



## Second Term Test - Grade 11 - 2019

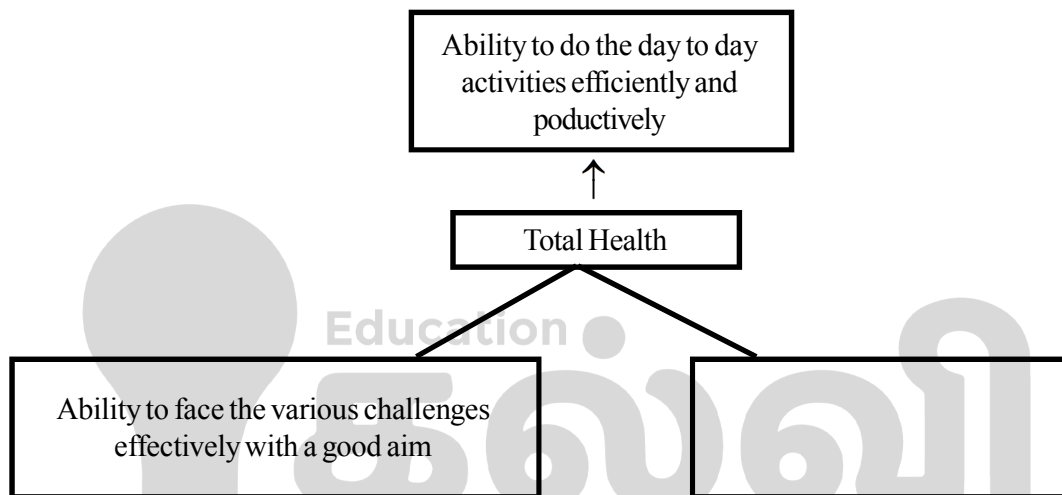
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Name/Index No: ..... Health and Physical Education - I

Time: 01 hour

- Answer all the questions

- (1) The following diagram, was taken from a health exhibition which was organized by a group of students in grade 11, shows the definition of the total health.



Select the suitable statement to fill the above empty cage.

- Consuming nutritious, food, being free from diseases and engaging in physical exercises daily.
- Ability to engage in any activity for a long period of time with less effort.
- Developing good interpersonal relationships with others in the society and maintaining it.
- The process of fertilization of ovum takes place at.

- (2) Darshan : I engage in physical exercises to improve my physical fitness.  
 Janith : I avoid from alcohol, illicit drugs and smoking forever.  
 Pradeep : I have been practising for 4 months to finish 200 m running event within 22 seconds.

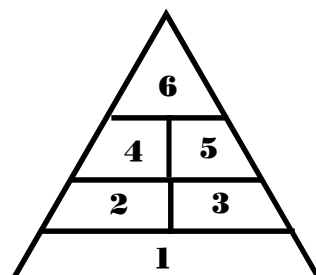
Among these students, who has a target to achieve his goal in a short period of time according to the physical and social well being.

- Pradeep
- Darshan
- Pradeep & Darshan
- Janith

- (3) According to the physical, mental, social, and spiritual well-being, which of the students have long term targets?

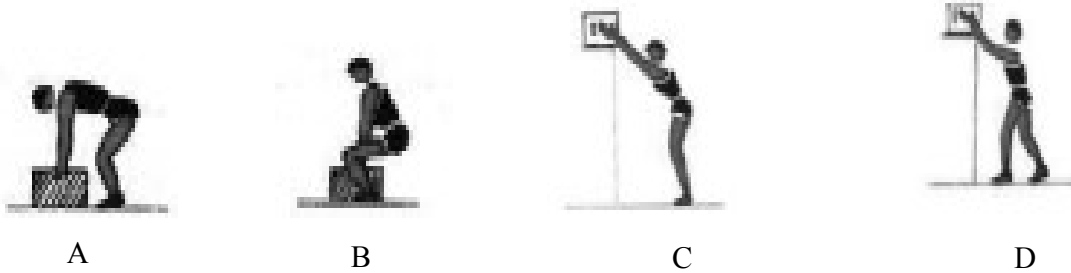
- Janith and Pradeep
- Janith and Darshan
- Pradeep and Darshan
- Only Darshan

- (4) Select the misconception about food and nutrition among the following statements.  
 A - Powdered Milk is a complete food.  
 B - Natural food carry high nutritional value.  
 C - Expensive food items carry more nutritional value.  
 D - Constipation can be avoided by consuming food rich in fiber.
1. A and B                      2. B and C                      3. B and D                      4. A and C
- (5) The assurance obtained where no harm or danger will occur from food when it is prepared and consumed.
1. Fattening food                      2. Food safety  
 3. Food preservation                      4. Food consumption
- (6) Kavinda is studying in grade 10. His height and weight was increased. The growth of his muscles was increased. His larynx protrud, his voice became rough and he engages in social work.  
 According to the above features, he is in his.
1. childhood stage                      2. old age                      3. youth stage                      4. adolescence stage
- (7) Answer question number 7 and 8 using the following information.  
 Vishaka - Suffering from Vitamin B deficiency.  
 Devinda - Suffering from Iron deficiency.  
 Mala - Suffering from Vitamin A deficiency.  
 Reskin - Suffering from Iodine deficiency.  
 According to the medical report, Devinda's illness was,
1. Anaemia                      2. Decaying mouth  
 3. Decrease in production of thyroxine                      4. Night blindness.
- (8) Eating red rice with Kathurumurunga mallum is more suitable for,
1. Riskith                      2. Mala                      3. Vishaka                      4. Devinda
- (9) What is the most nutritious food?
1. Milkrice with greengram                      2. Milkrice  
 3. Sausages                      4. Egg buns
- (10) What is the nutritional value of adding Lime juice when preparing a vegetable salad?
1. Increasing the taste of the salad.  
 2. Increasing the absorption of iron in vegetables.  
 3. Decreasing the absorption of iron in vegetables.  
 4. Avoiding the contamination with micro-organism
- (11) Which number depicts the place where carbohydrates containing in rice, bread etc should be in the following food pyramid.

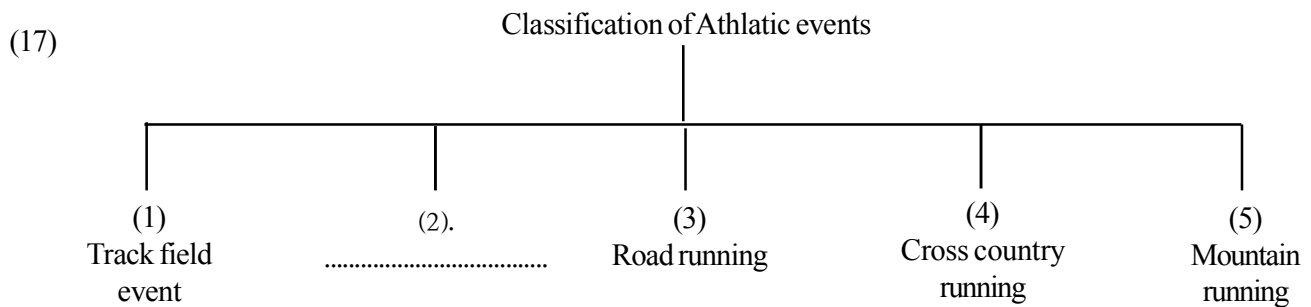


1. 1                      2. 2 and 3                      3. 4 and 5                      4. 6

- (12) Which vaccine should be given to a baby within 24 hours after the birth.
1. B. C. G. vaccine
  2. Rubellar vaccine
  3. Polio Vaccine
  4. Measles vaccine
- (13) An effect that causes an object which remains at rest to move or which changes the nature of motion of an object is called as,
1. force
  2. balance
  3. momentum
  4. inertia
- (14) Which posture is not a dynamic posture, among the following posture?
1. Walking
  2. Running
  3. Jumping
  4. Sitting



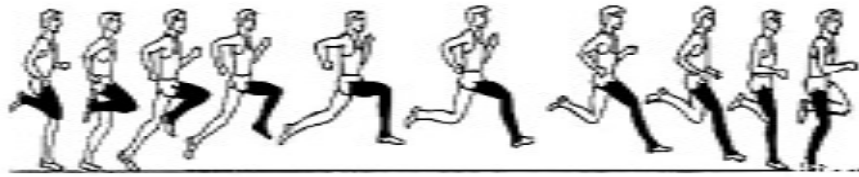
- (15) The above diagrams show how lifting a weight to a higher position and lowering a weight which is at higher position. Select the diagrams which depict the correct postures.
1. A and C
  2. A and D
  3. B and C
  4. B and D
- (16) When a person stands with both arms by the side and then raises the arms up.
1. The position of the centre of gravity goes down.
  2. The position of the centre of gravity goes higher
  3. The position of the centre of gravity doesn't change.
  4. A correct conclusion cannot be given.



The most suitable event for the blank is,

1. horizontal jump
2. middle distance
3. combined events
4. race walking

(18)



The above diagram depicts.

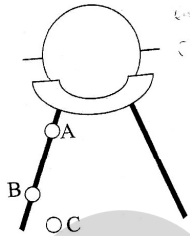
1. Long jump
2. Triple jump
3. The phases of running stride
4. A running exercise

- (19) A. There are three commands for crouch start.  
B. In crouch start, the race is started at 'get set' command.  
C. When starting running events, the athlete cannot touch the starting line.

Which statements are correct of the above statements.

1. A and C
2. A and B
3. B and C
4. A, B and C

(20)



Above diagram shows the places where the shot was landed when it was thrown by three athletes in a shot put event which is the correct landing?

1. A, B and C
2. B and C
3. A and C
4. C

- (21) For which event that an athlete can participate in by wearing only one bib containing his or her number either on the chest or at the back?

1. Hurdling
2. Shot put
3. High jump
4. Long jump

- (22) The length of a standard running track should be 400m. It should consist of a minimum 8 lanes. The width of the a running lane should be,

1. 1.2 m
2. 1.22 m
3. 1.25 m
4. 1.28 m

- (23) A factor that helps, to maintain the balance of the body is,

1. a strong supporting base
2. a wide supporting base
3. a flexible supporting base
4. a smooth supporting base

- (24) A - Not making marks along the path used for walking and using these to find the way.

B - Gaining knowledge on how to use the compass and maps.

C - Gaining skill in identifying foot print of animals.

The facts that special attention should be drawn to in jungle explorations are,

1. B and C
2. A and B
3. A and C
4. A, B and C

- (25) A method that was used to find the direction in an ancient time was,

1. by using light houses
2. by using landmarks
3. by using the position of constellations
4. by using radar method

- (26) Neonatal stage is the period
1. from birth to 28 days.
  2. from one month to one year
  3. from one year to five years
  4. from six years to 10 years
- (27) \*
- \* Maintaining a good mental condition
  - \* Being happy
  - \* Leading a carefree life
  - \* Developing the fruitful interpersonal relationships in the society.
- Above psychosocial needs should be fulfilled during
1. youth
  2. infant stage
  3. adolescence
  4. antenatal stat
- (28) According to the definition of the World Health Organization (WHO), health promotion means.
1. developing the health status by controlling the bad effects for ones health.
  2. physical, mental, social and spiritual well being of a person.
  3. get a theme for the health promotion and organize it.
  4. prepare policies related to health promotion.
- (29) The details of three students who are learning in a school are given below. Answer questions 29 and 30 using these details.
- \* Viraj - Clever in his studies, gets angry very quickly, likes to live isolated and follows good health babits.
  - \* Methun - Clever at studies, his weight is tally with his height, very popular at school.
  - \* Kamani - Clevre at studies, clever at sports, very popular among the students and teachers prefers to eat fruit and vegetables.
- Among these three students, who has the best physical health?
1. Kamani
  2. Viraj and Kamani
  3. Methun
  4. Methun and Kamani
- (30) Who must develop the mental health?
1. Kamani
  2. Methun
  3. Viraj and Methun
  4. Viraj
- (31) Ovum is fertilized
1. in the male reproductive system.
  2. in the excretory system.
  3. in the nervous system
  4. in the female reproductive system.
- (32) Which answer group has the diseases related to the digestive system?
1. Diarrhoea, typhoid, tuberculosis
  2. Diabetes, high blood pressure, piles
  3. Gastritis, cancer in the oesophagus, cirrhosis
  4. paralisis, cold, diabetes
- (33) \*
- \* Removing waste products from the body and maintaining the balance of fluid and minerals.
  - \* Releasing hormones which help to produce red blood cells.
  - \* Helping to control blood pressure of the body.
- What is the system that functions the above tasks?
1. Blood circulatory system
  2. Excretory system
  3. Respiratory system
  4. Digestive system

- (34) The substitute players in Volley ball, means,
1. The players in the line - up sheet
  2. The players in the line - up sheet including the libero player.
  3. The players who are not included in the line - up sheet except the libro player.
  4. All the players in the Volleyball team.
- (35) The minimum number of players should be included in a Netball team are,
1. Seven
  2. Five
  3. Six
  4. Four
- (36) In Football, which player can touch the ball with hands?
1. Goal keeper
  2. All the players in the team
  3. Leader of the team
  4. Nobody can touch the ball with hands.
- (37) It is not an objective in First - Aid,
1. Possibility of saving the life of the patient
  2. Proper knowledge and training in giving First aid.
  3. Preventing deterioration of the condition of the patient.
  4. First aid can be helped to cure the patient
- (38) At present, the PRICE method cn be used to give First aid in an accident In this method the letter P' stands for,
1. Protecting the body part that was injured
  2. Keeping in rest thebody part that was injured.
  3. To give pressure to the body part that was injured.
  4. To keep the body part that was injured in a higher position.
- (39) The person who pioneered to start the modern Olympic Games was,
1. The emperor Theodosius
  2. James Neismith
  3. Pierre de Conberti
  4. William G Morgan
- (40) The host country, that the world Cup Cricket will be held in 2019 is,
1. South Affrica
  2. Australia
  3. New Zealand
  4. England



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Name/Index No: ..... Health and Physical Education - II Time: 02 hours

- First question is compulsory
- Answer all together five questions including the first question and another four.

(1) The Principal of Sandungiri Vidyalaya stated in a staff meeting that students can gain experiences by organizing an Interhouse Sportsmeet in the school. He further said that this allows to create total health in students and primary students should also be given an opportunity while including sports events such as volleyball, netball and athletics. And also he suggested that the students should be given a glass of Porridge (Kola Kenda) on the days when the events are held. Teachers suggested that the drill display and the marching squad should be included too.

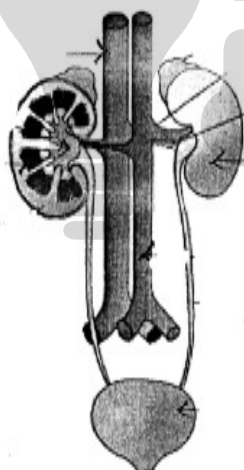
- Mention two factors that should be developed in students related to total health.
- Name the life stage that primary students of a school belong to.
- Write two factors which cause sports accidents
- Write two correct standing postures which should be followed in a marching squad.
- State two organized games that can not be seen in a sportsmeet.
- Name two horizontal jumps that will be included in this sportsmeet.
- Name 2 qualities that should be possessed by a first aid giver.
- Mention two benefits of giving a glass of porridge (kola kenda) on the days that events are held.
- State 2 factors of physical fitness.
- Mention another physical education activity which can be organized in a school other than the sportsmeet.

(2) There are many other personal needs to be fulfilled other than getting rid of diseases or other physical weakness in order to become a person of total health. These needs of individuals differ based on the life stage that they are in.

- Write two challenges which are faced by the individuals when it comes to maintaining total health. (2 marks)
- Mention 3 suitable life style habits that are helpful in order to maintain total health in a person. (3 marks)
- State 2 physical needs that should be fulfilled in a baby of neonatal stage in order to make the baby get used to the new environment. (2 marks)
- Write 3 steps that should be considered by the youth when fulfilling their own needs. (3 marks)

- (3) Consumption of healthy food will ensure a healthy life and keep you and your family away from diseases.
- Define what is meant by food allergies. (2 marks)
  - Mention to instances where actions should be taken to ensure food safety. (2 marks)
  - Write 3 examples for instances of protecting the nutritional value of food. (3 marks)
  - 'It is important to select nutritious food for a healthy life'  
If you are expected to prepare a brochure based on above topic to raise awareness among parents , write 3 factors that you will include in it. (3 marks)
- (4) Briefly discuss how you would react in following situations.
- You see a set of primary students of your school happily playing in the play ground while it is lightening and drizzling rain has begun to fall.
  - You see a parcel without an owner by the school gate as you are on your way to school early in the morning.
  - Your friend claims that she has become fat and as a precaution she skips her breakfast and drinks a glass of milk for her dinner.
  - An athlete claims that he feels faintish while he is engaged in sports practices.
  - An old man is standing uncomfortably beside you while you are seated in a bus.
- (2 × 5 = 10)

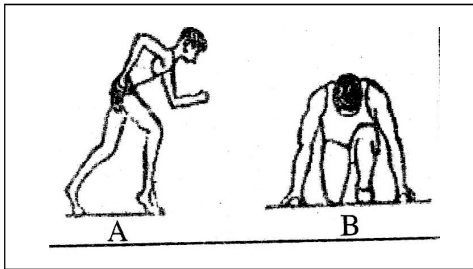
(5)



- Write 02 functions of the above organ for the proper maintainance of our body. (2 marks)
- Write 3 steps that can be taken to avoid diseases and protect this system. (3 marks)
- State 2 harmful effects occurred in a body of a person who is extremely dehydrated as a result of excessive loss of water. (2 marks)
- Write 03 firstaid steps that should be performed to a person who is extremely dehydrated (3 marks)

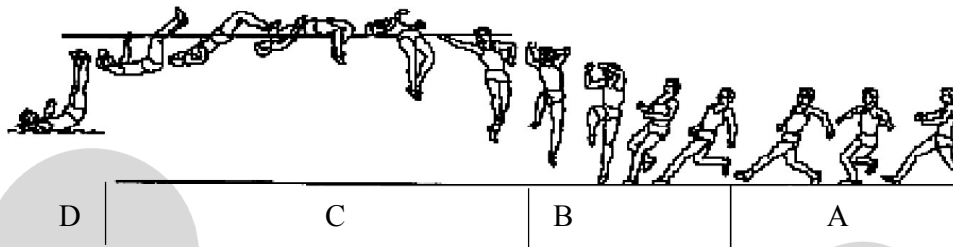


- (6) (i) Write the numbers of each competitor separately, who is engaged in different starting styles in the picture. (2 marks)



No	Event
35	800m, 1500m
40	400m, 4 × 400m
54	Marathon
60	110m H 400m H

- (ii) Name the two types of baton change in a relay race. based on the side of the body from which the receiver receives the baton (2 marks)
- (iii) Name the stages A and C in the picture. (2 marks)



- (iv) State 2 common rules used in shotputting. (2 marks)
- (v) Name two techniques used in long jump. (2 marks)

- (7) Select one section from 'A, B and C' and answer the questions.

### Part A

- (i) (a) State how beginner players should be positioned in a volleyball court. (2 marks)
- (b) Draw a sketch to indicate how beginner players should be positioned in a volleyball (2 marks)
- (ii) Explain 3 activities that can be used to practice spiking skill to a beginner of volleyball (3 marks)
- (iii) State the judgements that you will make regarding the following occasions if you are a referee of a volleyball game.
- The server of a team makes two consecutive attempts to serve the ball, when he is authorized to serve the ball .
  - A player whose name is not enlisted in the team card is playing in the volleyball court.
  - A player hitting the ball, when it is above the top level of the net after being lifted through an over arm pass by the libero player in the back zone. (3 marks)

### Part B

- (i) Name 3 basic skills of netball. (3 marks)
- (ii) Explain two activities that can be used to practice two of the above mentioned skills to a beginner of netball. (4 marks)
- (iii) If you are a referee of netball match state the judgements made by you regarding the following situations.
  - (a) A player is moving to an off side.
  - (b) Two opposing, players gain simultaneous possession of the ball
  - (c) Recieving the centre pass without touching the centre area. (3 marks)

### Part C

- (i)
  - (a) Name the least number of players that can be in a football game.
  - (b) Write 3 occassions that a kick-off is used. (4 marks)
- (ii) Explain 3 activities that can be used to practice the skill of controlling the ball to a beginner in football (3 marks)
- (iii) Imagine that you are the referee of a football match and give judgements to following situations.
  - (a) A player continues playing when the ball has touched the line of the football court.
  - (b) The back foot of a player does not touch the ground when he is about to throw-in.
  - (c) The ball rebounds off a goalpost when the play is on and remains in the field of play. (3 marks)



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## Health & Physical Education - Answer Paper

### Paper I

Question number	Answer	Question number	Answer	Question number	Answer	Question number	Answer
1	3	11	1	21	3	31	4
2	1	12	1	22	2	32	3
3	2	13	3	23	2	33	2
4	4	14	4	24	1	34	3
5	2	15	4	25	3	35	2
6	4	16	2	26	1	36	1
7	1	17	3	27	4	37	2
8	3	18	3	28	1	38	4
9	1	19	1	29	2	39	3
10	2	20	4	30	4	40	4

### Paper II

- (1) (i) Physical, mental, social and spiritual well-being.
- (ii) Late childhood
- (iii) \* lack of physical fitness  
\* no pre-preparation  
\* not using suitable sportswear  
\* not using proper equipment  
\* not using playgrounds with facilities
- (iv) \* Attention position \* stand at ease
- (v) football, cricket, etc
- (vi) Long jump, triple jump
- (vii) \* Patience  
\* knowledge on first aid  
\* skillfulness  
\* making correct decision  
\* kindness  
\* does not feel loathing
- (viii) \* high level of nutrition  
\* less expensive  
\* It is a food that can be taken easily.
- (ix) \* cardiovascular fitness  
\* muscular strength  
\* flexibility  
\* body composition  
\* muscular endurance
- (x) Physical fitness programme  
Outbound training programmes

(2 × 10 = 20)

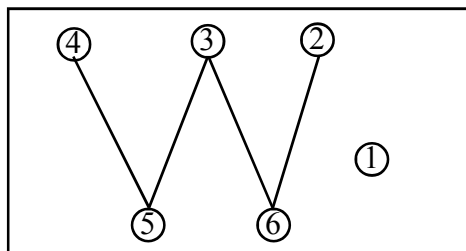
- (2) (i) \* population density  
\* economy and level of education  
\* development of technology  
\* war, refugee status / natural disasters  
\* competitive life style (2 marks)
- (ii) \* Good eating habits  
\* Active life style and exercise  
\* Maintaining an appropriate BMI  
\* Adequate sleep and rest  
\* Leading a simple life style  
\* stress management  
\* Avoiding alcohol, drugs / smoking (3 marks)
- (iii) 1. nutritional needs  
2. Growth  
3. protection (2 marks)
- (iv) \* achieve a high level of education  
\* obtain necessary qualifications for suitable employment.  
\* Good time management  
\* leading a responsible life with understanding  
\* Develop skills. (3 marks)
- (3) (i) An abnormal reaction mounted by the body's immune system against some food items can be defined as food allergies (2 marks)
- (ii) 1. Manufacture of food  
2. Transportation of food  
3. storage of food  
4. preparation of food  
5. consumption of food (2 marks)
- (iii) \* by cooking several types of food together  
\* adding condiments to improve the taste  
\* Increase iron absorption by adding lime in maldives fish  
\* using fortified food  
\* iodized salt  
\* vitamin A fortified oil (3 marks)
- (iv) \* nutritional value of food  
\* natural quality of food  
\* hygienic nature of food (3 marks)
- (4) If an answer consists of two positive factors full marks can be assigned (2 × 5 = 10 marks)
- (5) (i) \* removing waste products from the body and keeping the internal environment clean  
\* releasing hormones which help to produce red blood cells.  
\* producing vitamin D  
\* Helping to control blood pressure (2 marks)

- (ii) \* drink an adequate amount of clean water  
 \* Avoid taking medication without the doctor's advice.  
 \* control diabetes and blood pressure  
 \* avoid taking alcohol / smoking should be avoided (3 marks)
- (iii) \* low blood volume  
 \* lack of energy  
 \* low oxygen supply  
 \* malfunctioning of kidneys (2 marks)
- (iv) \* patient should be made to lie down on the floor or on a bed (make the patient comfortable)  
 \* loosen tight clothing  
 \* give enough liquids  
 \* give glucose, jeewani or king coconut water from time to time (2 marks)

- (6) (i) A - 35, 54  
 B - 40, 60 (2 marks)
- (ii) 1. inside pass  
 2. outside pass  
 3. mixed pass (2 marks)
- (iii) 1. Approach running - A  
 2. Flight - C (2 marks)
- (iv) 1. After a competition has started no athlete is allowed to engage in practice  
 2. The equipment should be thrown from inside the circle standing in a still position.  
 3. The thrower should not leave the circle until the throwing equipment has landed.  
 4. After throwing the equipment the thrower should leave the circle from the back half of the circle (2 marks)
- (v) 1. the sail technique  
 2. the hang technique  
 3. Hitch - kick technique (2 marks)

(7) **Part A**

- (i) (a) The beginner players are positioned in a 'W' formation (1 marks)  
 (b)



- (ii) Assign marks for correct activities (3 marks)
- (iii) (a) The attempt is a fault, (foul) Give a mark to the opposing team with the serve (3 marks)  
 (b) It's a positioning error and the opposing team gets a mark.  
 (c) It's not an error. The play is continued (3 marks)

## Part B

- (i) \* Ball handling  
\* footwork  
\* Attacking  
\* defending  
\* shooting (3 marks)
- (ii) Assign marks for any correct answer (4 marks)
- (iii) a) Giving a free-pass to player who plays in the same area of the opposing team  
b) A toss up is taken between the two players who were involved in the offence at the place  
c) any player in the opposing team who is allowed to play in that area get a free pass from the place where the offence was committed (3 marks)

## Part C

- (i) a) least number of players - 7 (1 mark)  
b) \* at the beginning of a match  
\* after scoring a goul  
\* At the start of the second half of match  
\* at the start of each period of extra time if the two teams are on a tie (3 marks)
- (ii) Assign marks for any correct answer (3 marks)
- (iii) \* No offence is done. Continuation of the game  
\* offence done. A throw-in is given to the opposing team from the place where the offence was committed  
\* No offence is done. Continuation of the game (3 marks)



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### Health & Physical Education - Answer Paper

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1. developing the health status by controlling the bad effects for ones health.
  2. physical, mental, social and spiritual well being of a person.
  3. get a theme for the health promotion and organize it.
  4. prepare policies related to health promotion.
- (4) Select the misconception about food and nutrition among the following statements.
- A - Powdered Milk is a complete food.  
 B - Natural food carry high nutritional value.  
 C - Expensive food items carry more nutritional value.  
 D - Constipation can be avoided by consuming food rich in fiber.
1. A and B
  2. B and C
  3. B and D
  4. A and C
- (6) Kavinda is studying in grade 10. His height and weight was increased. The growth of his muscles was increased. His larynx protrud, his voice became rough and he engages in social work. According to the above features, he is in his.
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  2. old age
  3. youth stage
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  2. The players in the line - up sheet including the libero player.
  3. The players who are not included in the line - up sheet except the libro player.
  4. All the players in the Volleyball team.

(4 marks)

(2 marks)

(4 marks)

