



# Provincial Department of Education Northern Province

மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்



## Diagnostic Test– 2021

### Health and Physical Education – I,II

Name / Index No :-.....

Grade : 7

Time:- Two Hours

#### Part 1

01.The skill of a person to remove all the barriers for his health and develop his personal health is

- 1.Complete Health
2. Health Promotion
- 3.Mental health
- 4.Physical health

02.Which of the following is excluded in 3R management?

- 1.Reduce usage
- 2.Recycle
- 3.Reuse
4. Increase usage

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03.Which is not a basic need?

- 1.Air
- 2.Love
- 3.Water
- 4.Food

04.Qualifications or skill develop by Engaging in SportsFitness

1. Physical, Social, Physical
- 2.Physical, Mental, Social Fitness of Body
3. Social, FamilyPhysical
4. Psychological, social, psychological

05.General characteristics of rural sports or games

- 1.Easy to play
- 2.Provides pleasure and entertainment
- 3.Starting is easy
- 4.The above three are correct

06.Necessary for mental health environment is / are

- 1.Love      2.Rest      3. Safety      4. The above three are correct

07. What is not normal to be found in a healthy social environment?

- 1.Respect for and the execution of duties  
2.Respect others  
3.Obey the law  
4.Consider about own wellness

08.Indoor rural sport is

- 1.kolattam      2.pallankuli      3.Thee Mithiththal      4.Pillaiyar Katthai

09.Skill of the Volleyball game is

- 1 .Foot Activity      2.Controlling      3.Kicking      4.Shooting

10.Controlling method of ball is

1. Bonding by foot.      2. Binding by the forefoot.  
3. Binding by subordination      4. In all the above three cases

11. Which of the following is a running event? \*

1. High jump      2.Long jump      3.Shot put      4.Hurdles

12. What are the activities to develop proper posture of walking

1. Walking on toes  
2. Walking on heels  
3.Walking by two feet nearby other  
4. All of the above activities are relevant

13.Activity can be done for develop foot movement in Volleyball

1. Acting independently.      2. Running in a standing position.  
3. Forward, backward, running sideways.      4.All of these

14.One of the organized sport is

- 1.Clitter      2.Netball      3.Ludo      4.playing raban

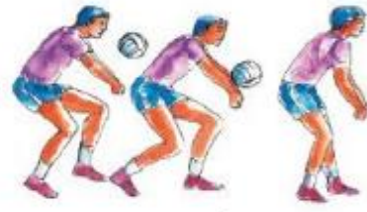
15.What is the method of tying the ball shown in the picture?

1. Bonding by foot.      2. Binding by the forefoot.  
3. Binding by subordination      4. In all the above three cases



16. Ability to be shown in the picture is

1. Controlling the ball
2. Defending
3. Slapping
4. Receiving



17. What are the postures of sitting?

1. Sitting in a chair
2. Sitting with stretched legs
3. Flop
4. Above three

18. Sitting posture shown in the picture is

1. Sitting in a chair
2. Sitting with stretched legs
3. Flop
4. Sitting by knees



19. Main meals times?

1. Breakfast
2. Dinner
3. Lunch
4. All of the three

20. Which of the following is not a component of food?

1. Carbohydrate
2. Protein
3. Lipid
4. Meat

(20X1 = 20 marks)

## PART II

**Answer all the questions.**

01. Sports for support for physical, mental and social health.

1. Give two general characteristics of rural sports?
2. What are the two main categories of rural sports?
3. What are the four skills of the game of volleyball ?
4. What are the two control methods found in the game of volleyball?
5. Give two methods of controlling the ball in football.

6. What are two things to keep in mind when controlling the ball in football?

7. Give two types of the jump in the Athletic events?.

8. Mention two race events you know?

9. Give two exercises that can be done to improve the footwork?

10. Who introduced netball in Sri Lanka?

(10X2 = 20 marks)

02. It is essential to maintain the right postures for a healthy life.

1) What is the right posture?

2) What are the types of posture?

3) What are the four positions in which the body parts should be located when properly sitting in a chair?

4) Give two activities to develop the right posture for walking?

5) Write four benefits of maintaining proper posture of lying?

(5X4=20 marks)

03. Natural food intake is optimal for a healthy life.

1) What are the nutrients contained in food?

2) What are the 3 things to consider when buying groceries?

3) Draw and name the food cone?

4) Mention 4 high-fiber foods?

5) What are the 3 side effects of consuming unhealthy foods?

(5X4=20 marks)

04. Health Promotion is essential for a healthy life.

1) What are the 4 steps to be taken for the improvement of family health?

2) Give 4 features found in a physical environment?

3) What are the activities that must be done to protect the body from corona disease?

4) Who gives us love and protection?

5) What are the 4 contributions of yours to family health development?

(5X4= marks)

