



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

**THIRD TERM TEST - 2018**

**Grade 09 HEALTH AND PHYSICAL EDUCATION**

Two Hours

Name / Index No. :

**PART - I**

- Answer all questions on this paper itself.
- Fill in the blanks using the correct words given in the bracket for questions No. 01 to 05.

(visual / late childhood / kho kho / diarrhoea / filaria / childhood / basketball / AIDS / non-visual / tennis)

- 01 ..... is an infectious disease transmitted through polluted foods and water.
- 02 Two year old aged child belongs to .....
- 03 ..... is a disease which destroys the natural immunity of the body.
- 04 ..... is an indoor game.
- 05 ..... baton changing method is commonly used in 400m x 4 relay races.

- Underline the correct answer for question No. 06 to 15.



The correct answer labelled as A in the above diagram is,

- (1) Better security (2) Engaging in religious activities
- (3) Reducing loneliness (4) Getting support when making decisions
- 07 The abnormality depicted in this diagram is,
- (1) Kyphosis
- (2) Lumbar lordosis
- (3) Scoliosis
- (4) Flat back
- 08 A test which can be used to measure the muscular strength,
- (1) Push up test (2) Beep test
- (3) Standing long jump test (4) All of the above
- 09 A knot which is commonly used to put arm sling,
- (1) Reef knot (2) Clove hitch (3) Sheet bend (4) Bowline knot



10 A type of bonfire depicted in this diagram is,

- (1) 'A' fire
- (2) Reflector fire
- (3) Rectangular fire
- (4) Pyramid fire



11 What is the need which should be at the top, if the needs are arranged to an order?

- (1) Love
- (2) Selfactualization
- (3) Security
- (4) Self-esteem

12 The two vitamins which are highly important for the wellbeing of skin,

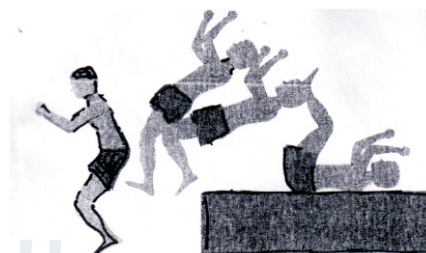
- (1) Vitamin A and D
- (2) Vitamin B and C
- (3) Vitamin A and C
- (4) Vitamin B and D

13 Distance of baton changing zone is,

- (1) 10m
- (2) 15m
- (3) 20m
- (4) 25m

14 What is the stage that a high jumper can practise by engaging in this activity in flop method ?

- (1) Take off
- (2) Clearing the cross bar
- (3) Landing
- (4) Above all



15 A Libero is a back player.

- B Though it requires minimum five players for volleyball team, for a match, any number of players can play the match.
- C A back row player can hit the ball at any height from the back zone.
- D Blocking cannot be done by back row players.
- E Hands can be placed over the top level of the net and can be touched the ball before spiking by an opponent.

Correct statements should be,

- (i) A, B, E
- (ii) A, C, D
- (iii) B, C, D
- (iv) C, D, E

• If the following statements are correct put (✓) if not put (✗) for question No. 06 to 10.

- 16 Physical deformities occur due to two reasons. (.....)
- 17 We should not question directly from the umpires on their decision during the match. (.....)
- 18 Fried potatoes is a processed food. (.....)
- 19 Unit fire is very suitable for cooking foods for a large group. (.....)
- 20 A goal can be scored directly from a throw - in. (.....)

(2 x 20 = 40 marks)

• **Answer five questions including the question No. 01.**

01 Charuni is in grade 09 and she was admired by others because of her speech delivered on 'Thought of the Day'. During her speech, she delivered valuable ideas on nutrition for school children and on how to face challenges successfully. In addition to that, Charuni emphasized during her speech that the sports can be used to relax the busy mind.

- (i) Mention the age range that Charuni belongs to.
- (ii) Name two bad eating habits that can be influenced on ill health of children of this age.
- (iii) Mention two challenges that have to be faced by school children.
- (iv) Write two ways of facing challenges successfully.
- (v) Name two co-curricular activities that you can engage in the school.
- (vi) Mention two advantages that you can gain by engaging in co-curricular activities, that are not mentioned in the paragraph.
- (vii) Charuni is a netball player. Write the minimum and maximum number of players that can be played in a netball team.
- (viii) Name two skills of Netball. (2 x 8 = 16 marks)

02 Environmental pollution, abuse and coercions are commonly seen in current society, and those are big problems to create a healthy surrounding.

- (i) Define air pollution. (03m.)
- (ii) Mention four incidents which can be considered as abuse and coercions. (04m.)
- (iii) Name four activities related to health promotion that can be implemented in a school under the establishing of health policies. (04m.)

03 Free from nutritional problems and correct postures can be maintained through the fulfillment of nutritional requirements.

- (i) What is a correct posture? (03m.)
- (ii) Write four health programmes that are implemented by the government in reducing child malnutrition. (04m.)
- (iii) Mention four actions that you can take to improve the quality of nutrition and to increase the absorption of nutrients. (04m.)

- 04 There are lot of challenges in our living society that are highly influence on personal wellbeing.
- (i) Name three non-communicable diseases. (03m.)
  - (ii) Write four negative consequences due to the conflicts among school children. (04m.)
  - (iii) Write four harmful effects of modern technology. (04m.)
- 05 We can lead a successful life by understanding own duties and responsibilities and facing mental stress successfully.
- (i) Write three possible situations which are reasons for a school child to being subjected to mental stress. (03m.)
  - (ii) Write four good habits that help to face the stress successfully. (04m.)
  - (iii) Mention four responsibilities of parents towards their children. (04m.)
- 06 In classification of athletics, it can be classified as track events and field events.
- (i) Name three techniques in high jump. (03m.)
  - (ii) Write four phases of long jump respectively. (04m.)
  - (iii) Mention two rules related to throwing events. (04m.)
- 07 There is a high attraction towards organized games all over the world.
- (i) Write three common features of organized games. (03m.)
  - (ii) Write four methods of defending the player in netball. (04m.)
  - (iii) Write two activities that can be used to practise 'keeping the ball that is coming along the ground in goal keeping in football'. (04m.)

**Grade 09 ANSWER PAPER PART - I Health & Physical Education - 1/2**

(01)	Diarrhoea	(02)	Childhood	(03)	AIDS	(04)	Basketball	(05)	Visual
(06)	2	(07)	2	(08)	3	(09)	1	(10)	3
(14)	iv	(15)	ii	(16)	✓	(17)	✓	(18)	✗
						(19)	✗	(20)	✗

(2 × 20 = 40 marks)

**PART - II**

- 01 (i) 10 - 19 years
- (ii) Skipping the breakfast / Eating junk and fast food / Consuming sweetened fizzy drinks / Consuming alcohol
- (iii) Alcohol and drugs / Abuse and coercions / Unhealthy food habits / Problems related to family background / Improper use of technology
- (iv) Making correct decisions / Following advices of adults / Time management / Association of good friends
- (v) Clubs, sports / Aesthetic programmes (art, dancing, music) / Cadets / Scouts / Religious programmes etc.,
- (vi) Minimizing diseases / Being active / Being pleasant / Increasing the number of friends etc.,
- (vii) Max - 07 / Min - 05
- (viii) Ball controlling / Footwork / Attacking / Defending / Shooting (2 x 8 = 16 marks)
- 02 (i) Changing the atmospheric composition due to contamination with toxic or harmful substances. (03m.)
- (ii) Sexual abuse / Employing of under - aged children as domestic workers / Verbal abuse / Neglect / Physical and mental abuse etc., (04m.)
- (iii) Banning of polythene / Bring a cover to put waste matters / Waste management / Bring a lunch box / Banning of oily foods / Providing clean drinking water / Maintaining a healthy canteen etc., (04m.)
- 03 (i) Proper alignment of the body during a movement or when in a still position. (03m.)
- (ii) Promotion of breast feeding / Providing Thripasha / Monitoring growth / Providing vitamin A mega dose / Promoting proper hand washing etc., (04m.)
- (iii) Preparing a dish with different types of food. / Soaking gram prior to cooking / Adding grated coconut, lime juice, maldive fish to green leaves / Avoid drinking tea, coffee before or immediately after meals etc., (04m.)
- 04 (i) Heat attacks / Diabetes / Cancers / High blood pressure / Stroke etc., (03m.)
- (ii) Mental illnesses / Disruption of education, Physical ailments (injuries, disabilities, loss of life) / marginalization from the society (04m.)
- (iii) Unemployment due higher use of machinery / Manufacturing dangerous chemicals and nuclear weapons / Lack of life skills development / Leading astray / Sedentary lifestyle etc., (04m.)

- 05 (i) Conflicts of parents / Diseases / Deaths of parents / Competitive exams etc., (03m.)  
(ii) Time management / Making remedies by identifying problems  
Pre preparation for challenges / Proper rest and sleep / Engaging in hobbies  
Engaging in religious activities / Meditation etc., (04m.)  
(iii) Providing adequate nutrition.  
Providing proper education and motivation.  
Providing love and security.  
Giving opportunities to improve skills.  
Maintaining a conflicts free home environment. (04m.)
- 06 (i) Scissor jump / Eastern cutoff / Western roll / Straddle method / Frosbery flop method (03m.)  
(ii) Approach run / Take off / Flight / Landing (04m.)  
(iii) Should start attempting the throw within one minute after name has been announced.  
The shot and the discus should be thrown from inside the throwing circle.  
Equipments should be landed in the area between lines marked.  
Should not leave the circle or runway until the throwing equipment has landed.  
After putting the shot or throwing the discus, the thrower should leave the circle from the back of the circle and after throwing javelin, the thrower should leave the runway from the back of the runway.  
After competition has started no athlete is allowed to engage in practice activities. (04m.)
- 07 (i) Accepted rules and regulations  
Standard number of players.  
Standard court measurements and equipments etc., (03m.)  
(ii) standing in front of the attacker.  
standing behind the attacker.  
standing beside the attacker.  
standing opposite the attacker. (04m.)  
(iii) Give marks for correct activities. (04m.)

