



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 9

HEALTH AND PHYSICAL EDUCATION

Time : 2 hours

Name / Index No.

Part I

- Answer all questions.
- Fill in the blanks of the questions 01 - 05 choosing the most suitable answer from the brackets.

- 01 You can be easily subjected to because of water pollution.
(respiratory diseases / diarrhoea / hearing problems)
- 02 can be taken into our body by consuming green leaves. (Lipid / Mineral salt / Protein)
- 03 The method of passing the baton at the right hand side of all the runners is known as pass. (inside / outside / mixed)
- 04 A person who is suffering from high blood pressure should consume in a low amount. (sugar / oil / salt)
- 05 is an example for a self defensive game. (Squash / Wushu / Kabadi)
- **Underline the most suitable answer for the questions 06 - 10.**
- 06 The type of vitamins that helps to keep the eyes healthy is,
(i) Vitamin 'A' (ii) Vitamin 'B' (iii) Vitamin 'C' (iv) Vitamin 'E'
- 07 The formular that is used to calculate the B.M.I. properly is,

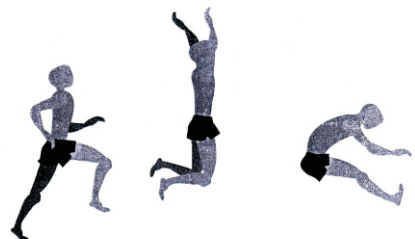
(i)
$$\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

(ii)
$$\frac{\text{Height (m)}}{\text{Weight (kg)} \times \text{Weight (kg)}}$$

(iii)
$$\frac{\text{Weight (g)}}{\text{Height (cm)} \times \text{Height (cm)}}$$

(iv)
$$\frac{\text{Weight (kg)}}{\text{Height (m)}}$$

- 08 The ability of leading a satisfied and happy life rendering a great service to the whole society using the creative skills in us is known as,
(i) Self understanding (ii) Self actualization
(iii) Self confidence (iv) Self satisfaction
- 09 The long jump technique depicted by the following diagram is,
(i) Sail technique
(ii) Hitch kick technique
(iii) Hang technique
(iv) Flying technique



10 A sport activity that could be categorized under the explorations and recreational games in out door education,

- (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 the nutrients of it. ()

12 Glaucoma is an eye diseases. ()

13 "Guiding" is done under "reorganizing of health services." ()

14 Kyphosis occurs due to the excessive curvature of the lumbar region of the spine. ()

15 "Ski jumping" is an air sport. ()

● **Underline the most suitable answer for the questions 16 - 20.**

16 The maximum number of molars in the mouth of an adult?

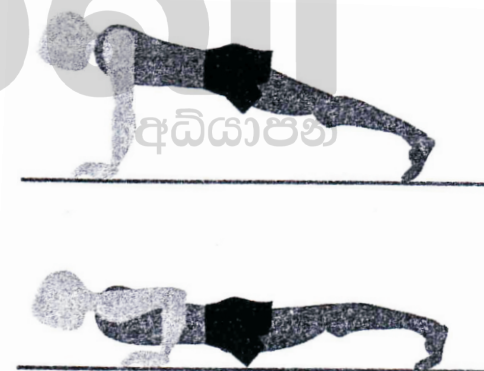
- (i) 4 (ii) 8 (iii) 10 (iv) 12

17 A fact that causes incorrect postures is,

- (i) over nutrition (ii) using unsuitable drugs
- (iii) mental imbalance (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



19 ● Preparation

● A-

● Take off and touching the ball

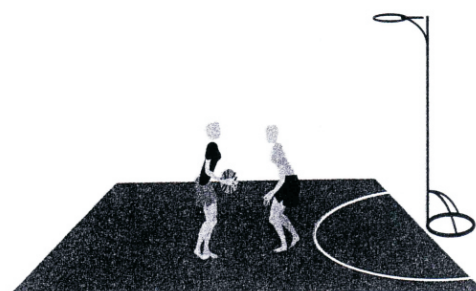
● Landing

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 the ball
- (iii) Directing the ball (iv) None of the above

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.
- (iii) defending the ball and the shooting.
- (iv) defending the shooting and the player.



- Answer only 5 questions including the question No. 01.

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 x 8 = 16m.)

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.)

03 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 A characteristic 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 Sports 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 developed by engaging in sports activities. (04m.)
- 06 Fitness 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. අධ්‍යාපන (04m.)
- 07 Athletics is an important game in our country and an athlete has the chance of participating in several 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.)

Answer Sheet - Part I

(01) Diarrhea	(02) Mineral salt	(03) Outside	(04) Salt	(05) Wushu
(06) i	(07) i	(08) ii	(09) iii	(10) iv
(11) ✕	(12) ✓	(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) Air pollution
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) Minimizing Communicable and non communicable diseases. / Minimum expenditure on health / Pleasant environment / Developing good interpersonal relation ships (04m.)
- 03 (i) Pregnant mothers / Feeding mothers / Players / Patients / Hard working people / Vegetarians (03m.)
- (ii) Vitamin and Mineral slat
Vitamin - Vegetables and fruits / Mineral salt - Vegetables, fruits, green leaves (04m.)
- (iii) Obesity / Deficiency of micro nutrients / Subjecting o non communicable diseases / Diseases in the stomach / Poor growth of future babies / Diseases related to bones (04m.)
- 04 (i) Pleasant appearance to the body / Protecting the internal organs / Controlling the body temperature / Helping in getting rid of excretor material (03m.)
- (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) 100m x 4, 50m x 4, 200m x 4, 400m x 4
w (800m x 4, 500m 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 off 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.)

May

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