



ZONAL EDUCATION OFFICE - JAFFNA

Second Term Examination - 2017

Grade - 07

Health & Physical Education

Time - 2.00 h.

Part I

Answer the all questions.

- One of the good quality found in a healthy person
i) Physical health ii) Mental health iii) Obesity iv) Stunting
- One of the biological factor which influence on spoilage of food
i) Brittleness ii) Bacteria
iii) Reaction of enzyme iv) Chemical reaction
- Which organized game has the serving and spiking skills?
i) Net ball ii) Foot ball iii) Volley ball iv) Cricket
- The factor does not affect preservation of food.
i) Social factor ii) Chemical factor iii) Biological factor iv) Physical factor
- Micro nutrients means
i) Nutrients mostly needed for body.
ii) Fats and oil.
iii) Nutrients which are required only small quantities.
iv) Nutrients needed in substantial quantities.
- An ordinary person requires of water.
i) 3l - 4l ii) 1½l - 2l iii) ½l - 1l iv) 4l - 5l
- The group of food sources which contain more nutrients
i) Milk, cheese, butter
ii) Green leaves, Diya bath, mixed green malluma
iii) Cheese, butter, green malluma
iv) Roles, diya bath, milk
- One of the defect caused by incorrect posture
i) Good appearance ii) Easy to do routine activities
iii) Reduces tiredness iv) Decreases efficiency
- Which one help to the human to stand erect?
i) Legs ii) Vertebral column iii) Muscle iv) Nerve
- Unsuitable thing of a sportsman
i) Accept defeat ii) Tolerate others
iii) Using drugs iv) Respecting rules and regulations
- One of the skill of net ball
i) Serving ii) Spiking iii) Receiving iv) Foot movement

12. One of the advantage gained by students by engaging in sports activities
- i) Reduces interest in education
 - ii) Getting tiredness
 - iii) muscles and bones become strong
 - iv) reduces physical well being
13. In correct statement
- i) 6 players - volley ball
 - ii) 7 players - net ball
 - iii) 25 players - elle
 - iv) 11 players - cricket
14. One of the mental skill is
- i) Leadership quality
 - ii) Participating in sports activities
 - iii) Increase thinking skill
 - iv) Bravery
15. Which part of the foot touches first on the ground, when you walk?
- i) Toes
 - ii) Ball
 - iii) Middle foot
 - iv) Heal
16. Sitting and sleeping are related to
- i) Dynamic posture
 - ii) Static posture
 - iii) Correct posture
 - iv) Incorrect posture
17. Which one is not a challenge for complete health?
- i) Concept of global village
 - ii) Health service and diseases
 - iii) Defects in tourism
 - iv) Field education
18. The standing position when national flag is hoisted
- i) Stand at attention
 - ii) Stand at ease
 - iii) Getting ready
 - iv) Stand according to your wish
19. Which is not a track event?
- i) Short distance race
 - ii) Middle distance race
 - iii) Long distance race
 - iv) Jumps
20. International sports competitions happen every
- i) One year
 - ii) 2 year
 - iii) 3 year
 - iv) 4 year

Part II

❖ Answer only for 4 questions

1.

- i. Write four factors which are needed for maintaining good health.
- ii. Mention responsibilities as a person in building a healthy society.
- iii. Write the harmful effects which not receiving love and protection.
- iv. Mention some persons who help to do our daily activities.

2.

- i. Write down the common features of folk games.
- ii. Mention the folk games that can be played during New Year.
- iii. Mention out door folk games that do not require sports equipments.
- iv. Folk games can be grouped according to the playing area. What are they?

3.

- i. List out the skills of volley ball.
- ii. Mention the stages of under arm service.
- iii. Write down the punishments given to the false made in playing net ball.
- iv. Draw the net ball court.

4.

- i. What do you mean by correct posture?
- ii. Mention the correct posture that should be maintained while sitting on a chair.
- iii. Write down the advantages gained by maintaining correct posture.
- iv. Mention some activities to improve walking.

5.

- i. List out the nutrients.
- ii. Mention some things you have to keep in mind when planning your meal.
- iii. Write down some things to remember when buying food.
- iv. Mention the factors that you should consider to get healthy food items.