



Zonal Education Office - Jaffna

Second Term Text - - 2016

Grade :
07

Health and Physical Education
Name / Index No :

Time :
2.00 Hours

Part - I

01. Read the following sentences and say True (✓) or False (✗)

01. When we are walking, only the tip of the toe should touch the ground. ()
02. Calcium is essential for the growth of teeth and bones. ()
03. Netball was originated in America. ()
04. Service is one of the skills in foot ball. ()
05. Love and protection are basic needs. ()

(5 x 2 = 10 Marks)

02. Fill in the blanks with suitable words given in the brackets.

(motionless, quality, Pallankuli, speed, two)

01. is one of the factors of physical fitness.
02. Jumping can be divided into parts.
03. is one of the folk games.
04. Kneeling is posture.
05. Accepting victory and defeat is a good

(5 x 2 = 10 Marks)

03. Match A with B. Write the correct number brackets.

A

- 1) Muralitharan
- 2) Minor games
- 3) Field events
- 4) Shooting
- 5) Basic needs
- 6) Psychology

B

Net ball	()
Cricket	()
Love and protection	()
Water, air, food	()
Long jump	()
Dog and meat	()

(5 x 2 = 10 Marks)

04. Choose the most suitable answer.

01. A place that teach us about social living,

- 1) Class room
- 2) School
- 3) Private tuitions
- 4) Home

02. Which of the following is necessary for living?

- 1) Air, Water, Food
- 2) Clothes, Food, Air
- 3) Water, Clothes, Food
- 4) Air, Clothes, Telephone

03. One of the folk games,

- 1) Volley ball
- 2) Foot Ball
- 3) Net ball
- 4) Pallankuli

04. Which of the following is not a factor of physical fitness,

- 1) Coordination
- 2) Strength
- 3) Flight
- 4) Speed

05. Foot work is skill of which game?

- 1) Volley ball
- 2) Cricket
- 3) Net Ball
- 4) Foot Ball

(5 x 2 = 10 Marks)

Part - II

Answer question no 1 and other three questions.

Altogether answer four questions.

01. Involving in games through good practice not only makes the society healthy but also it helps to get good posture. In 1895 a game was introduced by William G. Morgan and now it is played by all the countries.

- 1) Name the game mentioned in the above paragraph?
- 2) Give three skills of this game?
- 3) What is the length and width of the court?
- 4) What are the types of posture?
- 5) When was this game introduced in Sri Lanka?
- 6) At the beginning how was this game named?
- 7) Mention the types of service?

(14 Marks)

02. Correct posture is important to lead a healthy life and to maintain a pleasant appearance.

- 1) What do you mean by 'correct posture'?
- 2) What are the harmful effects of bad posture?
- 3) Give two causes of wrong posture?
- 4) Mention two sitting postures?

(12 Marks)

03. 1) Give the main stages of jumping?

- 2) Mention three throwing events?
- 3) What is the correct movement of hands when running?
- 4) Mention two jumping events?

(12 Marks)

04. Let's develop our physical and mental well - being by engaging in games.

- 1) Mention the length and width of the netball court.
- 2) Complete the following chart.

Game	Place and year it was originated	The year it was introduced in Sri Lanka.
Volley ball
Netball

- 3) Mention 2 skills in foot ball?

(12 Marks)

05. Let's engage in folk games and make our leisure time fruitful.

- 1) Give the types of folk games?
- 2) What are the common features of folk games?
- 3) Mention the folk games that can be played during new year?
- 4) Mention two out door folk games that require sports equipment?

(12 Marks)

06. 1) Give three factors connected with physical fitness?

- 2) Give three factors that affect emotional balance?
- 3) What do you mean by 'flexibility'?
- 4) Give three advantages of maintaining emotional balance?

(12 Marks)