

# Divisional Education Office Nallur Jaffna

## Second Term Examination - 2015

Time : 3 hour

Health & Physical Education  
Grade 11

Name .....

### Part I

Choose the correct answer and put a 'X' on same number on the answer sheet.

Vimala who follows nutritional food habits performs well in education and is the captain of School's netball team. Further, she is one of the guide moments she behaves in a manner that everyone in the school respect her. She won in events such as long jump and triple jump. Please answer questions (1) – (4) based on the information given above.

1. The character of physical well being found in Vimala is
  - 1) Good nutrition
  - 2) Good interpersonal relationship
  - 3) Happiness
  - 4) Team captaincy
2. In which set of games does netball come in?
  - 1) Minor game
  - 2) Major games
  - 3) .....
  - 4) Athletics events
3. Which activity contributed for Vimala to learn and excel in knots?
  - 1) Leadership
  - 2) Guide activity
  - 3) Sports activity
  - 4) Studying
4. The athletic event jumping is a
  - 1) Field event
  - 2) Track event
  - 3) Throw event
  - 4) Shot event
5. The theory that is not based on influencing factors in health is
  - 1) Communication
  - 2) Agriculture
  - 3) Social development
  - 4) Legislation
6. What is a psychological challenge in a family?
  - 1) Alcoholic father
  - 2) Lack of interest in education
  - 3) Family death
  - 4) Mother's love
7. Choose the correct statements
  - a) Excess oxygen is found during inhalation.
  - b) Excess carbon dioxide is found during exhalation.
  - c) .....
  - 1) a and b
  - 2) a and c
  - 3) a, b, and c
  - 4) b and c

Use below given information to find answers questions from 8 to 10

- a) I am lengthy and possess numerous
  - b) I assist to maintain a healthy body by excretory urea and uric acid.
  - c) I distribute oxygen and glucose all over the body.
8. Who is indicated at c?
- 1) Respiratory system
  - 2) Circulatory system
  - 3) Muscular system
  - 4) Nervous system

9. Which is in relation with excretory system?  
 1) a                                      2) b                                      3) c                                      4) a, b
10. The function carried out by (a) is  
 1) Absorption                              2) Dehydrating                              3) filtration                              4) All the above are wrong
11. The nutrient that helps to body growth and refreshes damaged tissues is  
 1) Carbohydrate                              2) Fat                                      3) protein                                      4) Minerals

**Answer question from 12 to 15 using below given information.**

A – Tiredness look of interest in learning activities, paleness

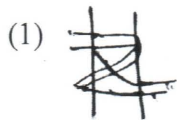
B – Thyroid lower growth

C – Growth deficiency in bone and teeth.

D – Eye sight problems that bar walking outside in night.

12. The deficiency syndrome indicated at (D) is  
 1) Beri Beri                                      2) Night blindness                                      3) scary                                      4) Marasmas
13. The oilment caused due to iodine deficiency  
 1) A                                      2) D                                      3) C                                      4) B
14. The nutrient that causes (A) when it is lacking  
 1) Protein                                      2) Iron                                      3) Fat                                      4) Iodine
15. The nutrient that causes defects indicated at (C)  
 1) Iron                                      2) Calcium                                      3) Vitamin B                                      4) Maganesium

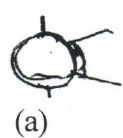
16. Which one of following knots show reef knots?



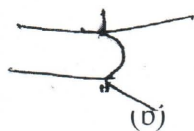
- 4) All the above are correct

17. The essential factor that needs for growth of an infant is  
 1) Food                                      2) Love                                      3) Safety                                      4) All the above and correct
18. Which are below is not a bad effect from using the banned steroids  
 1) Reduction of excretion of hormones                                      2) Lack of male potterty  
 3) Getting heart ailments                                      4) Setting typhoid fever
19. What is the nutritional importance of adding lime juice when preparing vegetable salad?  
 1) To ease the iron absorption                                      2) To increase the taste of salad.  
 3) To increase protein content in salad                                      4) To avoid loosing vitamins.
20. Which one below is correctly described food adulteration

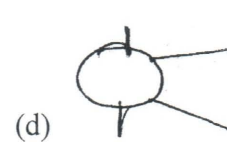
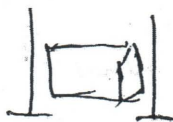
- 1) Mixing papaw seeds into pepper.
- 2) Mixing wheat flour into turmeric powder.
- 3) Mixing stones into rice
- 4) All the above



(a)



(b)



(d)

(e)

21. Sathees is well trained in taking off and Hitch –kick which ground is used by him?

- 1) A
- 2) B
- 3) C
- 4) D

22. To participate in the shot –put kamala should go to ground

- 1) B
- 2) A
- 3) C
- 3) E

23. Which ground is meant for the game that uses a 1kg equipment for ladies?

- 1) A
- 2) B
- 3) E
- 4) C

24. What is the size of arc in the ground

- 1) 30°
- 2) 29°
- 3) 32° 92'
- 4) 45°

25. Fosbury flop Method is used in the ground

- 1) A
- 2) B
- 3) D
- 4) C

26. Which one of following contain the players who can enter into goal circles in the netball?

- 1) GA, GS, GK, GD
- 2) WA, GA, GS, GK
- 3) WD, WA, C, GK
- 4) C, GA, GS, WA

27. A foul in the crouch start is

- 1) Runner stepped on the starting line.
- 2) Five parts of the body touch the ground when the 'On the mark' command is given
- 3) Four parts of the body touch the ground when the 'set' command is given.
- 4) Starting with the gun shot

28. Which one of following indicate the products of breaking down of an ATP molecule?

- 1) ADP + P + Energy
- 2) 2ATP + P + Energy
- 3) ATP + P + Energy
- 4) ADP + P

29. The matters that should be taken into consideration during walking is / are

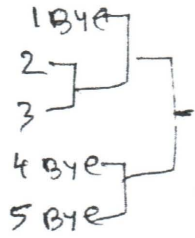
- 1) Avoid wearing wet clothes
- 2) Bring first aid things
- 3) Compass
- 4) All the above are correct

30. The character of the fourth athlete in the 4 x 100m relay is

- 1) Talent of facing challenges
- 2) Able to start well
- 3) Talent of running in bent tracks
- 4) All the above are incorrect.

31. This draw indicates





- 1) Circle method
  - 2) Knock out method
  - 3) Chart method
  - 4) All the above are correct.
32. Which one of following contains shortdistanced races only?
- 1) 400m, 200m, 1500m, 100m
  - 2) 100m, 10000m, 4 x 100m, 200m
  - 3) 100m, 400m, 200m, 4 x 100m
  - 4) 400m, 800m, 1500m, 200m
33. Which one below is a correct statement?
- 1) Netball, 07 players, Goal circle , ball
  - 2) Football, 15 players, Goal circle, ball
  - 3) Volleyball, Antennas, 08 players, Ball
  - 4) Cricket, 20 players, Bat, Ball
34. The distance for a full marathon is
- 1) 46.195km
  - 2) 46.225km
  - 3) 46.226km,
  - 4) 46km
35. "Right, Right, Left" or "Left, Left, Right" the event in which the foot touches the ground in the above order is
- 1) Triple jump
  - 2) Long jump
  - 3) High jump
  - 4) Ploe vault jump
36. An advantage for conducting the netball game in circle method?
- 1) Long time is needed
  - 2) The best team will be selected
  - 3) Deploying many raferees in possible
  - 4) More expensive
37. The order of touching part of foot on the ground during walk race is
- 1) Heel, Ball, Toe
  - 2) Toe, Ball, Heel
  - 3) Ball, Heel, Toe
  - 4) All are incorrect
38. Suthan who had been invited for a game used his own equipment. He completed his effort in 90 seconds. He participated in
- 1) High jump
  - 2) Pole – vaultjump
  - 3) Discuss
  - 4) Long Jump
39. The team that become the champion in the last IPL is
- 1) Mumbai Indians
  - 2) Chennai Super Kings
  - 3) Rajesthan Royal
  - 4) Colcotta Knight Riders
40. The Olympic games are inducted once in
- 1) four years
  - 2) three years
  - 3) five years
  - 4) eight years

## Part I

**Answer 1st question, any 2 questions from part A and any 2 questions from part B**

01. Kamala, Suman, Tharani and Bala who are Grade 11 Students and members of the School's health Clubs look after activities with regard to cleanliness in the School and among students. They have got respect from others by carrying out their leader's orders. They show their talents in extra curricular activities and win. They follow rules, even at practices. By having pledges to win for the school, they participate in major games too. Based on the information above, please answer the questions below.

- (i) Where the cleanliness is to be maintained at the school?
- (ii) Give two social skills that they should have as they are the members of Health Club
- (iii) Give two matters that should be strictly adhered to by an athlete during a preparatory sport practice
- (iv) Name two major games that they could play
- (v) Give two differences between major and minor games?
- (vi) Name two extra curricular activities in Schools?
- (vii) Name the first aid method that is applied when an accident during sports?
- (viii) Give two habits that an individual who like to live a complete life should adhere to?
- (ix) State two commands in a march past?
- (x) Give two characters that a student should have to maintain his / her mental health?
- (xi) Write a field event and a track event at the inter – house athletic meet?

## Part A

**02. The food eat should be nutrient rich and pure.**

- (i) Give 4 occasions where the calory of food is lost? (4 marks)
- (ii) Give 2 preservative methods for food? (2 marks)
- (iii) What is the reason to add lime juice into leady vegetable (Keerai) curry? (2 marks)
- (iv) What is the chemical that inhibits absorption of iron in tea? (2 marks)

**03. Accidents are really a big challenge in our life.**

- (i) Give an accident that could happen in a school play ground and state a method to avoid this accident?
- (ii) Name 4 natural disasters?
- (iii) Name 4 muscle damages in an accident?
- (iv) Give two reasons for muscles cramp?

**04. By conquering challenges we make our life better How can you face the challenges mentioned below.**

- (i) How can you react when a group of students who do not like to follow school regulations has started a picketing?
- (ii) Explain your action to reduce effects on a society because of few drunkards among their?
- (iii) Let your friends know about the damage by progaphic films?
- (iv) Give an advice about the impediments by foreign culture on students progresses?
- (v) Your parents expect you to successfully pass through the G.C.E. O/Ls.

## Part B

**05. Final day of 2015 inter – home athletic meet was celebrated in a grand scale in the school play ground. Based on this fact, please answer the question below?**

- (i) State 3 preparations before an inter- home athletic meet.
- (ii) State 2 activities jointly after the same meet
- (iii) What are the flags that are hoisted in the inter – house athletic meet?
- (iv) How many participants do participate in a march – past?
- (v) Give 2 commands in a march past

**06. Based on the results sheet of a long jump event that is shown below, please answer the questions?**

No	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Best	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	best	pos
A	2.92	-	3.82		3.10	3.95	3.12		
B	3.42	3.22	-		3.62	3.68	3.65		
C	3.60	3.54	3.71		3.86	3.70	3.16		
D	3.10	3.90	-		3.80	-	3.40		
E	3.20	3.16	-		3.86	3.80	3.60		
F	3.06	3.20	-		3.40	3.40	3.48		

- (i) Who gets first place?
- (ii) Who gets second place?
- (iii) Who gets third place?
- (iv) Give 2 fouls in a long jump event?
- (v) Which place does B receive?

**Choose only one questions out of A, B, & C**

- A.**
- (i) You are a volleyball coach try to teach servicing skills to students. Give 2 such skills that you could teach.
  - (ii) state 3 things that players should adhere to avoid. fouls during servicing.
  - (iii) What are your judgements for the fouls mentioned below.
    - (a) Ball touches in the net during servicing.
    - (b) Libero player smashes the ball. Comes towards his team.
    - (c) A player who involves in blocking and his leg touches. The ground of opponent team after a blocking.



- (d) A smashed ball touches the ground at the opponent's side.
- (e) A servicing player touches the service line.

**B. A netball match was organized in between two teams : Bharathy and Kamber.**

- (i) What are the skill in netball?
- (ii) Give 3 methods of passing in netball?
- (iii) What are your judgements for following fouls?
  - (a) The centre player (c) of Bharathy team enters into her team's goal circle.
  - (b) Two players each from Bharathy and Kamber catch the ball together.
  - (c) When the goal shooter (G.S) of Kamber team shoots the ball towards. The ring, the goal keeper (G.K.) of opponent Bharathy team blocks within 3 feet distance between the due.
  - (d) The ball that is thrown by a player of Bharathy team goes out of the court.
  - (e) The wing attack (W.A.) of Bharathy team runs with the ball in hand.

- C.**
- (i) You are requested to coach football to students. Accordingly, please write 2 kick methods that you can coach.
  - (ii) Give 3 blocking methods in football.
  - (iii) What are the penalties for following fouls?
    - (a) In the mid of a playing time, after the ball went out a court, a player throws the ball using one hand.
    - (b) In the mid of a playing time two players who are opponents to each other fight for the ball.
    - (c) During a free kick of a team, the players of the opponent team stand beside of the ball.
    - (d) In a team, six players including captain are ready to play.
    - (e) One player who hurts his right leg comes to the ground and play without wearing his right shoe.

