

#### PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

### **Second Term Test 2018**

## Grade 9 HEALTH AND PHYSICAL EDUCATION Time: 2 hours

N	Name / Index No.									
•	• Answer all questions. Part I									
•	• Fill in the blanks of the questions 01 - 05 c brackets.	hoosing the most suitable answer from the								
01	You can be easily subjected to	•								
02	02can be taken into our body by consun	ning green leaves. (Lipid/Mineral salt/Protein)								
03	The method of passing the baton at the rightpass. (inside/outside/mixed)	method of passing the baton at the right hand side of all the runners is known aspass. (inside/outside/mixed)								
04	amount. (sugar/oil/salt) Education									
05	05is an example for a self definsive gar	ne. (Squash/Wushu/Kabadi)								
•	• Underline the most suitable answer for the que	stions 06 - 10.								
06	The type of vitamins that helps to keep the eyes he	The type of vitamins that helps to keep the eyes healthy is,								
	(i) Vitamin 'A' (ii) Vitamin 'B' (i	ii) Vitamin 'C' (iv) Vitamin 'E'								
07	The formular that is used to calculate the B.M.I. pr	roperly is,								
	(i) $\frac{\text{Weight (kg)}}{\text{Height (m) x Height (m)}}$ (ii)	ii) Height (m) Weight (kg) x Weight (kg)								
	(iii) $\frac{\text{Weight (g)}}{\text{Height (cm) x Height (cm)}}$ (i	Weight (kg) Height (m)								
08	The ability of leading a satisfied and happy life rer the creative skills in us is known as,	ndering a great service to the whole society using								
	(i) Selfunderstanding (i	i) Selfactualization								
	(iii) Self confidence (i	v) Self satisfaction								
09	709 The long jump technique depicted by the following	g diagram is,								
	(i) Sail technique									
	(ii) Hitch kick technique									
	(iii) Hang technique									
	(iv) Flying technique									

10	A sport activity that could be categorized u door education,	inder the exploration	s and recreational ga	ames in	out							
	(i) Studying of stars											
	(ii) Studying of knots and lashings											
	(iii) Studying of making fireplaces											
	(iv) Studying of using compass											
•	Put a tick(✓) or a cross (×) in the brackets.											
11	Food is divided into five groups according to			(	)							
12	Glaucoma is an eye diseases.			(	)							
13	"Guiding" is done under "reorganizing of hea	alth services."		(	)							
14	Kyphosis occurs due to the excessive curvatu		on of the spine.	(	)							
15	"Ski jumping" is an air sport.		1	(	)							
•	Underline the most suitable answer for the	e questions 16 - 20.		`								
16	The maximum number of molars in the mouth of an adult?											
	(i) 4 (ii) 8	(iii) 10	(iv) 12									
17	A fact that causes incorrect postures is,		, ,									
	(i) over nutrition	(ii) using unsuita	ıble drugs									
	(iii) mental imbalance <b>Education</b> (iv) all of the above											
18	The test depicted by the diagram at the right hand side is used to measure.											
	(i) Muscular strength											
	(ii) Body composition											
	(iii) Muscular endurance											
	(iv) Cardiovascular Muscular		7	<u> </u>	-							
19	<ul> <li>Preparation</li> </ul>											
	• A											
	• Take off and touching the ball											
	• Landing											
	Above diagram depicts the stages of the skill of blocking the Volleyball. What is the most suitable											
	answer for the blank represented by 'A'?											
	(i) Take off	(ii) Approaching										
•	(iii) Directing the ball	(iv) None of the a	bove	<b>∞</b> 1								
20	The following diagram depicts a stage of the skill of defending. It is,											
	(i) defending the player and the ball.		· ·									
	(ii) defending the position and the player.		1									
	(iii) defending the ball and the shooting.	4	/ y 1 (	A	5							
	(iv) defending the shooting and the player.											
	( )	ARTER CONTROL OF THE PARTY OF T	TO BE LEVEL TO BE SEEN TO SEE THE SECOND SEC		_							

#### Grade 9 Second Term Test 2018 HEALTH AND PHYSICAL EDUCATION Part II

- Answer only 5 questions including the question No. 01.
- Malika is a clever girl in grade 9 and also She is good at both studying and sports. She is the Secretary of the school literary association and an active member of the school Netball team. Malika's mother always advises her to keep personal hygiene and also a nutritious meal is given-So, Malika is a popular character in the school.
  - (i) In which stage of life is Malika?
  - (ii) Write two fields that a person should keep well to be totally healthy.
  - (iii) Write by one point (01) that you follow to keep the above mentioned field well.
  - (iv) Write two good habits that Malika might have followed to keep her personal hygiene.
  - (v) Write two problems that Malika has to face lack of personal hygiene.
  - (vi) Write (2) two more organized games that Malika can participate in.
  - (vii) Name a test that can be applied to measure Malika's Cardiovascular endurance, as she is a Netball player.
  - (viii) Write two advantages that she can get by having a nutritious meal.

 $(2 \times 8 = 16 \text{m.})$ 

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- 02 Environmental pollution is a big challenge against health, at present.
  - (i) Write (3) three more challenges against health except the above mentioned one. (03m.)
  - (ii) Write by two reasons for air pollution and land pollution, separately. (04m.)
  - (iii) Write four advantages of health promotion. (04m.)
- Nutritious food is very important for many to get energy to do day to day activities.
  - (i) Name 3 groups of people with special nutritional needs. (03m.)
  - (ii) Name the two groups of nutrients the may help to protect us from diseases and write by one food item for each nutrient. (04m.)
  - (iii) Write 2 bad effects of addicting to bad eating habits in the adolescence. (04m.)

04	Acha	racteristic of a healthy person is to maintain his sensory organs well.	
	(i)	Write 3 functions of the skin.	(03m.)
	(ii)	Write 2 diseases related to hair.	(04m.)
	(iii)	Write 4 habits that should be followed to protect teeth.	(04m.)
05	Sport	es activities help to have a healthy life.	
	(i)	Write 3 skills of Volleyball.	(03m.)
	(ii)	Write an examples for outdoor activities.	(04m.)
	(iii)	Write by two (2) Physical qualities and two Psycho social qualities that could be de	veloped
		by engaging in sports activities.	(04m.)
06	Fitne	ss factors are very important to develop sports skills.	
	(i)	What is a Physical fitness factor?	(03m.)
	(ii)	Write two (2) facts that should be cared when a physical fitness test is being done.	(04m.)
	(iii)	Name a test that could be applied to measure flexibility.	(04m.)
07		etics is an important game in our country and an athlete has the chance of particip	oating in
	sever	ral events.	
	(i)	Name 3 standard relay races.	(03m.)
	(ii)	Write 2 rules of changing the baton.	(04m.)
	(iii)	Write an incident that could be considered as a foul of long jump event.	(04m.)

						A	nswe	r Sheet	t - P	art I				
(01)	Diar	rhea	(02)	Min	eral sa	alt	(03)	Outs	side	(04)	Salt		(05)	Wushu
(06)	i	(07)	i	(08)	ii	(09)	iii	(10)	iv	(11)	×	(12)	$\checkmark$	(13) ✓
(14)	×	(15)	×	(16)	iv	(17)	iv	(18)	iii	(19)	ii	(20)	ii	(2 × 20 = 40 marks
								Part	- II					
01	(i)	Adolescence (02m.)												
	(ii)	Physical/Mental/Social/Spiritual (02m.)												
	(iii)	Give marks to the relevant answers. (02m.)												
	(iv)	Bathing daily / Brushing teeth twice day / Wearing clean clothes / Shortening nails / Partaking food with cleaned hand (02m.)												
	(v)	Subjecting to diseases often / Poor outer appearance / Being isolated from the society / Bad smell $$ (02m.)												
	(vi)	Volleyball/Basketball/Football/Elle/Cricket (02m.)												
	(vii)	Continuous running test (02m.)												
	(viii)	) Being healthy/Growth/Being pleasant/Being immunized/Being active (02m.)												
02	(i)	Environmental pollution / Communicable diseases and non communicable disease / Consuming drugs and smoking / Accidents and disasters / Sexual assaults and child abuse (03m.)												
	(ii)	Airpollution												
		Smoke emitted from vehicles / Burning polythene / Smoke emitted from factories.												
		Land pollution												
		Unregulated construction / Releasing non degradable waste / Destruction of trees / Construction on steep lands (04m.)												
	(iii)			_										num expenditure of ships (04m.)
03	(i)	Preg		nother	rs/Fee	dingn	nothe	rs/Pla	yers/	Patien	ts/Ha	rd woı	king	people / Vegetarian
	(ii)	Vitar	nin an	d Min	eral sl	at								

**Health And Physical Education (1-2)** 

**Second Term Test 2018** 

Grade 9

Diseases in the stomach / Poor growth of future babies / Diseases related to bones
(04m.)

(iii) Obesity / Deficiency of micro nutrients / Subjecting o non communicable diseases /

04 (i) Pleasant appearance to the body / Protecting the internal organs / Controlling the body temperature / Helping in getting rid of excretor material (03m.)

Vitamin - Vegetables and fruits / Mineral salt - Vegetables, fruits, green leaves

- (ii) Dandruff/Psoriasis/Tinea Capitis/Head lice (04m.)
- (iii) Brushing teeth twice a day/ Minimizing sweets / Consuming food item rich in calcium and mineral salt / Avoid eating very cold and .... food / Use a toothbrush with sof bristles. (04m.)

#### **Answer Sheet**

- 05 (i) Service/Receiving/Setting/Attacking/Blocking/Court defending (03m.)
  - (ii) Exploring the jungle, Climbing hills, Cycling, Night camp, Camp fire, Boating, Hiking (04m.)
  - (iii) Physical qualities

Developing fitness, Being healthy, Being active, Strong muscles and bones, Being less tiring

#### Psycho social qualities

Happiness and joy, Being fresh, Unity, Team spirit, Obeying rules and regulations

(04m.)

- 06 (i) The ability of performing physical activities successfully. (03m.)
  - (ii) Prepare the field so that accidents and injuries are minimized. / Prior to the test, doing warming up exercises. / After the test doing exercises to warm down. (04m.)
  - (iii) Sit and reach test / Stand and reach test (04m.)
- 07 (i) 100 m x 4, 50 m x 4, 200 m x 4, 400 m x 4w (800 m x 4, 500 m x 4) (03m.)
  - (ii) Baton should be changed from hand to hand.

If the baton slips and falls down while it is being exchanged the runner who handed over the baton should pick it.

Before or after the baton has been changed, other runners should not be obstructed.

The baton should be carried throughout the ..... (04m.)

(iii) Touching the ground beyond the take off line with any part of the jumpers body while taking of for the jump.

Taking off by placing the take off foot on the ground out side the two side of the take off board.

Making somersaults while running or while jumping.

Not to attempt to start before the laps of one minute, after the number has been announced.

After landing, walking back towards the take of board along the landing area.

(04m.)

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