

PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 11 HEALTH AND PHYSICAL EDUCATION - I Time: 1 hour

Name / Index No.

- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternative (1), (2), (3), (4) which you consider as correct or most appropriate.
- Mark a (×) on the number corresponding to your choice in the answer sheet provided.
- 01. The ability of identifying one's skills and facing challenges to live fruitfully is known as,
 - (1) physical well-being.

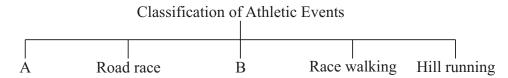
(2) mental well-being.

(3) spiritual well-being.

- (4) total health
- 02. The correct saying of finding the nutritional status through BMI is,
 - (1) the BMI for age of under 18 year old children can be found through the standard chart.
 - (2) the BMI range between 23-26.9 represents correct nutritional status.
 - (3) the BMI range of an adult differs according to the age and gender.
 - (4) obesity is represented by the orange colour of the BMI chart.
- 03. A physical need of a child in the late child hood is,
 - (1) being accepted

- (2) developing cognitive skill
- (3) motivating to courteous behaviour
- (4) Providing opportunity be active
- 04. An instance that shows a dynamic posture is,
 - (1) "on your marks" phase of starting a running race.
 - (2) preparation stage of shot putting.
 - (3) approaching running stage of long jump.
 - (4) handstand of gymnastics.

05.



The most suitable events for "A" and "B" are,

- (1) 'A' track and field 'B' cross country race
- (2) 'A' track events 'B' jumping events
- (3) 'A' track events 'B' vertical and horizontal jump.
- (4) 'A' road race 'B' vertical and horizontal jump.

06.	The main reason for causing accidents is,
	(1) unsafe environment (2) carelessness
	(3) being ignorant (4) all of the above
07.	The method of giving first aid including the basis principles is,
	(1) ABCDE (2) PRICES (3) SMART (4) RICE
•	The following table gives information about 3 athletes who participated in the inter house
	sports meet 2018. Answer the questions 8 - 10 using the given information.
	Number Event category
	02 sprinting
	05 horizontal jump
	12 short middle distance
	short middle distance
08.	A technique that can be used by the athlete number 05 is,
	(1) straddle technique (2) rotation technique
	(3) sail technique (4) American technique
09.	The group of events for which air resistance highly affects is,
	(1) sprinting events (2) throwing events
	(3) short middle distance events (4) all of the above
10.	An event that could be participated in by the number 12.
	(1) 400m (2) 3000m (3) 1500m (4) 800m
11.	The objective of the physical fitness program in school is,
	(1) to have a healthy life. (2) to develop quality of education
	(3) to give joy and pleasure (4) all of the above
12.	A common nutritional problem that can be seen in Sri Lanka as a result of lacking enough amount
	of macro nutrients is,
	(1) anaemia (2) over nutrition (3) malnutrition (4) rickettsia
•	Answer the questions 13 - 14 using the following information.
	 skin diseases being subjected to communicable diseases easily
	• poor eyesight
13.	The nutrient that is causal for above unfavorable conditions affecting personal well-being is,
	(1) iron (2) calcium (3) vitamin 'B' (4) vitamin 'A'
14.	The most suitable group of food items that helps to minimize the above unfavourable condition is,
	(1) seaweed (sea vegetables) (2) dried sprat, prawns
	(3) yellow coloured fruits and vegetables (4) food rich in sugar and fat
15.	The correct statement of the functioning of the reproductive system is,
	(1) matured ova begin to be released and sperm begins to be produced after attaining puberty.
	(2) the ability of producing ova and sperm is lifelong.
	(3) the hormone "Testosterone" is useful for female characteristics.
	(4) fertilized ovum is implanted in the fallopian tube.

- Secreting saliva with muscous 16. •
- process of peristaltic movement

Having micro villi

Because of the above 3 features, my efficiency of functioning has been increase. Who am I?

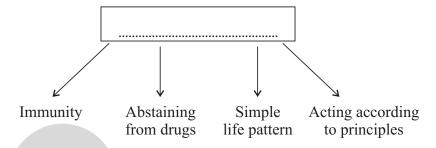
(1) Respiratory system

- (2) Digestive system
- (3) Blood circulatory system
- (4) Excretory system
- 17. Providing pure drinking water
- Waste management
- Maintaining a healthy canteen

The strategy of health promotion that is developed by the above measures is,

- (1) formulation of health policies
- (2) developing knowledge and skills
- (3) community participation
- (4) re-organizing of health services

18.



What is the most suitable statement for the topic of the above diagram?

- (1) Factors that affect 'total health' (2) Approach of health promotion.
- (3) Factors affect the quality of life.
- (4) Criteria for measuring social health.

19. • Economic status Not having suitable education

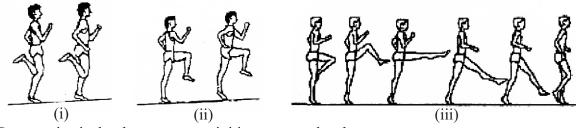
Competitiveness

Unemployment

'Narada' told that he has to face the above challenge when his needs are being full filled. So Narada is in the,

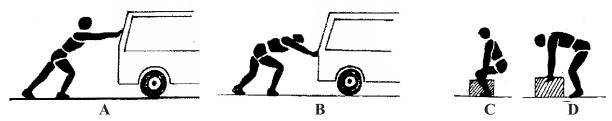
- (1) child hood
- (2) adolescence
- (3) youth
- (4) middle age
- 20. A correct feature of lifting and lowering a weight in correct postures is,
 - (1) keeping the object as close to the body much as possible.
 - (2) keeping the object far away from the body.
 - (3) keeping the legs as close as possible.
 - (4) bending the legs forward without bending at knees.

21.



By engaging in the above sports activities, you can develop,

- (1) running technique and speed
- (2) reaction speed and start
- (3) take off of jumping events
- (4) release of throwing events



- 22. The correct posture of the above postures is,
 - (1) Aand B
- (2) C and D
- (3) B and D
- (4) A and C
- 23. 'Sunimal' was suddenly fell ill in the school and the following symptoms were found in hospital,
 - high fever

uneasiness

• red patches in the skin

According to the above features, the disease is,

- (1) dengue
- (2) renal failure
- (3) malaria
- (4) anaemia
- 24. The answer in which only the out door activities, that may give us experience in the school, are included is,
 - (1) exploring jungles, inter house sportsmeet
 - (2) organizing hikes and climbing hills
 - (3) march past and camping
 - (4) cooking food and sports coaching camps
- 25. The process of spoiling the quality of food is known as,
 - (1) food spoilage

(2) adulteration of food

(3) food wastage

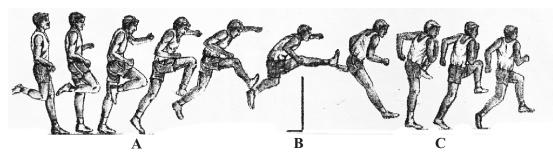
- (4) food poisoning
- 26. Some ideas of the common rules and regulations of the track are given below.
 - a the standard length should be either 200m or 400m.
 - b at least, there should be 8 lanes.
 - c the width of a lane should be 1.22 m.
 - d the running direction should be right wise.

The most suitable statement or statements of the above ideas is,

- (1) bandc
- (2) only b
- (3) a and c
- (4) c and d

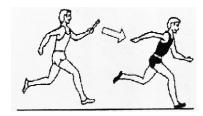
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27.



The above diagram depicts the technique of hurdling. "A" "B" and "C" are the stages of,

- (1) taking off, flight, landing
- (2) taking off, clearing the hurdle, landing
- (3) preparation, clearing the hurdle, running
- (4) approach running, flight, taking off



	The	The above diagram depicts a stage of baton changing. What is it?							
	(1)	Visual overhand	char	nging.	(2)	Visual underhar	d ch	anging.	
	(3)	Nonvisual over l	nand	changing.	(4)	Nonvisual unde	rhan	d changing.	
36.	a	Be away from ac	sthe	tic activities.					
	b	Engaging in acti	vitie	s for social welfar	e.				
	c	Tendency for rel	igiou	is activities.					
	Whi	_	oove	are suitable, for the	nose	who are in the m	iddle	age, to be free	from mental
	(1)	'a' and'b'	(2)	'b' and catio	(3)	'c' and d	(4)	'a', 'b' and 'c'	
37.	The	factors that are di	rectl	y affected for keep	ping	day to day health	ofan	y personal are l	known as,
	(1)	nutritional comp	oner	nts	(2)	skills related fita	ness		
	(3)	health related fit	ness		(4)	healthy lifestyle	s q	ධ්යාපන	
38.	The	sudden response	that	causes changes of	exte	rnal and internal f	funct	ioning of our b	ody is,
	(1)	empathy	(2)	sensibility	(3)	strees	(4)	emotion	
39.	'Kasun' fell down in the play ground and his head was injured while he was practicing. Sometime later the following features could be seen in 'Kasun'.							g. Sometimes	
	•	paleness							
	•	uneasiness			•	rapid and weak 1	oulse	rate	
	According to the above features Kasun was subjected to,								
	(1)	dehydration	(2)	fainting	(3)	shock	(4)	bone fracture	
40.	The	world cup footba	ll tou	rnament in 2018	will b	be held in,			
	(1)	Argentina	(2)	Brazil	(3)	America	(4)	Russia	
									(40 marks)



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 11 HEALTH AND PHYSICAL EDUCATION - II Time: 2 hours

Name A	/ 1	Ind	lev	No
	<i>'</i> I	ш	IICA	130

- The question No. 01 s compulsory and answer for more questions selecting by two questions from each part as I and II.
- (01) 'Anusha' is in grade 11 and he is a clever football player. On the other hand he works as a prefect as well as a brilliant student.
 - He cares about taking healthy food too. 'Anusha' could win the gold medal for long jump event in the provincial meet. Anusha himself gave first aid to Nirmal when he was injured while participating in the same event with him. Inter school football tournament was organized for the sports day of the school and also every team had the chance of competing with each other. It was a special feature.
 - (i) Write '2' characteristics that show Anusha social health according to the passage. (2m.)
 - (ii) Write two health related fitness factors that "Anusha "should develop as a player and also as a student. (2m.)
 - (iii) Write two important factors that affect increasing the performance of the long jump event. (2m.)
 - (iv) Mention the method of giving first used by "Anusha" to treat "Nirmal." (2m.)
 - (v) Write two facts that Anush might have concerned in selecting healthy food. (2m.)
 - (vi) What is the method of tournaments used by "Anusha's" school to hold the football tournament? (2m.)
 - (vii) Write 2 advantages that players can get as a result of applying above mentioned method. (2m.)
 - (viii) Mention the athletic category for which "Anusha's" event belongs to and name another event that belongs to the same category. (2m.)
 - (ix) Write two measures that should be taken to protect the fascination of regulating and keeping the amount of water in our body constant when playing game like foot ball for a long time. (2m.)
 - (x) Write two ways that an adolescent in the same age as "Anusha" can follow to face the challenges in the adolescence. (2m.)

PART - I

- (02) Health promoting program has been introduced for upgrading health of Sri Lankan students.
 - (i) Write 2 rules and regulations relevant to health promoting of Schools in Sri Lanka. (2m.)
 - (ii) Write 2 qualities that should be developed in a school to create a social environment beneficial for health promotion. (2m.)
 - (iii) Write 3 bad effects of having a BMI below 18.5. (3m.)
 - (iv) a) Mention the stages of life of students those who are in grade 01 05. (1m.)
 - b) Write 2 facts to show that it is very important to fulfill the needs of the children in the pre childhood. (2m.)
- (03) 'Nutrition' is very important for leading a healthy life and also food should not be harmful.
 - (i) What is meant by food safety? (2m.)
 - (ii) Write 3 bad factors that may affect food safety. (2m.)
 - (iii) Write 3 bad effects of consuming food items without safety. (3m.)
 - (iv) Write 3 facts to show that consuming local food may be more advantageous to minimize nutritional problems. (3m.)
- (04) Explain the way how you face the following challenges briefly.
 - (i) You see that no one gives a seat to the old women who goes into the bus.
 - (ii) One of your friends suggests you to go to see the flood when there are not parents at home.
 - (iii) "Many of the advertisements on TV mislead people" is the topic that you have to deliver a speech.
 - (iv) Your friend tell you that his/her mother asks to attend extra classes without participating in co-curricular activities.
 - (v) Your brother has been selected to a popular school in the country as he gained higher marks at the scholarship examination but he cries and rejects to go to that school.

(2x5=10m.)

PART - II

- (05) Maintaining the function of our body properly is very important.
 - (i) a) Write 2 fascinating functions done by the system depicted by the above diagram for an efficient life. (2m.)
 - b) Write 3 measures that can be followed to keep the above system healthy. (3m.)
 - (ii) Some of the major functions of the digesting process are given below and write by one (1) organ that helps digestion.
 - a) Physical digestion of food.
 - b) Chemical digestion of food.
 - c) Absorption of food.



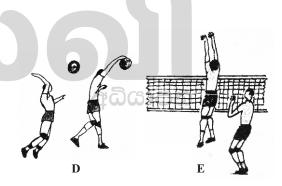
- (iii) Name the kinds of hormone that help in the following functions.
 - a) Causing and maintaining feminine characteristics.
 - b) Causing and maintaining masculine characteristics.
- (06) Techniques are very important for showing better performance in athletics.



- (i) The above diagram depicts the main stages of the event long jump. Name the stages represented by "B", "C" and "D". (3m.)
- (ii) Name two rules that a race walker should follow. (2m.)
- (iii) Name the two main factors that decides the speed of a running race. (2m.)
- (iv) Write 3 activities that can be used to practise the crouch start. (3m.)
- 07) Answer for only one part of the following parts as A, B, C.

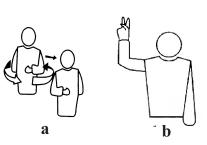
PART - A

- (i) Following diagrams represented by "D" and "E" depict two skills of Volleyball that you have learnt. Name them, (2m.)
- (ii) Explain two activities that can be used for a novel player to practise the skill at "D". (use diagrams if necessary) (2m.)



(2m.)

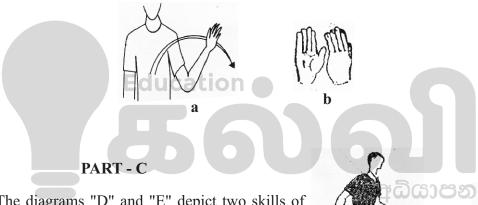
- (iii) Write two methods of approaching the ball, done by a player for the skill at "E". (2m.)
- (iv) Give your decisions that you make for the following situations if you are assigned to judge a Volleyball match.
 - a) The ball serviced from the team "A" hit the antennas and Libero player of the team received ball.
 - b) The setter of the team "B" attempted to set the ball, but his foot touched the play area of the team "A" passing the centre line. (2m.)
- (v) Explain the following hand signals.



(2m.)

PART - B

- (i) The diagrams 'D' and 'E' depict two skills of Netball that you have practiced. Name the two skills. (2m.)
- D E
- (ii) Write 2 activities that can be used to practise the skill depicted by the diagram "E". (2m.)
- (iii) Write '2' rules that should be obeyed by the player when making a "thrown in". (2m.)
- (iv) Explain the decision that you make at the following situations as you area judge.
 - a) Both the WA of the team "A" and the WD of the team "B" simultaneous catch the ball.
 - b) The (C) center player of the team "A" throws the ball up and catches it again. (2m.)
- (v) Explain the following hand signals. (2m.)



- (i) The diagrams "D" and "E" depict two skills of football. Name the two skills. (2m.)
- (ii) Write two facts that should be taught to a novel football player, when the skill depicted by the diagram "D" is being trained. (2m.)
- (iii) Write 2 points that a football player should follow when a "throw in" is being made. (2m.)
- (iv) Give your decisions at the following situations if you are assigned to judge a football match.
 - (a) A player of the team "A" attempts to tacknl an opponent player. (team 'B')
 - (b) A player of the team "B" is offside.
- (v) Explain the following hand signals.





(2m.)

(2m.)

Grac	de 1	11 S	econd Fi	rst Term T	Test 2018	I	Health An	d Physic	al Educat	tion (1-3)	
					Answer Sl	neet - Par	er I				
01.(2)	0	2. (1)	03. (4)	04. (3)	05. (1)	06. (4)	07. (1)	08. (3)	09. (2)	10.(4)	
11.(4)	1	2. (3)	13. (4)	14. (3)	15. (1)	16. (2)	17. (1)	18. (3)	19. (3)	20.(1)	
21.(1)	2	22. (4)	23. (1)	24. (2)	25. (2)	26. (1)	27. (2)	28. (2)	29. (1)	30. (4)	
31. (3)	3	2. (2)	33. (2)	34. (4)	35. (3)	36. (2)	37. (3)	38. (4)	39. (3)	40. (4)	
					Dai	nor – II					
(01) (i)	Paper - II 1. Being prefect 2. Being loved by teachers									
	3. Being ready to give first aid.					(2m.)					
(i	i)		iovascular								
	,		cular streng				cular endura	nce			
			compositi							(2m.)	
(i	ii)		doftaking			2. Angl	e of taking o	ff		(,/	
		•	ht of taking			8	8:			(2m.)	
(i		•	S/PRICE	,						(2m.)	
(v	,			tv in food/ł	eing balanc	e				(====,	
()	.)		-	to natural fo	-						
3. Consuming local food.4. Cleanliness and freshness of food										(2m.)	
(v	vi)					n 🔵				(2m.)	
`	(vi) League Tournament Education(vii) 1. Being easy to find the talented or the real winner.							, ,			
2. Ability of being in the tournament eventhough defeated.											
	3. Ability of participating in more matches.										
			-	oping skills		(2m.)					
(v	viii)	Horizon	ntal jump -	Triple jump)			අධ්ය) පන	(2m.)	
(i					2. Mini	mizing artif	icial drinks				
		3. Drink	king boiled	and cooled	water etc.	,				(2m.)	
(x	x)	1. Havii	ng a better	education.		2. Bein	2. Being obedient to parents and elders.				
		3. Focus	sing on spo	rts activitie	s etc.,					(2m.)	
									(2:	x10=20m.)	
(02) (i	.)	1. Heal	lth educatio	on is compu	lsory from g	grade 01 - 09).				
		2. Prov	iding healt	th facilities	s compulso	ry well sho	uld be cover	ed, a toilet si	hould be for	50 children	
		etc.,									
		3. Bein	ig banned c	onsumption	n and selling	g food items	unfavorable	e for health.		(2m.)	
(i	i)	1. keepi	ing democr	acy		2. havii	ng chances fo	or group act	ivities		
		3. havin	ng a better i	nter persona	al relationsh	ip teach	ers and pupi	ls etc.,		(2m.)	
(i	ii)	1. Poor	immunity			2. Poor	efficiency				
		3. Being	g subjected	to diseases	easily	4. Obst	ructing educ	ation		(2m.)	
(i	v)	a. La	ate childho	od						(1m.)	
b. 1. being a stage in which more than 80% of brain is developed.											
		2.	being a sta	ge in which	the foundat	ion fo the fu	iture is laid.				
		3.	Brain and	the nervous	system are	stimulated l	y expirienc	e related to c	communicat	ion. (2m.)	

Second First Term Test 2018 Grade 11 Health And Physical Education (2-3) **Answer Sheet** Food safety is a scientific discipline describing handling, preparation and storage of food, in ways (03) (i) that prevent contamination and food born illness. (2m.)(ii) 1. Biological factors 2. Chemical factors 3. Physical factors (2m.)1. Food wastage 2. Economic loss (iii) 3. Being subjected to diseases. 4. Reduction in quality of food... etc., (3m.)1. Giving priority to natural food often. (iv)

- - 2. Mixing food items and not wasting them.
 - 3. Using different kinds of methods to prepare food.
 - 4. Increasing the nutritional value of food.
 - 5. Developing appetite about food. (3m.)
- (04) Give marks for the positive answers with two facts for each question.

(2x5 = 10m.)

(2m.)

(3m.)

(02m.)

- Keeping the temperature of the body constant. / ability of clothing blood in a bleeding. / ability (05) (i) a) of transporting materials.... etc., (2m.)
 - Engaging in exercises. Consuming food rich in iron. b) Being free from mental stress. Being prevented from accidents. (3m.)
 - a mouth / teeth b-stomach/duodenum/small intestine (ii)
 - c small intestine / large intestine (3m.)
 - Oestrogen/Progesterone (iii) a)

(07)

(i)

- අධ්යාපන Testosterone b) (2m.)
- (i) B - Take off C - Flight (06)
 - D Landing (3m.)
 - 1. A foot is always contacted with the ground. (ii)
 - 2. The front leg should lie straight without bending the knee until it becomes erect. (2m.)
 - (iii) 1. The length of a stride (step) 2. Speed of striding. (stepping)

2. Fast running forward bending the body forward.

- (iv) 1. Running forward to a signal rising from various postures.
 - 3. Fast running forward using standing start with an inclined body.

- D Spiking E - Blocking
 - (ii) • Bring the body backward holding the ball in both hands and fling it on the ground with a great force bringing the body forward again.

Part-A

- Drop the ball that is held in the non dominant hand and hit it with the dominant hand hard.
- Taking off and spiking with or without the ball after using the 2 step method or 3 step method of hitting approach. (02m.)

Grade 11 Second First Term Test 2018

Health And Physical Education (3-3)

Answer Sheet

(iii)	• Side step method								
	• Cross step method								
	• Dash method	(02m.)							
(iv)	(a) The team 'B' receives the ball with a score.								
	(b) The team 'A' receives the ball with a score. (02m.)								
(v)	a - Change of courts								
	b - Double contact	(02m.)							
	Part - B								
(i)	D- Shooting E- Ove	er head pass (2m.)							
(ii)	1. Shooting at different places at the goal circle.								
	2. Entering the goal area from different places and shooting.								
	3. Shooting with a goal keeper etc.,	(2m.)							
(iii)	1. Rule of foot work.								
	2. Not to touch the line.								
	3. Rules of '3' seconds.								
	4. Standing very close to the line.	(2m.)							
(iv)	a A toss-up between the two players.								
	b A free pass is given to the player of the team	"B" at the place where the offence occurred.							
	(2m.)								
(v)	a 1. Over a third								
	2. offside	අධ්යාපන							
	3. Breaking in to the center third								
	b Short pass	(2m.)							
	Part - C								
(i)	D - Stopping the ball by keeping the foot on the ball.								
· · ·	E - Heading	(2m.)							
(ii)	• Keeping the foot on the rolling ball when it comes t	o the player.							
	• Placing the free leg just both behind ball.								
	• Keeping head, knee and toes is a straight line.								
	• When the foot is being kept on the ball, pressing it a	a little. (2m.)							
(iii)	• Not to touch the inside of the court when the ball is	s being thrown. (both feet should be away from							
	the court)								
	• Both feet shout contact with the ground.								
	Ball should be thrown to the court by both hands, or	ver the head. (2m.)							
(iv)	(a) The team "B" is given a Direct free kick.								
	(b) The team "A" is given a free kick	(2m.)							
(v)	a - Indirect free kick b - Sub	stitution (2m.)							