

# HEALTH AND PHYSICAL EDUCATION

Grade 9

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Time: 02 Hours

Name/ Index No.

## PART - I

● Answer all the questions.

● Select the correct answer and underline it.

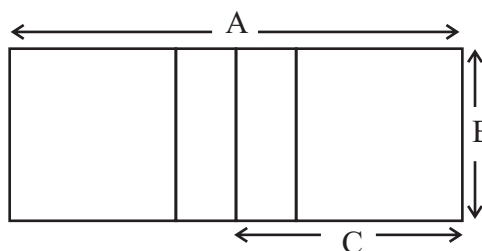
- 01 Which of the followings should we do to maintain our health well?
- (1) Leading a comfortable life.
  - (2) Following habits which are good for health.
  - (3) Identifying one's abilities and skills.
  - (4) Always get necessary foods.
- 02 Why do you need peer association? Select the best reason.
- (1) To be independent.
  - (2) To be accepted by others.
  - (3) To gain happiness needed to live.
  - (4) To be praised or admired.
- 03 Which of the following answer is a reason for a person to fulfill the need of self-actualization,
- (1) By having proper admiration for one's skills.
  - (2) Be indifferent due to a disease condition.
  - (3) Experiencing the victory.
  - (4) Taking decisions as a group.
- 04 If you want to be competent in inter-personal relationships, which of the followings should be fulfilled?
- (1) Acting in a sense of duty.
  - (2) Doing the correct thing to do.
  - (3) Identifying the likes and dislikes of yours.
  - (4) Not criticizing the weaknesses of others.
- 05 Which of the followings is suitable to minimize the mental stress you feel?
- (1) Developing friendly chats.
  - (2) Participating in common work.
  - (3) engage in sports or aesthetic activities.
  - (4) Act in a sense of duty.
- 06 What is the above hand stretching activity?
- (1) Lunge
  - (2) Kick
  - (3) Knee lift
  - (4) Jumping jack
- 

07 Select the answer which shows only the field events of athletics,

- (1) 100m, Discus throw, Long distance running.
- (2) Long Jump, Javelin throw, Triple jump.
- (3) 100m, Triple jump, 1500m.
- (4) Shot put, Javelin throw, 100m.

- 08 The correct statement regarding activeness, growth of the body, correct posture and physical fitness is that,
- (1) They are outdoor activities.
  - (2) Weaknesses of outdoor activities.
  - (3) Physical needs of outdoor education.
  - (4) Qualities that should develop in outdoor education.

- 09 Given below is a diagram of a Volleyball court. The answer which gives the length of A, B and C in an order is,



- (1) 18m, 9m, 9m
  - (2) 20m, 18m, 9m
  - (3) 18m, 9m, 16m
  - (4) 16m, 8m, 8m
- 10 A team gets one mark while playing the game when,
- (1) they get the first chance to serve the ball.
  - (2) the team gets the last ball.
  - (3) the opposing team wins.
  - (4) the opposing team does a fault.

● Put a (✓) mark if the statements are correct and put a (✗) mark if the statements are incorrect from question No. 11 - 15.

- 11 The ball is considered out of play when the ball goes out of the Football court from the goal line. ( )
- 12 Pyramid fire is used to retain the heat of the camp. ( )
- 13 The 2nd runner of a 100 x 4 m relay race should be able to run in a straight line well in a 400m track. ( )
- 14 'Hang' is a technique of high jumping. ( )
- 15 If the Football court is made up of one it should be green in colour. ( )

● Select the answer from the brackets and write it in the blank from question number 16 - 20.

- 16 Each time a team gets a mark the game starts with a center pass in the game ..... (Volleyball / Football / Netball)
- 17 Aerobics belongs to ..... (Athletics / Indoor games / Gymnastics)
- 18 To connect two ropes of different size ..... (boatman's knot / reefknot / sheet lashing) is used.
- 19 The maximum length of a Football court is ..... (120m / 90m / 110m)
- 20 Participating in sports and aesthetic events will help to develop the competency of facing ..... (emotions / mental stress / good inter - personal relationships)

## PART - II

- **The First question is compulsory. Answer 04 more questions.**

01 Imaging that you are a member of your school scouting team and you are asked to organize an outdoor camp. According to the way you and your team members work out the plan, answer the given questions.

- (1) Write 04 things you should consider when you organize the camp. (04m.)
- (2) Write down the way you plan to cook in the camp with 04 steps. (04m.)
- (3) Draw the type of camp fire your team going to prepare. (03m.)
- (4) Write 04 suggestions you make to protect your team by avoiding injuries, when preparing the campfire. (04m.)
- (5) State 05 experiences you got from the camp. (05m.)

02 As adolescence you have lot of needs. And you have gain the skill of doing a work alone.

- (1) Write 03 skills of the students of your age have. (03m.)
- (2) State 03 ways of building up the competency of good inter-personal relationships by you. (03m.)
- (3) State 04 ways of building up the competency of controlling emotions you face. (04m.)

03 (1) Given below is a set of activities arranged in an order including 'march' and other hand stretching activities.

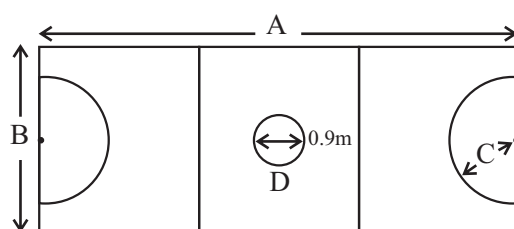
- A Stand to attention.
- B Mark time
- C .....
- D Hands by the side of the body again.
- E .....
- F Hands by the side of the body.
- G .....
- H Hands by the side of the body. (06m.)

- (2) Write the first and the second activities that should be done when doing kick with new hand stretching activities. (04m.)

04 It is very important to engage in outdoor games to get rid of the boring life style and to gain different skills and benefits.

- (1) Write 04 benefits of engaging in outdoor activities. (03m.)
- (2) Write 03 reasons why volleyball is famous as an outdoor game. (03m.)
- (3) Write 03 occasions to the leader that wins the toss can make. (03m.)
- (4) Name the two lines which are on either side of the middle line of a Volleyball court. (01m.)

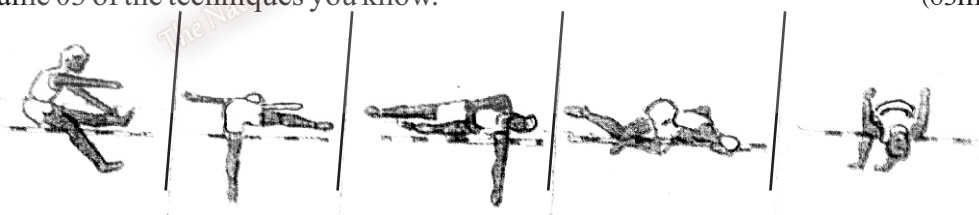
05 Given below is a diagram of a netball court. Answer the questions based on it.



- (1) Write the distance f a, B and C. (03m.)
- (2) Who should stay in place 'D'? (02m.)
- (3) Name the position of Goal Keeper (GK) and Goal Shooter (GS) in the court. (02m.)
- (4) State 03 tactics of attacking done by Goal Attack and Wind Attack. (03m.)

06 Jumping events are specific in athletics.

- (1) State the jumping events belong to horizontal jumps and verticle jumps. (04m.)
- (2) The given diagrams shows the techniques of a particular vertical jumping event. Name 03 of the techniques you know. (03m.)



- (3) 'Preparation and stance', 'Rotation' are the first 02 stages of shot putting. Name the 3rd, 4th and 5th stages. (03m.)

07 All the members of the society including you, should be socialized persons who live according to the values and ethics expected by the society.

- (1) Write 03 values you should follow at school. (03m.)
- (2) Write 05 qualities you develop by engaging in a sport event. (03m.)
- (3) Write 04 qualities you should possess when dealing with your opposing team



தரம் 01 - 10

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