes with the ball being tossed-up between the two players.

- I. All A, B, C, D are correct
- II. A, B, C are correct, and D is incorrect.
- III. A, C, D are correct, and B is incorrect.
- IV. B, C, D are correct, and A is incorrect. ( page - 06 )

33. Which of these is not considered as a rule of Netball?

- I. It is an offense to knock against or push an opponent.
- II. Players cannot stretch their hands sideways and defend.
- III. When shooting, the shooter can be obstructed by the opponent stretching the arms, standing within a distance of less than 3 ft.
- IV. When shooting, the shooter should not be obstructed by the opponent stretching the arms, standing within a distance of less than 3 ft.

34. Answer the question asked using the following sentences about football.

- A. A goal can be scored directly from a direct free kick.
- B. A goal cannot be scored directly from an indirect free kick.

According to the information provided here,

- I. Both A and B are correct
- II. A is correct and B is incorrect
- III. B is correct A is incorrect
- IV. Both A and B are incorrect.

35. What is shown by the following signal used by the referees in football?



- I. Removing a player
- II. Substituting a player
- III. Half time break
- IV. Wrong positioning

❖ Study the following pairs of events and answer questions 36 and 27.

	Event 1	Event 2
A	Take measures to prevent the accumulation of water in the environment	Spread of dengue vector
B	Brush teeth properly with a suitable toothbrush after eating	Protecting the brilliance of the teeth
C	Avoid alcohol and smoking	Poor health condition
D	Breastfeeding the baby continuously for six months	The health of the baby

36. The increasement of the first event affect the decreasement of the second event.

- I. A, B
- II. A, C
- III. B, C
- IV. B, D



37. The increase of the first event affects the increase of the second event.

I. A, B

II. A, C

III. B, D

IV. C, D

38. What is the false statement about stopping the ball in football?

I. Can be stopped using the head

II. Can be stopped using the chest

III. Can be stopped using the arm

IV. Can be stopped using the heel

39. What is the country and the city where the 2021 Olympics will be held?

I. Los Angeles, The United States of America II. Barcelona, Spain

III Tokyo, Japan

IV. Rio de Janeiro, Brazil

40. What is the country that is to host the 2022 FIFA World Cup?

I. Brazil

II. Afghanistan

III. Russia

IV. Qatar



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**Health & Physical Education – II**

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කාලය: පැය 2  
 Time: 2 hours

Name: - .....class: -.....Index no: - .....

Consider the following:

- ❖ First question is compulsory.
- ❖ Select 02 questions from Part I and 2 questions from Part II. Answer 05 questions all together.

01. Below mentioned are some of the facts that were confirmed after the inspections carried out by the subject directors including the Provincial Director of Education at Viharapalugama Vidyalaya.

- ★ The cleanliness of the school is not satisfactory and immediate actions should be taken to develop health promotion in this school.
- ★ That short-term and long-term student nutritional problems can be caused by the sale of junk food, oily and fatty food and low-nutrient foods in the school canteen.
- ★ The school does not provide facilities for students to engage in any organized games other than athletic events.
- ★ None of the compulsory physical education programs are implemented in the school.
- ★ It was observed that there were many students who were not of age-appropriate height and weight among the students of different age groups in the school. It was also reported from the information obtained from the students, that a system of inspecting the personal health status of the students has never been carried out.
- ★ Late-childhood students have not undergone any medical examination at school level.
- ★ It was decided that the aesthetic abilities of the students are at a very low level and a proper program should be implemented regarding that.

- i. Write down two features that can be seen in a health promoting school.
- ii. Write down two low-nutrient and junk food items you think that might be on sale in the canteen.
- iii. The importance of a balanced diet to improve the nutritional level of students was constantly discussed. What is meant by a balanced diet?
- iv. Mention two organized games that are suitable for the students, in addition to athletic events present in the school.
- v. Name the main program that the school can implement for athletics and name the two main categories of athletics.
- vi. Mention one short-term and one long-term problem that can be caused by the consumption of low-quality foods carelessly sold in the canteen.
- vii. Mention two compulsory physical education programs that should be implemented in a school.
- viii. Mention two criteria that can be used to inspect the personal health status of school children as confirmed by the above facts.
- ix. Mention two physical needs of the school students who are in their late-childhood stage.
- x. Mention what is intended to develop by paying more attention to the aesthetic abilities of the students through this inspection. (Marks - 2 X10)

Part I

Answer only two questions.

02. "There is a healthy mind in a healthy body." is one of the strongest sayings related to the field of health and sports. There are many factors that contribute to maintain total health. It is our responsibility to properly manage our personal health as well as our social health.

- I. Mention 3 lifestyles suitable to maintain total health.
- II. Mention 3 current challenges to maintain total health.
- III. Mention four actions you can take to overcome these challenges.

(3+3+4) = 10

03. As the last few years of your childhood is coming to an end slowly and reaching adolescence, you may have faced new experiences, happiness, and as well as restlessness. As a small child you have been loved and cherished by everyone, but now there might be a clear change in your way of thinking along with your physical changes.

- I. Mention 4 physical changes you faced during this stage.
- II. Mention the nutrient that the adolescent girls need more of once they begin their menstrual cycle. Name a food containing that nutrient.
- III. Mention 2 social needs of youth.
- IV. Mention 4 physical needs of a middle-aged person.
- V. Mention 2 services rendered to the society by the elderly.

(2x5) = 10

04. Always keeping the joints of the body in proper positions maintains a correct posture. It is also wonderful that the principles of biomechanics are constantly being manipulated for physical activities.

- I. Mention 2 factors related to balance in the correct posture.
- II. Mention 2 sports activities where the center of gravity is placed outside the body.
- III. Write down 4 possible effects of wrong posture.
- IV. What are the principles of biomechanics that influence dynamic postures?

( 2+2+4+2 ) = 10

Part II

Answer only two questions.

05. The lecture given by the Public Health Inspector of the area was very important. There, he informed that the dengue mosquito population has increased rapidly with the accumulation of water after the continuous heavy rains recently and the attention and concern of the people in the country should be drawn to overcome this epidemic as soon as possible. Further, he reminded us of how we should act as school children regarding this.

- I. How did the Public Health Inspector correctly explain that dengue is transmitted?
- II. The Public Health Inspector mentioned a number of symptoms used to identify a dengue patient. Name 4 of them.
- III. Mention 3 actions that we can follow to prevent dengue.
- IV. Write down 3 actions that a patient with dengue fever should follow.

(2+2+3+3) = 10

06. Briefly describe the steps you would take to address the following challenges successfully and positively.

I. You were studying in grade 9 in 2019 and after being promoted to grade 10 in 2020 you noticed and terrified that your body was undergoing remarkable changes. How did you react to this situation?

II. What would you do if you realize that a friend of yours is neglecting his studies by misusing the mobile phone given to him by his parents for his studies due the current situation in the country?

III. What would you do when your aunty who has a small baby is going to stop breastfeeding her child and start giving the baby the milk powder, she has seen in a TV commercial?

IV. What would you do when you saw your elder brother is getting ready to go for a walk down the street for no particular reason without even wearing a face mask amidst the Covid-19 pandemic situation in the country?

V. What would you do when your friend who is in Grade 11 tells you that his father who is a heavy drinker shouts at and insults his family every day? (2x5) = 10

07. Select and answer one question from Section A, B and C.

Section A - Volleyball

I. As the House Captain, you will be responsible for coaching the under-17 volleyball team of your house which will be played at the inter-house sports-meet volleyball tournament to be held this year. Mention 4 basic skills you introduce them.

II. Briefly explain the way you would train an amateur player in one of those skills.

III. Mention how you would act as a referee in the following instances.

- a) The server of Shakthi team has served the ball before the referee's whistle.
- b) A back row player jumps from behind the spiking line and makes a successful hit, landing in the front zone of the court.
- c) The ball touches the body twice in a row and passes to the opposing team as the server serves the ball.
- d) When the ball is passed to the opposing team it bounces off the opponent's hand and falls to the ground, the same player spikes and picks up the ball again.
- e) The server attempts to serve the ball from the center of the serving area ( 2+3+5 )

Section B – Netball

I. Mention 4 basic skills of netball.

II. Briefly explain the way you would train an amateur player in one of those skills.

III. Mention how you would act as an umpire in the following instances.

- f) When a player is in a wrong play area
- g) An opposing team player jumps on the body of the player holding the ball.
- h) Opposing players gain simultaneous possession of the ball.
- i) Opposing players obstructing the shooter being within a distance of less than 3 feet in the goal circle
- j) An opposing player throwing the ball out of the court. ( 2+3+5 )

Section C - Football

- I. Mention 4 basic skills related to football.
- II. Briefly explain the way you would train an amateur player in one of those skills.
- III. Mention how you would act as a referee in the following instances.
  - a) An angry attacking player kicks a defending player.
  - b) When the ball bounces off the goal line by the opposing team players (attacking players)
  - c) Opposing team players deliberately attack an attacking team player in the goal zone.
  - d) Passing the ball before the referee's whistle at the start of the second half.
  - e) A frontline player stays in the area without the ball when there are only three players on the opposing team and successfully hits the ball into the goal. (2+3+5)



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