



# Jaffna Hindu College

## 1<sup>st</sup> Term Evaluation Exam - 2022

Grade - 09

Health & Physical Education

Time : 2 hours

Name/ Index No: .....

### Part- I

● Under line the most suitable answer.

01. Which one of the disease is not an infections disease?  
1) Dengue                      2) Malaria                      3) Diabetes                      4) Diarrhea
02. Which one of the harmful effect of sound pollution?  
1) Defects of ear                      2) Irritability .  
3) Confuse the peaceful environment                      4) All the above
03. Who was proposed the theory of human needs?  
1) Abraham marslow                      2) James Ni smith  
3) William G. Morgan                      4) Robert Walter Gamec
04. Which is the disease form elderly time of weak bones?  
1) Slim                      2) Osteoporosis                      3) Bone fracture                      4) Diarrhea.
05. How to call without arch in the lumber region of vertebral column?  
1) Scolysis                      2) Flat back                      3) Lordosis                      4) Kyphosis
06. Which deficiency in Vit - D?  
1) Scurvy                      2) Goitre                      3) Rickets                      4) Night blindness
07. Which one of the game is organised game?  
1) Volley ball                      2) Net ball                      3) foot ball                      4) all the above
08. In which year introduce the volley ball in Sri Lanka?  
1) 1916                      2) 1921                      3) 1985                      4) 1991
09. Which is not an indoor game?  
1) Basket ball                      2) Table tennis                      3) Kabadi                      4) carrom
10. In Which game is start with service?  
1) Net ball                      2) foot ball                      3) Basket ball                      4) volley ball

11. Which one of the skill of net ball game?  
1) Skip                      2) Kick                      3) Shooting                      4) Service
12. How many players are participating in foot ball game in a team?  
1) 11                      2) 07                      3) 06                      4) 15
13. Who was introduce the net ball in Sri Lanka?  
1) Mrs. Jenny Greene                      2) William G. Morgan  
3) James Ni Smith                      4) Robert walter Gamec
14. Which one of the group is short distance race?  
1) 100 m, 800 m, 1500 m                      2) 100 m, 200 m, 400 m  
3) 200 m, 400 m, 800 m                      4) 1500 m, 800 m, 5000 m
15. Which one is any time and any place?  
1) Disaster                      2) Accident  
3) Abuse                      4) Sexually transmitted disease
16. Love and security are included....  
1) Social needs                      2) Spiritual                      3) Physical                      4) Mental needs
17. Which game is played with bat and ball?  
1) Cricket                      2) Elle                      3) Tennis                      4) All the above
18. Which race event is example of standing start?  
1) 1500 m                      2) 400 m                      3) 100 m                      4) 4x100m Relay
19. Which one is field activity?  
1) Volley ball                      2) Net ball                      3) Forest research                      4) Elle
20. Which is not protective method of Covid - 19 ?  
1) Maintain the social distance                      2) Sharing Food  
3) Wearing Mask                      4) Covid - 19 Vaccination

(20x2= 40 Marks)

**Part - II**

● **Answer five question including question No.1**

01. 1) Give three common health issues in for society.  
2) Give four components attached in Environmental Pollution  
3) Write three effects of land pollution?  
4) Give three effects by diseases. (4x3= 12 Marks)
02. 1) Draw the steps of human needs described by marslow.  
2) What is self satisfaction?  
3) Name three religious leaders are followed self satisfaction.  
4) Mention three special features that should follow self satisfaction. (4x3= 12 Marks)
03. 1) What is correct posture?  
2) Mention two types of postures and given two example each one.  
3) Mention three benefits of maintain the correct posture  
4) Give four health habits that should avoid the defects of incorrect posture. (4x3= 12 Marks)
04. 1) Give three special features of organized games?  
2) Mention five types of athletic games.  
3) Give three physical benefits of out door activities?  
4) Give four examples of self defense games? (4x3=12 Marks)
05. 1) Mention three skills of volley ball?  
2) What is organized game?  
3) Mention four steps of spiking?  
4) Give three factors when consider the success Ful blocking. (4x3=12 Marks)
06. 1) Mention four skills of net ball.  
2) Mention four steps to cover the players in net ball.  
3) Give three faults in blocking, attacking and throwing in net ball.  
4) Draw and mention the measurement of netball Court. (4x3=12 Marks)