

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 11

Health & Physical Education I

Time : 1

Name :

Answer all questions.

In each of the question 1 to 40 select one of the alternatives (1), (2), (3), (4) which you consider as correct or most appropriate.

- 1) The aim of teaching Health and Physical Education in schools is to build up,
 1. A physically and mentally healthy generation.
 2. A generation to lead a mentally and emotionally healthy life.
 3. A healthy and active young generation.
 4. A generation with all the characteristics given above.

- 2) Process of empowering or enabling one self, one's family and community to control and to improve social, economical and environmental factors is,
 1. Health promotion
 2. Cleanliness of environment
 3. Controlling of spreading diseases
 4. Improving community participation

- 3) A result of identifying the health problems in Vidulaka College students are provided with clean drinking water. This has been done for,
 1. Developing skills required for health promotion.
 2. Building an environment favourable for health promotion.
 3. Building a healthy and active young generation.
 4. To build healthy and young generation.

Answer questions 4 and 5 using following facts.

A - has adequate toilet facilities

B - free from insulting

C - has adequate space for group activities or programmes

Given above are some areas which should be developed when building an environment favourable for health promotion.

- 4) According to the given facts which are the factors that contribute to build a physical environment,
 1. A
 2. B
 3. C
 4. A and C

- 5) What are the factors contribute to build a mental and social environment,
 1. A and B
 2. B and C
 3. A and C
 5. A, B and C

- 6) What should you do to maintain the quality of life.
1. when you are ill try to get well soon.
 2. To live a happy life with reduction in disease and infirmity and increase in longevity.
 - 3.
 4. To have a healthy life by following good food habits.

Following table shows the range of Body Mass Index of 4 people. Study it and answer question 7,8 and 9.

| Name | BMI |
|-------|--------------|
| Wimal | < 18.5 |
| Nimal | 18.5 - 22.9 |
| Kamal | 23.00 - 26.9 |
| Samal | > 27 |

- 7) The person who has obesity as a result of taking food without control is,
1. Wimal
 2. Nimal
 3. Kamal & Samal
 4. Samal
- 8) The person who has got Protein Calory deficiency is,
1. Wimal
 2. kamal
 3. Samal
 4. Nimal
- 9) Who maintains a suitable weight to his height,
1. Samal
 2. Wimal
 3. Nimal
 4. Wimal & Nimal

Following is a description of a members in a family.

- Rana and Meena - age between 10 - 19
- Reeta and Wimal - age between 20 - 39
- Sumana - 50 years
- Wimaladasa - 65 years

Read the facts and answer question 10, 11 and 12.

- 10) People who are in their adolescence are,
1. Rana and Meena
 2. Reeta and Wimal
 3. Sumana and Wimaladasa
 4. Rana and Wimaladasa
- 11) When trying to fulfill the needs not getting a suitable employment has become a problem to,
1. Reeta and Meena
 2. Reeta and Wimal
 3. Sumana and Meena
 4. Rana and Wimaladasa
- 12) The person who has realized the truth and engage in religious activities is,
1. Sumana
 2. Sumana and Wimaladasa
 3. Wimaladasa
 4. Wimal and Sumana
- 13) To measure the motion of an object in motion we use the formula of Mass x velocity. This is called,

1. Inertia

2. Force

3. Direction of force

4. Momentum

14)

A

B



Study above pictures

1 Both A and B are incorrect.

2. A is correct and B is incorrect.

3. B is correct and A is incorrect.

4. A and B are correct.

15) In any posture the weight of the body acts around a single point. It is called,

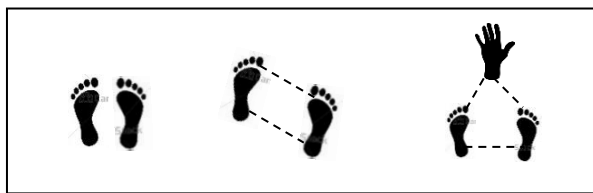
1. Balance

2. Center of gravity

3. Pressure

4. Compression

A, B and C show how 3 players tried to maintain the stability (balance) while engaging in a game.



A

B

C

16) The player who shows more balance,

1. A only

2. B only

3. C only

4. A and B

17) Player 'C' s,

1. Centre of gravity is at the out side of his supporting base.

2. Centre of gravity is at a higher level.

3. Arie of supporting base bigger.

4. Even a small external push can make lose his balance.

18) The disease one can get due to inflammation of the lining of the stomach is,

1. Gastritis

2. Vomiting

3. Cirrhosis

4. Appendicitis

- Gunapala consumes fatty food everyday and has a habit of taking sweets after every meal. He does not engage in exercise and likes to sleep few hours.
- Gunapala who has used to spend a not suitable life style for his age, suddenly got a pain in the heart and admitted to the hospital.

19) The system directly influenced for Gunapala's illness is,

1. Digestive System

2. Respiratory System

3. Excretory System

4. Circulatory System

20) An another disease that Gunapala will get in future is,

1. Diabetics

2. Hemophilia

3. Cancer

4. Hepatitis

21) The government Medical Officer advised the public to drink more water, to wear sunglasses, and to wear suitable clothes to cover the body as much as possible. because of the increasing of temperature in the environment during last few months. By doing these they expected to stop people getting,

1. De-hydrate

2. Cataract in Eye

3. Skin Cancer

4. All the above

22) The physical Education Teacher asks the students to sit on the ground and instructed them to run to a signal given by him. The teacher has tried to teach the students an activity to,

1. Learn short distance running.

2. Learn to start for short distance running.

3. Learn middle distance and long distance running.

4. Learn standing start.

The students of Ridigama Vidyalaya were getting ready to do an activity belongs to outdoor education and they considered about following points.

- necessary physical fitness.
- knowledge about safety equipment and ability to use them.
- knowledge of the soil, rocks, trees and animals in the area.
- individual's responsibilities and the team spirit.

23) The activity they are going to do is,

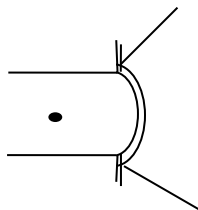
1. Mountain Climbing

2. Exploring a forest

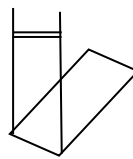
3. Running a forest

4. Working

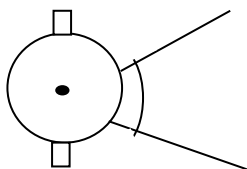
Answer question no 24,25 and 26 using the following diagram and statements.



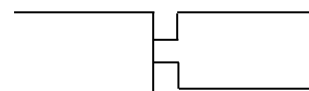
A



B



C



D

- Lasith has a 15m long measuring tape and a cross bar in his hand.
- Malith has an equipment 600 g in weight.
- Kusal has 100m long measuring tape and some pegs.

24) The ground Lasith should report to,

1. A 2. B 3. C 4. D

25) Malith should go to ground,

1. B 2. C 3. D 4. A

26) The grounds that Kusal can report to are,

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

27) Vineetha participated in the event of under 18 hurdling at Zonal Athletic Meet. The event she has taken part is,

1. 80m hurdle 2. 100m hurdles 3. 300m hurdles 4. 110m hurdles

Given below is the way how runners of Appallo Sports Club changed their baton.

- The first runner carried the baton in his left hand and passed to the right of the second runner.
- The second runner carried the baton in his left hand and passed it to right of the third runner.
- The third runner carried the baton in his left hand and passed it to the 4th runner.
- The last runner changed the baton to his right and ran.

28) The method that the runners used to change the baton is,

1. Inside change 2. Outside change
3. Mixed change 4. Non visible change

At the Inter House Sportsmeet following athletes took part in the events given below.

E - 800m, 1500m

F - 100m, 400m, High jump

G - Triple jump, Long jump

29) Athlete 'E' started the race according to,

1. Crouch Start 2. Elongated Start
3. Medium Start 4. Standing Start

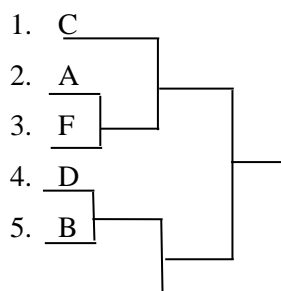
30) The athlete who took part in vertical jump is,

1. 'F' only 2. F and G only 3. 'G' only 4. E and F

31) The running events that 'F' took part are belong to,

1. Long distance races. 2. Middle distance races.
3. Short distance races. 4. Long and Middle distance races.

A netball tournament which was held for six netball teams draw lots and placed the teams according to the following fixture.



6. E

Study the fixture and answer the questions.

32) The teams that get byes are,

1. C

2. A and B

3. C and E

4. A and F

33) According to the draw the number of matches to be held is,

1. 6

2. 5

3. 4

4. 7

34) "An athlete who is taller can release the equipment with more height than a shorter athlete" This statement is,

1. Correct

2. Incorrect

3. Can not say

4. Most probably incorrect

Tania does the following activities to develop physical fitness qualities.

- Different jumping activities
- Push ups
- Dips
- Running on the beach

35) Tania does these activities to develop,

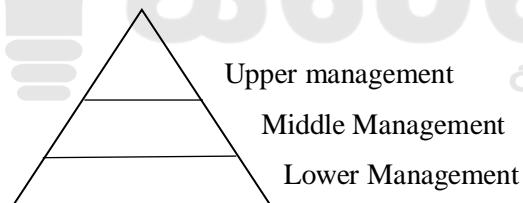
1. Muscular endurance

2. Muscular strength

3. Muscular speed

4. Muscular exbite

36) The human body is composed of Water, Protein, Minerals and Fat. This is called,



Given above is 3 Management Levels of an organization. Study it an answer the question 37 and 38.

37) To which level does a principal of a school belong?

1. Upper Level Management

2. Middle Level Management

3. Lower Level Management

4. Can not say

38) The people who belong to middle Management in a school are,

1. Class Teachers

2. Sectional Heads

3. Subject Teachers

4. School Student

39) 71 countries participated at the last Athletic Meet of Commonwealth countries. what is the position that Sri Lanka received,

1. 4th place

2. 31st

3. 40th

4. 50th

40) The Rupavahini News telecasted announced that Sri Lanka has become the 2nd in among the South Asian Countries. The most suitable word for the above blank is,

1. Under nutrition 2. Diabetics 3. AIDS 4. Rabies



Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 11

Health & Physical Education II

Time : 2

Name :

Answer **Five** questions only including **First** question and **Two** questions from Part I and **Two** questions from Part II.

1) Nishantha left home to visit his grand father who lives in Beragala just after he got his New Year Holidays. As he got into a bus early in the morning, he could not take his breakfast. On the way the bus stopped at a restaurant and Nishantha has two pastries, two cutlets and a bottle of Cola. He could reach grandpa's home at about 12.30p.m. Grandpa's house was situated in a beautiful environment surrounded by paddy fields and vegetables beds and gardens. Grandpa put compost as a fertilizer which prepared by himself for his cultivation.

All live in grandpa's house are healthy. They consume nutritious food. Grandpa is 75 years old but healthy and strong.. Grandma had prepared Red Rice with Ladies fingers, Jack curry (Kirikos), Gotukola sambol and Fried dried fish for lunch. After having a delicious lunch Nishantha had a piece of papaw, Pine apple and a Banana which had plucked from grandpa's garden.

In the afternoon Nishantha played Volleyball in a court which was in grandpa's garden. All the children in neighbouring houses participated in this game and they had got together and formed five volleyball teams.

- i. Write your ideas about the breakfast that Nishantha had.
- ii. Name Two nutrients which contain in Nishantha's lunch.
- iii. Write two vitamins that Nishantha could get from the fruits he had.
- iv. Name two organized games other than the game mentioned in the above description.
- v. What are the two methods that can be used to prepare a draw for a tournament?
- vi. Prepare a draw for the tournament for five volleyball teams that Nishantha played.
- vii. Mention two good inter personal relationships one can develop within him/her by participating in these type of tournament.
- viii. According to the situation mentioned above, Write two features of Physical fitness developed in Nishantha and The children in that village.
- ix. Considering the age of Nishantha's grandpa's write two physical needs that he needs.
- x. Mention two problems encountered when providing needs of adolescents like Nishantha and his friends.

(Marks 2 x10 = 20)

Part I

2) Answer the questions using the dialogue given below.

Ruwani - Today we learnt about an amazing system in our body.

Nishadi - What did you learn about it?

Ruwani - This system provides oxygen and nutrients to each and every living cell in our body and carries the waste from the cells.

Nishadi - Yes, This system is functioned by the collection of several organs.

- i. According to the above dialogue what is the system they are discussing about? (3 marks)
- ii. And name the Two organs that belong to this system.
- iii. Write two features that can harm to this amazing system. (2 marks)
- iv. Give three ways of protecting this system. (3 marks)
- v. Pulmonary circulation is a portion of the cardiovascular system. Explain it briefly. (2 marks)

3) People need to prepare meals with nutritional value for a healthy life and also to ensure that food does not cause any danger or harm to their body.

- i. What is food safety? (2 marks)
- ii. Write 3 methods to identify adulterated food. (3 marks)
- iii. Mention the factors that affect food safety and give an example for each. (3 marks)
- iv. Write two clinical features of allergies. (2 marks)

4) Write two steps you would take to reduce mental stress in the following situations.

- i. You have got less marks at the term test unexpectedly.
- ii. Your best friend has got angry with you.
- iii. Your parents punish or scold you for spending more time in front of Television or Computer.
- iv. Your friend goes out to do a wrong thing without permission of his/her parents.
- v. You see one of your neighbours dumping a bag of garbage in front of your house.

(Marks 2x5 =10)

Part II

5) We can see activities related to athletics while we are engaging in day today activities, indoor or outdoor games. The knowledge and the practical ability you gain by engaging in athletic help you to maintain a healthy life.

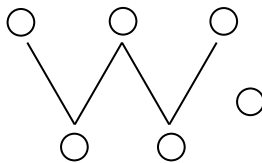
- i. Write two running exercises that you have learnt to practice correct running skill. (2 marks)
- ii. What are the two main factors which increase running speed? (2 marks)
- iii. When you participate in a 100m race. It is necessary to wear suitable clothes. Write 3 criteria that should be fulfilled by a participant of an athletic event. (3 marks)
- iv. If you participate in the above mentioned event what is the start you should follow and write the commands of that start. (3 marks)
- v.

6) You are the Games Captain of your house at Inter House Sportsmeet this year. Therefore you have to do lot of activities and have to give necessary instructions to your followers. How do you act in the following situations.

- i. Saman who is above 18 in age can run fast for about 30 minutes without feeling tired. Name two events you will select for Saman to participate.
- ii. Ruwani who is going to participate in under 16. Discus throw wants to know the relevant rules for that event from you. Write 3 rules for discus throw. (3 marks)
- iii. Chamara who is going to take part in Hurdling ask about the 3 stages of Hurdling and an exercise to practice hurdling. Name 3 stages of Hurdling. Explain the exercise with illustrations. (3 marks)
- iv. Kusal is good at the event of high jump. He ask about the techniques of high jump from you as he does not know them. Mention two techniques of high jump. (2 marks)

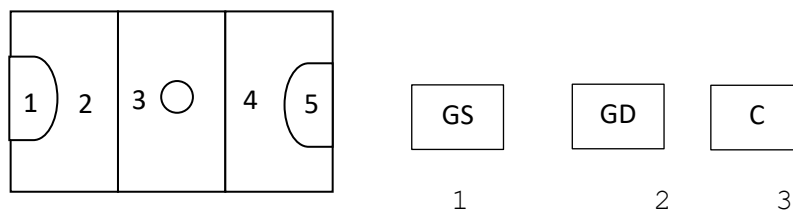
7) Answer only one question from A,B and C.

A) Following diagram shows how beginner players have positioned in a volleyball court.



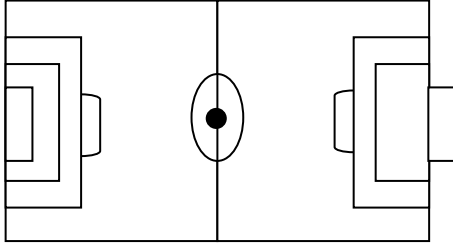
- i. Number the above diagram writing players numbers 1 - 6 in the blanks. (2 marks)
- ii. According to the numbered diagram name the two players who can participate in blocking. (2 marks)
- iii. Who is going to serve the ball first. Write two methods of serving. (3 marks)
- iv. Explain two activities with illustrations that you could do to improve above players skill of spiking. (3 marks)

B) Following diagrams show a netball court and the bibs some players in a netball team have worn.



- i. Show (mark) how the above players have positioned in the above netball court. (3 marks)
- ii. After positioning the players name the areas that the player "GD" can play. (2 marks)
- iii. Write 3 passes the player 'C' uses to throw the ball. (3 marks)
- iv. Write and explain two activities with illustration that the players would have done to practice the skill of defending. (2 marks)

C)



Above is diagram of a football court. In this court the player no. 16 plays as the Goal Keeper and The player no 20 plays as the Center Mid Fielder (Starter). The referee who wears a star on his T-shirt is also there at the court.

- i. Mark on the above diagram how the two players and the referee were positioned. (3 marks)
- ii. Write two occasions of using a kick -off. (2 marks)
- iii. Write 3 methods that the above players used to stop the ball. (2 marks)
- iv. You have been asked to improve the players skill of stopping the ball. Explain two activities with illustrations that you could do. (3 marks)





எங்கள் குறிக்கோள்

எண்ணிம உலகத்தில் மாணவர்களிற்கென சிறந்ததொரு கற்றல் கட்டமைப்பை உருவாக்குதல்.

அனைத்தும் டிஜிட்டல் மயப்படுத்தப்பட்ட இந்த காலத்தில் பல்வேறு துறைகளும் கால ஓட்டத்துடன் இணைந்து டிஜிட்டல் தளத்தில் பல்கிப்பெருகி வருகின்றன. அந்த வகையில் கல்வித்துறையும் இதற்கு விதிவிலக்கல்ல. இணையவழி கல்வியின் மூலம் கல்வித்துறை புதியதொரு பரிமாணத்தை எட்டியுள்ளது. குறிப்பாக கொரோனா பேரிடர் காலத்தில் நாடே முடக்கப்பட்டிருந்தது. இதனால் மாணவர்களிற்கும் பாடசாலை, கல்வி நிறுவனங்களிற்கு இடையிலான தொடர்பு துண்டிக்கப்பட்டது. அந்த இக்கட்டான சூழ்நிலையில் இணையவழி வகுப்புகள் மாணவர்களிற்கு வரப்பிரசாதமாக அமைந்தது என்பதே உண்மை.

இன்று தொழில்நுட்பம் மாணவர்களை தவறான பாதைக்கு இட்டு செல்வதாக ஓர் எண்ண ஓட்டம் மக்கள் மத்தியில் உள்ளது. தொழில்நுட்பம் என்பது ஒரு கருவி மட்டுமே அதை எவ்வாறு பயன்படுத்துகிறோம் என்பதில் அதன் ஆக்க மற்றும் அழிவு விளைவுகள் தீர்மானிக்கப்படுகிறது. உளியை கொண்டு சிலையை செதுக்க நினைத்தால் அவன் நிச்சயம் சிற்பி ஆகலாம். இங்கு பிரச்சினையாக காணப்படுவது மாணவர்களை வழிப்படுத்த தொழில்நுட்ப உலகில் ஓர் முறையான கட்டமைப்பு இல்லாமையே. அதை உருவாக்குவதே எங்கள் நோக்கம். அதை நோக்கியே எங்கள் பயணம் அமையும்.

எமது இணையத்தினூடக ஊடக உங்களிற்கு தேவையான பரீட்சை வினாத்தாள்களை இலகுவான முறையில் தரவிறக்கம் செய்து கொள்ளமுடியும்.

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கல்வி சார் செய்திகளை உடனுக்குடன் அறிந்து கொள்ள எமது சமூக ஊடக தளங்களின் ஊடக உடனுக்குடன் அறிந்து கொள்ள முடியும்.



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