



# Zonal Education Office Jaffna

## Third Term Examination - 2018

Grade - 7

Health and Physical Education

Time :- 2 hours

Index No :- .....

### Part – I

01.If the statement is correct, put (T), if false, put (F)

- 1) Health Services help to promote family health ( )
- 2) Love, Protection and relaxation are essential for mental environment ( )
- 3) Folk games are played in Sinhala and Tamil new year ( )
- 4) A volleyball game is started with spiking ( )
- 5) High jump is coming under horizontal jumps ( )
- 6) Flexibility is one of the physical fitness factor ( )
- 7) Adding condiments to food will not help digestion process ( )
- 8) Reproductive system helps in producing a new living organism ( )
- 9) High blood pressure is one of the non-communicable diseases. ( )
- 10) Minerals are included in micronutrients ( )

(10x1=10 marks)

02.Match A with B

A

B

- |                            |                |
|----------------------------|----------------|
| 1) Respiratory system      | Shooting       |
| 2) Protein                 | Movement       |
| 3) Volleyball              | Generale power |
| 4) Muscular system         | Lungs          |
| 5) Jumping from a standing | Body growth    |

### 03.Fill in the blanks using the given words.

(Respecting the rules and regulations, small intestine. Expiry date, 100m, unsuitable clothes and foot wear Virus, under arm, 1500m, speed, overy, kidney)

- 1) ..... is one of the cause for communicable diseases
- 2) The digested food is absorbed almost entirely in .....
- 3) It is essential to check the ..... when buying food.
- 4) ..... is one of the rules of sports.
- 5) ..... receiving is one of the receiving techniques of volleyball.
- 6) ..... is included in short distance.
- 7) ..... is also one of the causes of wrong posture.
- 8) ..... is an activity doing in the shortest possible time.
- 9) ..... is one of the parts of the female reproductive system.
- 10) ..... is the main organ of excretory system.

(1x10=10 marks)

### 04. Underline the correct answer.

- 1) The features of a healthy spiritual environed
  - a) Engaging in suitable meditation
  - b) Jealousy
  - c) Being flexible to others.
  - d) Fighting with others.
- 2) People who are not coming under nuclear family
  - a) Mother, father
  - b) Younger brothers and younger sisters
  - c) Elder brother, elder sister
  - d) Grandfather, grand mother.
- 3) Example for an indoor folk games which are played with equipment
  - a) Koppara koppar pipingya
  - b) Olinda keliya
  - c) Fire walking (Gini Pagima)
  - d) Porapol gasima
- 4) What is not the skill of netball
  - a) Foot work
  - b) Kicking
  - c) Defending
  - d) Shooting



- 5) The advantage of correct walking posture.
- Minimize accidents.
  - Can't maintain balance.
  - Increasing tiredness.
  - Decreases personality
- 6) One of the factors affecting emotional balance.
- Situation
  - Personality
  - Experience.
  - All of the above
- 7) One of the food items which contain carbohydrates.
- Meat, Rice, fish.
  - String hoppers, Rice, Yams.
  - Coconut, Peanuts, Bread.
  - Peanuts, Fish, Dry fish.
- 8) Which is the traditional condiment used to reduce cholesterol in blood?
- Turmeric
  - Dill seeds
  - Cinnamon
  - Garlic
- 9) What are the organs in the respiratory system?
- Lungs, Trachea, Nose
  - Stomach, Lungs, Rectum
  - Kidneys, Alveoli, urinary Bladder
  - Kidneys, Lungs, stomach
- 10) Which is the game played using a ball
- Carom
  - Chess
  - Elle
  - Sadu Gudu

(10x2=20 marks)

## Part II

❖ Answer only 5 questions.

01.

- 1) What are the macro Nutrients in food?
- 2) What are the food items which contain vitamin A?
- 3) What are the benefits we get by adding fiber in our diet?

02.

- 1) Give four non-communicable diseases
- 2) What are the factors which cause non-communicable diseases?
- 3) What are the precautions that can be taken to avoid non-communicable diseases?

03.

- 1) Give the physical fitness factors.
- 2) Give some activities which improve strength.
- 3) Write two tests to measure co-ordination.

04.

- 1) Give four systems in our body
- 2) Write two things that you should do to keep the digestive system healthy
- 3) What is the main organ of the circulatory system?

05.

- 1) Give two kicking methods in football
- 2) Give two disadvantages of sitting incorrectly
- 3) Give two examples for each horizontal jumps and vertical jumps.

06.

- 1) Give two common features of folk games.
- 2) What are the types of folk games
- 3) Give four benefits of playing folk games?

(5x10=50 marks)