Part – I

Choose the most suitable answer and underline.

01. Our health depends on the environment in which we live. Our main environment is
    1) House   2) School   3) Play ground   4) Place of worship

02. Healthy families will have
    1) Physical health
    2) Mental health
    3) Social health
    4) Physical, mental, social & spiritual health

03. Found more in fruits
    1) Vitamin A,C   2) Vitamin B, E   3) Vitamin C,D   4) Vitamin D, B

04. Which of the following is not a folk game
    1) Dice   2) killi thaddu   3) kiddipul   4) kapadi

05. International volley ball federation is denoted by
    1) WHO   2) FIVB   3) IAAF   4) FIFA

06. Skills of netball
    1) Foot work, attack, defend, shooting
    2) Service, clef end, spiking
    3) Ball Throw, Ball control, Goal defend
    4) None of the above

07. Washing hands and legs before sleeping
    1) Will cause diseases
    2) Will increase wheezing
    3) Will protect the beauty
    4) Will protect the body from infection diseases

08. Mineral needed for growth teeth
    1) Iron   2) Calcium   3) Iodine   4) Magnesium

09. Found at the top of the food pyramid
    1) Fish   2) Meat   3) Butter   4) Milk

10. By eating papaya as food
    1) Can obtain energy
    2) Will help the growth
    3) Can get protection from infectious disease
    4) Will help to satisfy hunger

11. Disease caused due to deficiency of iron
    1) Goiter   2) anemia   3) Night blindness   4) scurvy

12. Which of the following is a short distance running
    1) 800m   2) 100m   3) 1500m   4) 1000m

13. Which of the following is not a throwing event
    1) Javelin   2) Pole vault   3) Hammer throw   4) Discus throw

14. Which of the following can be considered as vertical jump
    1) Long jump   2) Paul Vault   3) Hurdles   4) Triple jump

15. Example for vertical jump
    1) High jump, long jump   2) Triple jump, high jump
    3) High jump, Pole vault   4) Triple jump, Paul Vault

16. Which ground has 30.05m length and 15.25m breadth
    1) Volley ball ground   2) Foot ball ground
    3) Net ball ground   4) Basket ball ground

17. The figure shows a method of running (Zig Zag) through this method
    1) Leg movements will be fashioned   2) Small foot steps
    3) Faster hand sewing   4) Eye sight will improve

18. By maintaining correct posture
    1) Physical health will improve
    2) Mental health will improve
    3) Physical & mental health will improve along with appearance
    4) Spiritual health will improve

19. An athlete ………………
    1) Should accept victory and defeat
    2) Should always expect to get victory
    3) Will have the tendency to loose heart when clef eat comes.
    4) Should obey rules and regulations

20. Which games include major games
    1) Volley ball, kittipul
    2) Foot ball, gaat & tiger
    3) Kulum karai, dog and meat
    4) Net ball, basket ball

Part II

Answer all the questions

01. Mark wether the following statements are right / wrong.

1) By doing exercise everyday the body will become beautiful. (   )
2) Dengue is a non infections fatal disease. (   )
3) Cricket is the national game of Sri Lanka. (   )
4) Iron deficiency causes anaemia. (   )
5) Rhythm is one of the sounds that give happiness to ears. (   )

(5 x 2 = 10 marks)

02. Fill in the blanks.

	Games	No.of players in a team	victory & defeat given by	equipments use
1)	Volley ball	....	....	....
2)	Foot ball	....	....	foot ball, post
3)	Elle	....	team which gets more points in a particular time	....
4)	Net ball	....	....	net ball, post
5)	Cricket	11	....	....

(5 x 2 = 10 marks)

03. Match the following.

	A	B
1)	Pilliar kaddai	Net ball
2)	William Morgan	Folk game with out equipment
3)	Shoot	Folk game playing in group
4)	Field event	Volley ball
5)	Eva dam evade punkadi pulliady	Long jump

(5 x 2 = 10 marks)

04. Fill in the blank with suitable words.

Pilliar kaddai, pookuddthal, volley ball, rhythm, kittipul, killithaddu, kapadi, dice, nutrition

1) .... Is a movement done to rhythm and time.
2) Small stone, lin, coconut shell, wheel & ....ball as throwing equipment are used and .... folk game is played.
3) .... Is declared as our national game.
4) Children of two groups play .... using stick as an equipment.
5) Folk game played as two groups marking lines and having the members as keepers at the lines
.... Is played with out equipment. (5 x 2 = 10 marks)

05. Write short answers for the following questions.

1) Mention four nutrients found in your daily diet.
2) Give four good features an athlete should have.
3) Write down four field events.
4) Mention four skills of netball.
5) Draw a food pyramid and show the mutation levels with the help of food items