



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 11

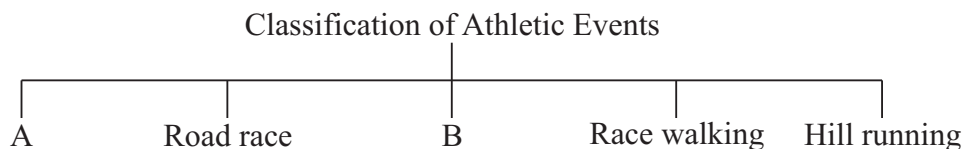
HEALTH AND PHYSICAL EDUCATION - I

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 (x) 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
09	throwing event
12	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.

16. ♦ Secreting saliva with muscous ♦ process of peristaltic movement
♦ Having micro villi

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

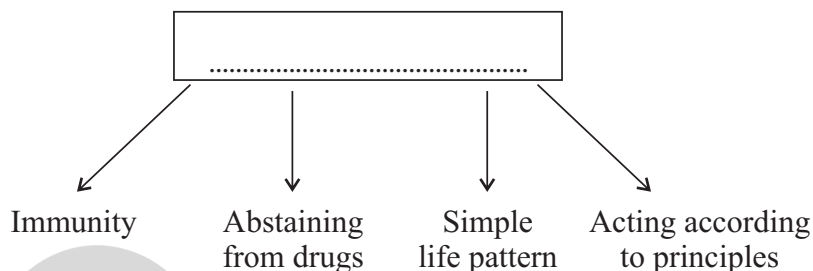
- (1) Respiratory system (2) Digestive system
(3) Blood circulatory system (4) Excretory system

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

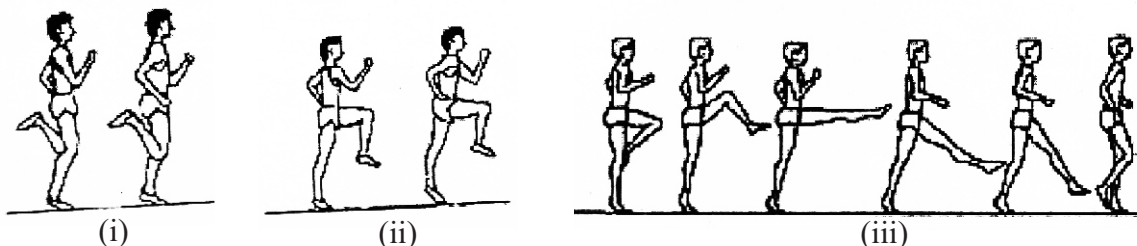
'Narada' told that he has to face the above challenge when his needs are being full filled. So Narada is in the,

- (1) child hood (2) adolescence (3) youth (4) middle age

20. A correct feature of lifting and lowering a weight in correct postures is,

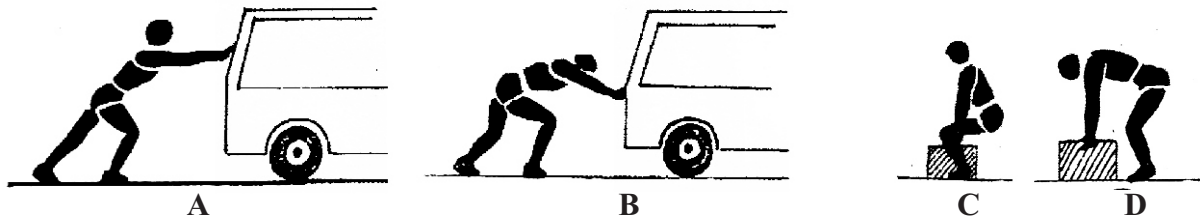
- (1) keeping the object as close to the body much as possible.
(2) keeping the object far away from the body.
(3) keeping the legs as close as possible.
(4) bending the legs forward without bending at knees.

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

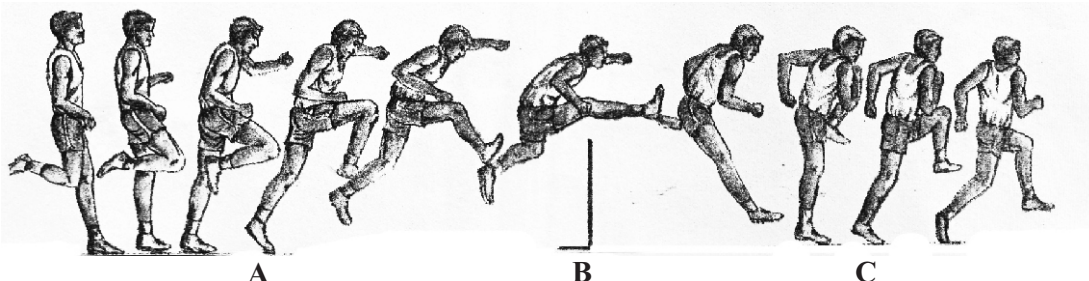


22. The correct posture of the above postures is,
(1) A and B (2) C and D (3) B and D (4) A and C
23. 'Sunimal' was suddenly fell ill in the school and the following symptoms were found in hospital,
♦ high fever ♦ uneasiness
♦ red patches in the skin
According to the above features, the disease is,
(1) 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) b and c (2) only b (3) a and c (4) c and d

27.



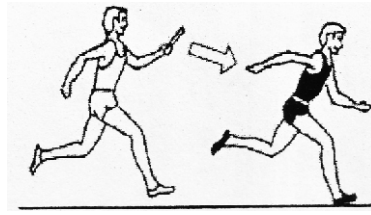
The above diagram depicts the technique of hurdling. "A" "B" and "C" are the stages of,

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

Part I

28. ♦ Excellent leadership ♦ Communicative skill
♦ Flexibility ♦ Emotional balance
- According to the above qualities, he is,
(1) an announcer (2) a manager (3) a follower (4) a reporter
29. An advantage of organizing tournaments under the 'Knockout system' is,
(1) being easy to organize.
(2) being able to be in the series
(3) being able to participate in more matches.
(4) being able to find the real winner of the series.
30. The way of blocking absorption of iron in the food, of the following facts, is,
(1) consuming green leaves after soaking in salt water.
(2) mixing leaves of drumstick (Murunga leaves) with rice.
(3) cooking fish, vegetables and grain together.
(4) adding tomatoes in cooking sprats.
31. An example for a fortified food,
(1) "Mun kiribath" (Milk rice with green gram) (2) "Hath maluwa"
(3) iodized salt (4) pickles
32. The programs such as inter house sports meet and sports clubs in a school are,
(1) compulsory physical education programs.
(2) oo-curricular physical education programs.
(3) physical education programs our of the school.
(4) health promotion programs in the school.
33. 'Thamara 'pays her attention to factors as nutrition, advantage, easiness when preparing her food.
Such food is know as,
(1) useless food (2) natural food (3) instant food (4) fortified food
- **Having studied the following A, B, C and D answer the question No. 34.**
- A Keeping a proper BMI.
Personal efficiency and ability of working.
- B Competitive life style.
Being free from mental stress.
- C Beautiful environment and management of waste material in the school.
Being subjected to communicable diseases.
- D Being free from sex until marriage.
Being able to keep the fascination of the reproductive system.
34. The couple of incidents in which increasing of the first affects increasing of the second is,
(1) A and B (2) B and C (3) C and D (4) A and D

35.



The above diagram depicts a stage of baton changing. What is it?

- (1) Visual overhand changing. (2) Visual underhand changing.
(3) Nonvisual over hand changing. (4) Nonvisual underhand changing.

36. a Be away from aesthetic activities.
b Engaging in activities for social welfare.
c Tendency for religious activities.

Which steps of the above are suitable, for those who are in the middle age, to be free from mental stress.

- (1) 'a' and 'b' (2) 'b' and c (3) 'c' and d (4) 'a', 'b' and 'c'

37. The factors that are directly affected for keeping day to day health of any personal are known as,

- (1) nutritional components (2) skills related fitness
(3) health related fitness (4) healthy lifestyles අධ්‍යාපන

38. The sudden response that causes changes of external and internal functioning of our body is,

- (1) empathy (2) sensibility (3) stress (4) emotion

39. 'Kasun' fell down in the play ground and his head was injured while he was practicing. Sometimes later the following features could be seen in 'Kasun'.

- ♦ paleness
- ♦ uneasiness
- ♦ rapid and weak pulse rate

According to the above features Kasun was subjected to,

- (1) dehydration (2) fainting (3) shock (4) bone fracture

40. The world cup football tournament in 2018 will be held in,

- (1) Argentina (2) Brazil (3) America (4) Russia

(40 marks)



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

Name / Index No.

- The question No. 01 is 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.

- Write '2' characteristics that show Anusha social health according to the passage. (2m.)
- Write two health related fitness factors that "Anusha" should develop as a player and also as a student. (2m.)
- Write two important factors that affect increasing the performance of the long jump event. (2m.)
- Mention the method of giving first used by "Anusha" to treat "Nirmal." (2m.)
- Write two facts that Anusha might have concerned in selecting healthy food. (2m.)
- What is the method of tournaments used by "Anusha's" school to hold the football tournament? (2m.)
- Write 2 advantages that players can get as a result of applying above mentioned method. (2m.)
- Mention the athletic category for which "Anusha's" event belongs to and name another event that belongs to the same category. (2m.)
- 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.)
- 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.

(2m.)

(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.)

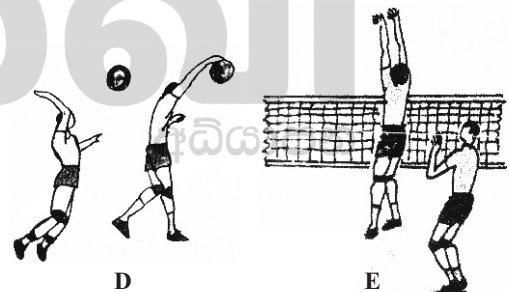
(iv) Write 3 activities that can be used to practise the crouch start. (3m.)

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.)



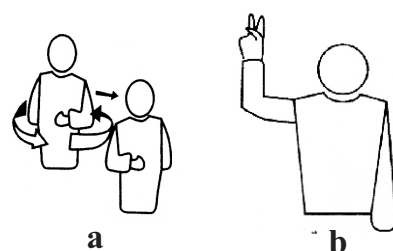
(iii) Write two methods of approaching the ball, done by a player for the skill at "E". (2m.)

(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.

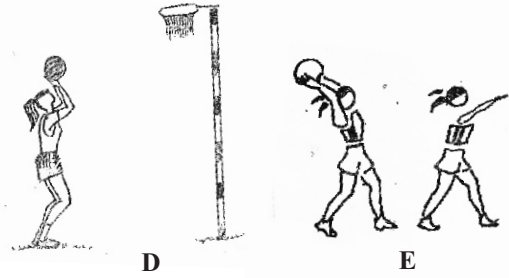
(2m.)

(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.)



- (ii) Write 2 activities that can be used to practise the skill depicted by the diagram "E". (2m.)

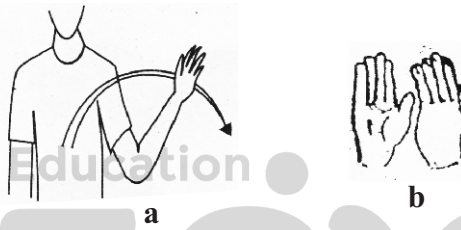
- (iii) Write '2' rules that should be obeyed by the player when making a "thrown in". (2m.)

- (iv) Explain the decision that you make at the following situations as you are a judge.

a) Both the WA of the team "A" and the WD of the team "B" simultaneously catch the ball.

b) The (C) center player of the team "A" throws the ball up and catches it again. (2m.)

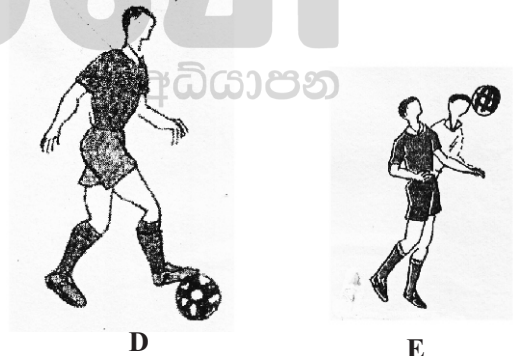
- (v) Explain the following hand signals. (2m.)



PART - C

- (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.)



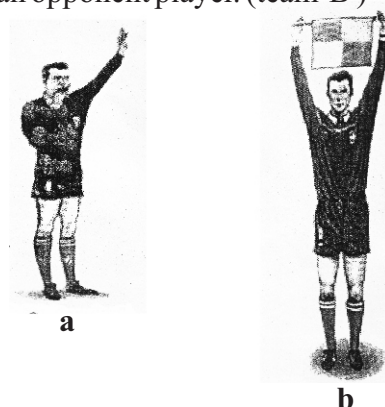
- (iii) Write 2 points that a football player should follow when a "throw in" is being made. (2m.)

- (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 tackle an opponent player. (team 'B')

(b) A player of the team "B" is offside.

- (v) Explain the following hand signals.



Answer Sheet - Paper I

01. (2)	02. (1)	03. (4)	04. (3)	05. (1)	06. (4)	07. (1)	08. (3)	09. (2)	10. (4)
11. (4)	12. (3)	13. (4)	14. (3)	15. (1)	16. (2)	17. (1)	18. (3)	19. (3)	20. (1)
21. (1)	22. (4)	23. (1)	24. (2)	25. (2)	26. (1)	27. (2)	28. (2)	29. (1)	30. (4)
31. (3)	32. (2)	33. (2)	34. (4)	35. (3)	36. (2)	37. (3)	38. (4)	39. (3)	40. (4)

Paper - II

- (01) (i) 1. Being prefect 2. Being loved by teachers
3. Being ready to give first aid. (2m.)
- (ii) 1. Cardiovascular endurance 2. Flexibility
3. Muscular strength 4. Muscular endurance
5. Body composition (2m.)
- (iii) 1. Speed of taking off 2. Angle of taking off
3. Height of taking off (2m.)
- (iv) PRICES / PRICE (2m.)
- (v) 1. Nutritious quality in food / being balance
2. Giving priority to natural food.
3. Consuming local food.
4. Cleanliness and freshness of food (2m.)
- (vi) League Tournament (2m.)
- (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.
4. Ability of developing skills.... etc., (2m.)
- (viii) Horizontal jump - Triple jump (2m.)
- (ix) 1. drinking enough amount of water 2. Minimizing artificial drinks
3. Drinking boiled and cooled water... etc., (2m.)
- (x) 1. Having a better education. 2. Being obedient to parents and elders.
3. Focusing on sports activities.... etc., (2m.)
- (2x10=20m.)
- (02) (i) 1. Health education is compulsory from grade 01 - 09.
2. Providing health facilities is compulsory well should be covered, a toilet should be for 50 children etc.,
3. Being banned consumption and selling food items unfavorable for health. (2m.)
- (ii) 1. keeping democracy 2. having chances for group activities
3. having a better inter personal relationship teachers and pupils..... etc., (2m.)
- (iii) 1. Poor immunity 2. Poor efficiency
3. Being subjected to diseases easily 4. Obstructing education (2m.)
- (iv) a. Late childhood (1m.)
b. 1. being a stage in which more than 80% of brain is developed.
2. being a stage in which the foundation fo the future is laid.
3. Brain and the nervous system are stimulated by expirience related to communication. (2m.)

Answer Sheet

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

- (05) (i) a) Keeping the temperature of the body constant. / ability of clothing blood in a bleeding. / ability of transporting materials.... etc., (2m.)
b) Engaging in exercises. Consuming food rich in iron.
Being free from mental stress. Being prevented from accidents. (3m.)
- (ii) a - mouth / teeth b - stomach / duodenum / small intestine
c - small intestine / large intestine (3m.)
- (iii) a) Oestrogen / Progesterone
b) Testosterone (2m.)
- (06) (i) B - Take off C - Flight
D - Landing (3m.)
- (ii) 1. A foot is always contacted with the ground.
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) (2m.)
- (iv) 1. Running forward to a signal rising from various postures.
2. Fast running forward bending the body forward.
3. Fast running forward using standing start with an inclined body. (3m.)

(07)

Part - A

- (i) D - Spiking E - Blocking (02m.)
- (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.
♦ 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.)

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 - Over 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. off side
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 to the player.
♦ Placing the free leg just both behind ball.
♦ Keeping head, knee and toes in a straight line.
♦ When the foot is being kept on the ball, pressing it a little. (2m.)
- (iii) ♦ Not to touch the inside of the court when the ball is being thrown. (both feet should be away from the court)
♦ Both feet should contact with the ground.
♦ Ball should be thrown to the court by both hands, over 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 - Substitution (2m.)