

KELANIYA EDUCATION ZONE

SECOND TERM TEST-2018

HEALTH AND PHYSICAL EDUCATION-I

Grade 11

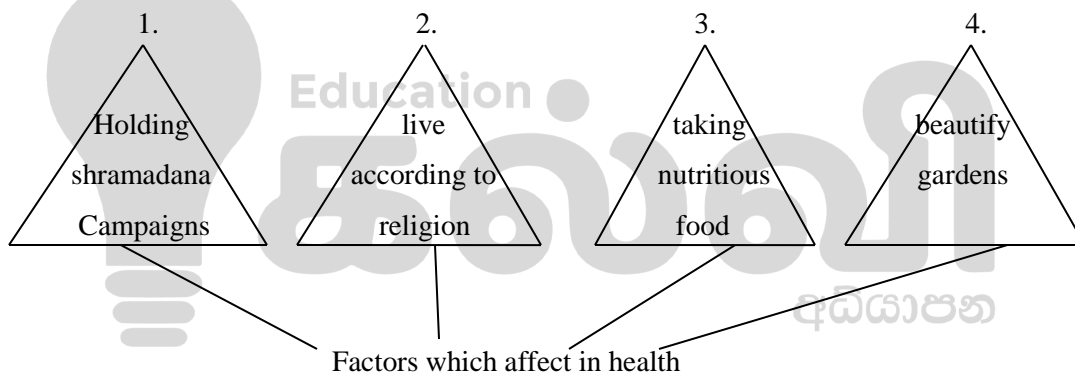
1 hour

Name:

Consider the following:-

- Answer all the questions.
- Choose the most suitable answer for the questions from 1 to 40
- In the answer sheet put a (X) mark for the answer you chose in each circle you are provided
- Hand over attaching both answers in paper 1 and answers in paper 2 together

01)



According to the information given in the triangles, the order of factors which affect in health,

- Physical, mental, social, spiritual
- Mental, social, physical, spiritual
- Social, spiritual, physical, mental
- Spiritual, mental, social, physical

02) The most productive action which has been followed by the government to improve the health of school children is,

- Each student should have the education from grade 1 to grade 13. And it is compulsory
- Providing Golim Acid, iron tablets, tablets to prevent diseases caused by worms annually
- Activating programmes monthly on the day prior to full moon poya day
- Holding sports meet annually

03) Leading a happy and active life by reducing diseases, infirmities and increasing the longevity of life is known as,

1. Health Promotion 2. Health policies 3. Quality of life 4. A risk in life

04) You may have learnt about various stages coming after the childhood. According to that, the period from 20 to 39 years is known as,

1. Adolescence 2. Adulthood 3. Middle age 4. Youth

05) The age limit which belongs to the stage where they are trying to face the future correcting their previous mistakes and act with a matured mind is,

1. 40- 59 years 2. 20- 39 years 3. 10- 19 years 4. Stage after 59 years

06) The resistance of a body that remains at rest to move or a body that is in motion to stop is known as,

1. Balance 2. Centre of gravity 3. Momentum 4. Inertia

07) The momentum of a shot put that is rolling over fast than the one that is rolling over slowly is,

1. Greater 2. Lower 3. Remains unchanged 4. Becomes zero

08) Given below is a diagram of a runner who has been pushed forward because of a force exerted on the starting block by his foot. There, an equal and opposite force is provided by the ground. The Newton's law which belongs to this action is,

1. 1st law 2. 2nd law
3. 3rd law 4. None of the above.



09) The factor which is used to increase the velocity of taking off in a jumping event is,

1. Centre of gravity 2. Approach run 3. Location of the body 4. Height of take-off

- Given below are details of three people in a medical test. With the given information answer the questions 10, 11, 12.

Kamal- increasing the glucose capacity in blood

Sunil- cholesterol check

Anil- Body Mass Index is above 30.

10) Among these three, who can have Diabetes?

1. Sunil 2. Anil 3. Kamal 4. Kamal and Sunil

11) What can you say about the health of Anil?

1. He is having a good health.
2. He is subjected to malnutrition
3. He is suffering from an infectious disease
4. He is in over nutrition

12) The disease which is implicated by Sunil's Cholesterol check is,

1. Influenza
2. High blood pressure
3. Diabetes
4. Lung cancer

13) The main reason to get Kidney disease worse in north central province of Sri Lanka is,

1. High usage of chemical fertilizers
2. High usage of carbonic fertilizers
3. Usage of new methods in farming
4. Unawareness to do agricultural crops

14) The harm which is occurred by microorganisms in food is known as,

1. Biological factor
2. Physical factors
3. Chemical factors
4. Environmental factors

15) Food adulteration is,

1. Fits for food consumption
2. Reducing the quality of food
3. Increasing the quality of food
4. Preservation of food

16)

- Feeling less tired
- The energy is not spent unnecessarily
- Unnecessary strain is not given to muscles and joints

The features which can be recognized by the above details are,

1. The features in a player
2. The features in a correct posture
3. Features of physical fitness
4. Features which can be seen when a weight is lifted.

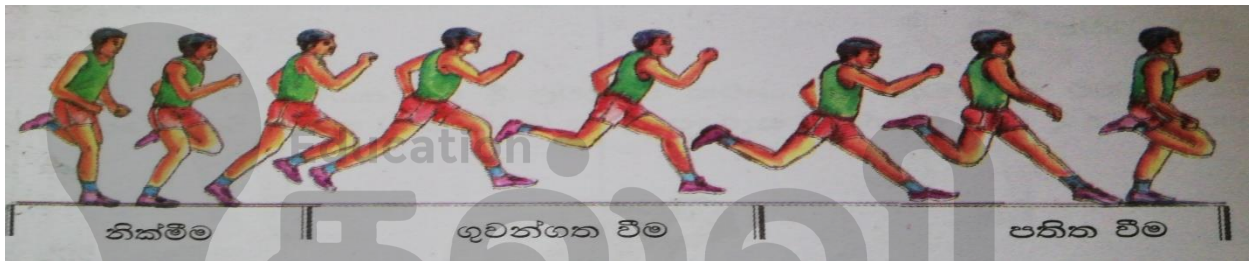
17) An action which can be taken in protecting the healthiness of food in farms,

1. Using carbonic fertilizers
2. Using natural pesticides
3. Using pesticides in a proper standard
4. Using all of the above

18) In organizing outdoor activities, pitching tents, taking photographs, cooking food, drawing pictures and collecting parts of plants and stones are done in

1. Pre-preparation
2. Implementation
3. the end
4. After organizing the activity

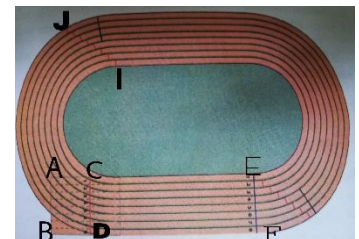
- 19) The equipment which is carried to find the direction in forest exploration is,
 1. Thermometer 2. Camera 3. Compass 4. Stick
- 20) The event which can be participated by wearing only one number is,
 1. Long jump and triple jump 3. Javelin throw and shot put
 2. High jump and pole vault 4. Standing start
- 21) The event which is compulsory to have a starting block in international competitions is,
 1. 100m, 200m, 400m
 2. 400m, 800m, 1500m
 3. 200m, 400m, 800m
 4. 110m hurdle, 5000m, 100m
- 22) The starting method which should be taken for competitions of 800m or more than 800m,
 1. Crouch start 2. Medium start 3. Short start 4. Standing start
- 23)



The above diagram indicates,

- | | |
|-------------------------------------------|------------------------------|
| 1. Phases of the technique in long jump | 3. Phases of a running event |
| 2. Phases of the technique in triple jump | 4. Phases of a race walking |

- Answer the questions from 24 to 26 by considering the above diagram.



- 24) The running events which are started by using A and B is known as,
 1. Direct running events 3. Spread starting events
 2. Indirect running events 4. Direct and indirect running events
- 25) How many places where events are finished, should be there in a running track?
 1. One 2. Two 3. Three 4. Four
- 26) The starting place where the players who are participated in 200m should reach
 1. Line EF 2. Line AB 3. Line IJ 4. Line GH

- 27) The players should take their places when the serving is done in volleyball game as,
1. Two in the front row and four in back row
 2. Three in the front row and three in the back row
 3. Four in the front row and two in the back row
 4. One in the front row and five in the back row
- 28) Two official obstructions are there in a volleyball game. They are,
1. Occurring substitutions and blocking
 2. Having short breaks and occurring substitutions
 3. Blocking the ball by touching the net and hitting
 4. Shouting at opposing team and blaming
- 29) In a volleyball team the no. of short breaks and the duration of them which can be taken by one team is,
1. Two. 30 seconds
 2. One. 60seconds
 3. Three. 30seconds
 4. Two. 60seconds
- 30) The judge board which can be taken to judge a volleyball competition is,
1. First referee, 2nd referee, the scorer, assistant scorer, four line judges
 2. 1st referee, 2nd referee, linemen, starting officer
 3. 1st referee, 2nd referee, starting officer, match referee
 4. Side referees, 1st referee, 2nd referee, time keeper
- 31) the minimum no. of players who can play in a volleyball game
1. seven
 2. Six
 3. Five
 4. Four
- 32) The player who controls a large portion in the court in a netball game,
1. Goal shooter(GA)
 2. Goal Attack (GA)
 3. Centre (C)
 4. Wind Defence (WD)
- 33) The duration which a netball game should be held for under 16 years,
1. 15- 3- 15minutes
 2. 10-3-10 minutes
 3. 20-3-20 minutes
 4. 10-5-10 minutes
- 34) The duration which a football game should have is,
1. 45 minutes
 2. 60 minutes
 3. 90minutes
 4. 120minutes
- 35) The minimum and the maximum no. of players that should be in a football game is,
1. Five and seven
 2. Seven and twelve
 3. Five and eleven
 4. Seven and eleven

36) The penalty which is given for fouls committed dangerously by players in football game is,

1. Advising by showing the yellow card
2. Advising by showing the red card
3. Removing him by showing the red card
4. Removing the player without showing any card

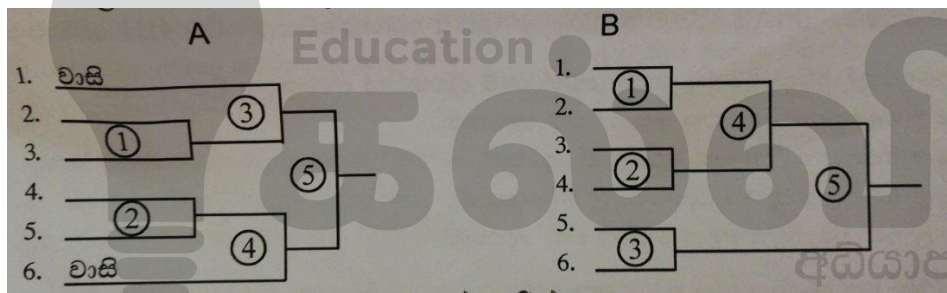
37) The most suitable method in which the true winner is selected in a tournament is,

1. Knockout tournament
2. League tournament
3. Combination tournament
4. Challenge

38) The formula which can be used to select the no. of competitions that should be done in a tournament is,

1. $n-1$
2. $\frac{n-1}{2}$
3. $\frac{n(n^2)}{2}$
4. $\frac{n(n-1)}{2}$

39) Given below are two cue-charts made by two students A and B for a football tournament which six teams are participated.



Out of these two,

1. A is correct
2. B is correct
3. A and B are correct
4. A and B are wrong

40) The event which brought a silver medal for Sri Lanka in commonwealth competitions in 2018 is,

1. Shooting to the target
2. Boxing
3. Weight lifting
4. Athletics

KELANIYA EDUCATION ZONE

SECOND TERM TEST-2018

HEALTH AND PHYSICAL EDUCATION-II

Grade 11

2 hours

Name:

Answer 5 questions including 1st question and 2 questions from part 1 and 2 questions from part 11.

01) The principal of Nauyana Junior School is both a clever player and an efficient administrator. He has been activating various programmes to make the students active and healthy. Due to this, he pays his attention on the health promotion of children and he is activating,

- Use of nutritious food consumption in school
- Organizational games and athletic programmes
- Leadership training programmes
- Programmes on values

1. Write down strategies which can be used in health promotion
2. State two rules which are related to health promotion in Sri Lanka.
3. Mention two services which have been applied in school health promotion.
4. Write down two sports, health and physical education programmes in a school
5. Give two food programmes which can be implemented by the school in practicing the students to nutritious food consumption.
6. Write down four organizational games you have learnt
7. According to the classification of athletics, name two categories which running events are divided and write down one event per each.
8. According to the classification of events, jumping can be divided mainly into two parts. Name them.
9. State two leadership characteristics you gained by the leadership training.
10. Mention two programmes of value held in your school.

(2X10= 20marks)

Part 1

02) You who become the future of the country should practice a nutritious food consumption style to lead a healthy life. Because of losing good food habits from students at present the labour force is getting lost gradually.

1. How can we identify a person with a weak nutritious status? Write down three characteristics of them
2. Give three actions which can be used to protect the nutritious values in food.
3. State two instances where we have to pay our attention on the healthiness of food
4. Mention two ways in which we can identify food adulteration

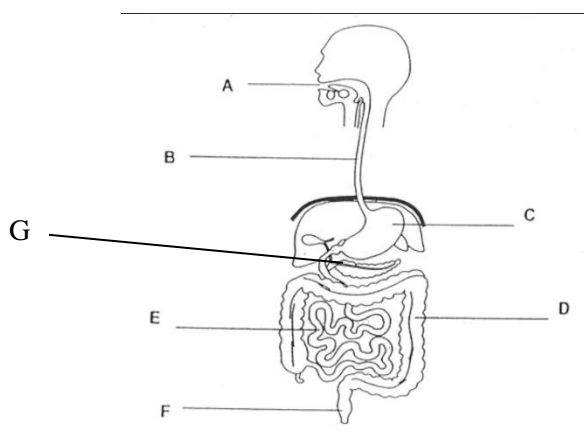
(10 marks)

03) Now you are in adolescence passing various stages in your life. In future life, it will be more beautiful if you formed your life correctly by having experiences on ways you should be adopted in your life.

1. Write two mental and two physical changes which can be seen in Nishan who is in adolescence.
2. State two actions which can be followed in making adolescence successful.
3. Give two problems raised in fulfilling the needs of youth.
4. Mention two physical changes which can be seen adulthood.

(10 marks)

04) Human body is a marvelous creation. The organs with different shapes and manipulating it with many systems which are related to them are quite wonderful. So, identify the following system.



1. Name this system and name the organs from A to G

2. Give two disease which this system can be affected
3. Provide three steps that should be taken to protect the health in this system

(10 marks)

Part II

05) Many countries in the world have achieved many things by having a systematic sports management such as, having various victories, fulfilling various targets and improving the balanced personality.

1. Write three qualities in a good manager
2. Give two advantages which can be taken by engaging in physical education programmes activated by your school
3. State two events which can be organized on the very same day which sports meet is held
4. A volleyball tournament was held according to the knockout system. For this, five teams were participated. When drawing coupons, team B got no. 1, team C got no. 2, team A got no. 3, team E got no. 4 and team D got no. 5 and they were placed accordingly. Draw a cue chart and write the no. of matches and no. of bye separately. Hold matches and make team D the winner and draw the cue chart related to it and name them.

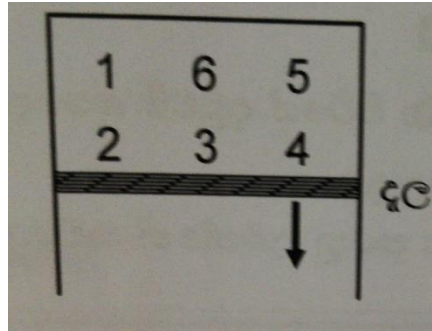
(10 marks)

06) As Sajith is a short distance runner, he is in a proper training on his event. He has a good knowledge on the techniques relevant to his event and its rules and regulations

1. Write down four running exercises which are used in mastering the techniques and making his speed fast.
2. State events of female and male hurdle running in international and national level competitions
3. Name the two factors which affect in the speed of running
4. Number 20 player who has participate to 400m hurdles event has move forward after the 'Get set' command but before 'Go' command, as a starting officer what is your action ?

07) Answer only one out of A, B, C questions.

A



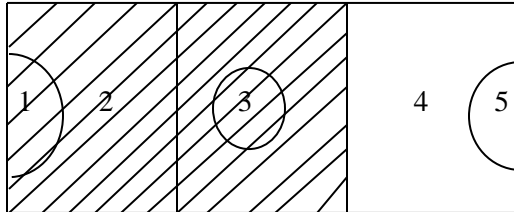
1. The above diagram shows the order in the places of players in one team in a volleyball court. Accordingly, mention the numbers of the players who can participate in blocking the attack.
2. Write down the no. of rounds which should have in competitions held in international and national level and mention the amount of score which should have in the end of each round.
3. Give the no. of short breaks and the duration of them which a round can get
4. Mention the judgments given by you for the following situations, if you were the referee of the competition held between Avissawella and Polonnaruwa teams in the final volleyball tournament of Brandex Trophy
 - a. The ball served by the Polonnaru team was touched the net and was landed in their own team
 - b. The ball was there above the upper stripe of the net and the libero player of Polonnaruwa team hit it by jumping while he was in the backside zone.
 - c. While Avissawella team was in play, they hit the ball thrice before the ball was sent to the opposing team and after that it was sent to the opposing team.
 - d. The attack gained by Polonnaruwa team was hit in the hands of blockers in the Avissawella team and went offside.
 - e. When a player of Avissawella team was participated in blocking, he was fallen down touching the middle line.

(10 marks)

B

1. Write down two fouls committed in relation to feet in netball game.
2. State the place names of the players who can receive a centre pass in netball game

3.



According to this figure, mention the place names of players who can play in the darken area.

4. Write down separately the judgments given by you in the following situations if you were the referee of the netball game.
- a. A player keeps the ball in hand for more than three seconds
 - b. Pushing the opposing player
 - c. Moving of the ball off the boundary lines of the court.
 - d. When a foul is done by two players at the same time.
 - e. In a situation where an opposing player was shooting the ball in the boundary of goal, the vision was blocked
- (10 marks)

C

1. Name two kicks off which can be used in directing the ball to another player or place in football game(2 marks)
2. State two infringements which are committed inside the penalty area for awarding a penalty kick to the opposing team. (2 marks)
3. In which situation does a referee decide to award a corner kick? (1 mark)
4. If you were the judge mention the judgments you give in following situations.
 - a. In a football match a team of six players entered the court to play
 - b. During a competition, the player who came to throw -in the ball which moved out of the court, threw- in the ball by raising one foot
 - c. During a match, an opposing player was given a dangerous kickoff
 - d. After the signal of starting the match was given, the player who belongs the ball directs it to the backside of his team
 - e. Kicking an opposing player inside the penalty area.

