

මධ්‍ය වාර්ෂික පරීක්ෂණය 2015  
 උණඹලකුණු උපදේශනාමය - 2015  
 Mid Term Test - 2015

9 ශ්‍රේණිය  
 උපදේශනාමය - 9  
 Grade - 9

සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය I,II  
 උපදේශනාමය - I,II  
 Health and Physical Education I,II

පැය දෙකයි  
 උපදේශනාමය 2 කට  
 Two Hours

Name: ..... Index No: .....

- Underline the most suitable answer.
- Paper I

1) The person who has physical, mental, social and spiritual wellbeing.

- A person who achieved health promotion
- A total healthy person
- A person who developed the personality
- A person who developed physical fitness free from diseases

2) The aim of morning exercise series is,

- Starting the school activities in pleasure
- Doing day to day activities in efficiency
- Generating healthy balance personalities to the society
- All above

3) A criteria which used to measure Body Mass Index is,

- Weight according to age.
- Appearance according to height
- Healthiness
- Weight and Height according to age

4) What is the country that held the first discussion of health promotion concept?

- Sri Lanka
- Canada
- India
- Japan

5)



What is the congenital condition injury shows in the above picture?

- Flat back
- Know knees
- Scoliosis
- Kyphosis

6) A disease which spread by polluted environment,

- |             |                  |           |           |
|-------------|------------------|-----------|-----------|
| 1. Diabetes | 2. Heart disease | 3. Dengue | 4. Cancer |
|-------------|------------------|-----------|-----------|

7) A disease which spread by mosquitoes,

- |              |                          |
|--------------|--------------------------|
| 1. Rabies    | 2. Japanese encephalitis |
| 3. Influenza | 4. Leptospyrosis         |

8) Vitamin helps to maintain a healthy body. A disease occur as a result of deficiency of Vitamin A,

- |                            |                    |
|----------------------------|--------------------|
| 1. Bitot's spots in eye    | 2. Skin become dry |
| 3. Body become pale colour | 4. Malnutrition    |

9) The diseases which cause from unsecured sexual relationship,

1. Lustration, Diarrhea, AIDS
2. Syphilis, Cirrhosis, Japanese encephalitis
3. Gonorrhea, Syphilis, Chlamydia
4. Dysentery, jaundice, Genital words

10) Which is not a natural accident?

- |               |                        |
|---------------|------------------------|
| 1. Earthquake | 2. Accident from train |
| 3. Cyclones   | 4. Tsunami             |

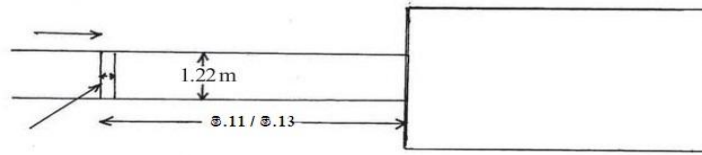
• Write the answer question no: 10 and 11 using sports events given below.

- |                   |                 |
|-------------------|-----------------|
| A - 200m          |                 |
| B - Javelin       |                 |
| C - 400m Hurdles  |                 |
| D - Half Marathon |                 |
| E - 800m          |                 |
| F - Hammer Throw  | G - Triple Jump |

11) Select a group of track events.

- |            |            |            |            |
|------------|------------|------------|------------|
| 1. A,C,D,F | 2. B,C,E,G | 3. A,C,D,E | 4. C,E,F,G |
|------------|------------|------------|------------|

12)



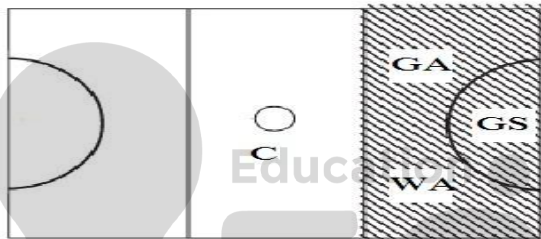
What is the event which uses this area to play?

1. B
2. F
3. G
4. D

13) Which is not a quality of adjusting to the sports rules, regulations and ethics?

1. Leadership and team sense
2. Decision making and problem solving
3. Trying to overcome fellow players unsuitably
4. Admire a player in the opposing side without jealousy

14)



The players who can play in coloured area.

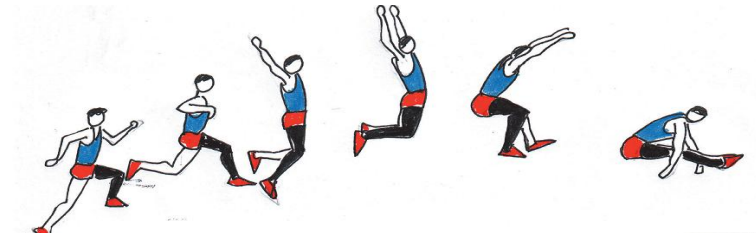
1. GK,WD,GD,C
2. WD,GD,C,GA
3. WA,C,GD,GK
4. C,GA,WA,GS

15) Read the given statements and select the true statement.

- A – The least number of players for a football team is 11.
- B – All players should remain in their halves before blowing the whistle to start the game.
- C – The team that wins the toss decides the first kick for the 1<sup>st</sup> half.
- D – By showing the yellow card by referee a player can be removed from the game.
- E – Penalty area is marked in the football.

1. A,B,D are correct
2. B,C,E are correct
3. B,C,D are correct
4. C,D,E are correct

16) As a long jump player the below picture shows,



- |                        |                            |
|------------------------|----------------------------|
| 1. Practicing landing  | 2. Practicing flight       |
| 3. Practicing Take-off | 4. Practicing approach run |

17) The RICE method used when giving first aid,

- |                  |                       |
|------------------|-----------------------|
| 1. Reptile bites | 2. Faint              |
| 3. Electrocuting | 4. Tearing of muscles |

18) Chlorofluro carbon (CFC) gas is escaping into the air through the use of refrigerators. It causes,

- |                    |                   |
|--------------------|-------------------|
| 1. Air pollution   | 2. Land pollution |
| 3. Water pollution | 4. Acid pollution |

19) The attraction of a movement depends on the rhythm. What is the most suitable physical quality of a Person for the rhythm?

- |             |          |                |              |
|-------------|----------|----------------|--------------|
| 1. Strength | 2. Speed | 3. Flexibility | 4. All above |
|-------------|----------|----------------|--------------|

20) What is the event that Nimali Liyanarachchi won the bronze medal in Asian games 2015?

- |         |         |          |         |
|---------|---------|----------|---------|
| 1. 800m | 2. 400m | 3. 1500m | 4. 200m |
|---------|---------|----------|---------|

## PAPER II

- Question no: 1 is compulsory.
- Write the answers for two questions from part I and two questions from part II.
- Write the answers for five questions only.

01) The Health and Physical education teacher of health promoting school of Rideethenna Vidyalaya proposed to implement a program which is suitable to protect from communicable disease with the help of grade 9 students. The public health inspector made the students and all aware about the communicable diseases and its way of spreading. A successful shramadana campaign was held with the participation of the parents. After a breakfast of Mung-Eta Kiribath with onion sambol, all the participants participated in a Perahera with the posters under the theme of “Let’s protect from communicable diseases” to make the community aware about this.

1. Mention two health promoting principles.
2. According to the passage, the shramadana campaign includes in one of the health promotion principles. Mention it.
3. Mention the disease agents which spread the communicable diseases.
4. Mention two nutrients of the food mention in the passage.
5. Mention two other people, who can give their contribution to this kind of program.
6. Write two social school skills which develop within students by participating in this shramadana campaign.
7. Mention two methods that you can follow personally to prevent communicable diseases.
8. Mention two non-communicable diseases which we can see frequently in today’s society.
9. Mention two communicable diseases which spread quickly.
10. Create a suitable “Poster theme” for school notice board to prevent communicable disease.

### PART I

02) Environmental pollution is one of the main issues faced by the present world. Because of this, the lot of problems has been created.

1. Briefly explain the term “Healthy environment”
2. a) Mention the environmental aspects that subjected to pollution.  
b) Write one example for each, which includes the ways of these aspects can be polluted.
3. Write four steps that you can take to prevent environmental pollution.

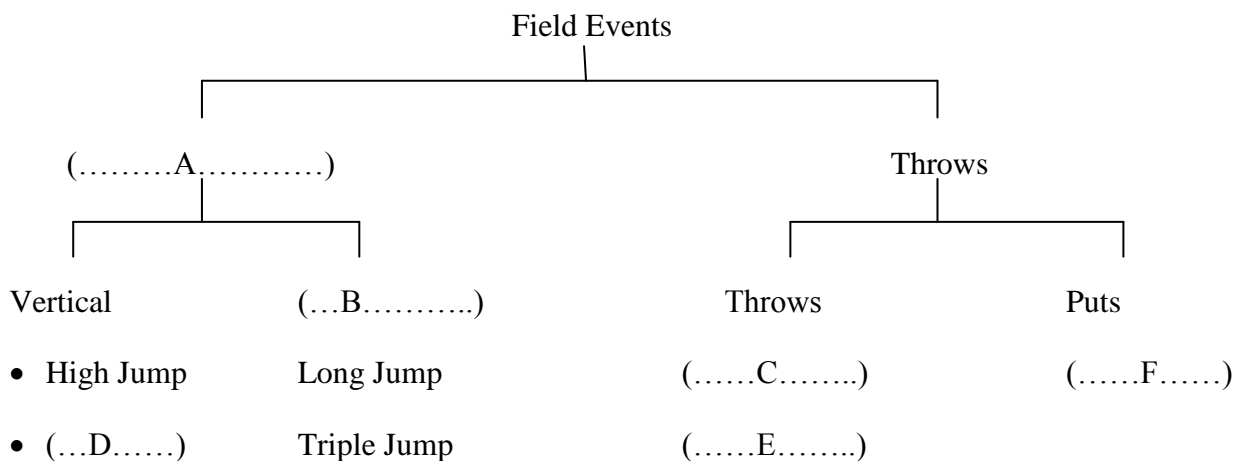
03) 'Hansi', who comes to the school with a heavy bag in her back, suffers in the classroom most of the time. When engage in learning activities, she bends towards the desk and writes notes.

1. What is meant by "correct posture"? Explain briefly.
2. Mention two physical injuries that can be happen to Hansi by maintaining incorrect postures.
3. The given pictures shows the injuries which cause due to congenital conditions. Mention them.



3. Write four advantages that you can have by maintaining correct postures.

04) Fill in the blanks of the given structure according to the classification of athletics.



2. Write three techniques of high jump mentioned above.
3. There are three main stages in triple jump. State them.
4. Write the baton changing method given in the diagram.

## PAPER II

05) Most of the children like to engage in outdoor activities more than learning in the classroom  
Volleyball is an organized games that the students can engage in outdoor.

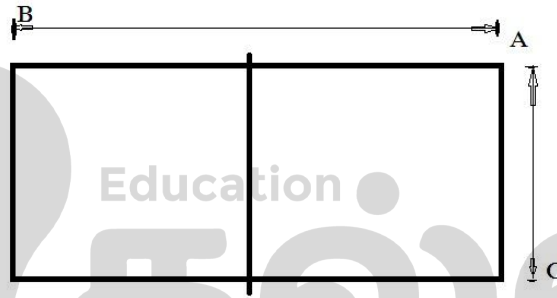
1. Write four benefits which can have by engage in outdoor activities.

2. Write four outdoor activities you know.

3. Volleyball is one of the organized games that you learnt. The given picture shows the Volleyball court. Mention the distance of A B and C.



5. Write down two skills of Volleyball game.



5. Libero player is a special player in Volleyball. Write two reasons for it.

06) Food is one of the basic needs and it is very much essential for a healthy life. But the nutritional needs of every man are not similar to the others.

1. Mention the nutrients of a balanced diet and give one example for each.

2. Nutritional needs differ from person to person. Gender is one of the. Write two more needs.

3. Mention a suitable disease which is caused by nutritional deficiency in the blanks of the given chart.

Micronutrient	Disease of deficiency
a) Iron	
b) Iodine	
c) Calcium	

4. Write two benefits that we can have by having a balanced diet daily.

07) There are various challenges that you have to face when living in this future society. Being aware of these challenges and being alert about them in the first stage of youth help to face them successfully.

1. The faults done by drivers are a factor causes to increase the road accidents. Write three of the faults done by drivers.

2. Explain briefly the first aid that can give when a dog bites.

3. Addicted to Alcohol, drugs or smoking are very special common features of the teenagers.

a) Write two diseases causes because of smoking.

b) Write two ways to prevent from alcohol and smoking.





May

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