



Provincial Department of Education Northern Province

மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்



Diagnostic Test– 2021

Health and Physical Education – I,II

Name / Index No :-.....

Grade : 11

Time:- Two Hours

Part 1

1) Choose the collection with the correct health promotion strategies in the following collections.

1. Body health, mental health, social health, and spiritual health
2. Formulation of policies relevant to health promotion, build a health promoting environment, Recruitment and organization of services necessary for health promotion, Obtain community participation for health promotion
3. Stable nutritional supply, engaging in physical exercises, Formulation of policies relevant to health promotion
4. Making team participation mentality, talent development

2) Theepa, a healthy sportswoman, plays and acts individually in her volleyball team, to get the pivotal place in the religious events, she acts in a popular way in school. In order to become a completely healthy person, what does she has to improve in herself?

1. Mental health
2. Physical health
3. Social health
4. Spiritual health

❖ Based on the following table, answer the 3rd, 4th and 5th questions.

Name	Body mass index (BMI)
A	Less than 18.5

B	18.5 – 24.9
C	25 – 29.9
D	More than 30

3) If you are a healthy person, in which category will you come under?

1. A 2. B 3. C 4. D

❖ Based on the following table, answer the 3rd, 4th and 5th questions.

Name	Body mass index (BMI)
A	Less than 18.5
B	18.5 – 24.9
C	25 – 29.9
D	More than 30

4) Who is the one faces the issues because of consuming the over nutritional foods (fat, carbohydrate, and salt)?

1. A 2. B 3. C 4. C

❖ Based on the following table, answer the 3rd, 4th and 5th questions.

Name	Body mass index (BMI)
A	Less than 18.5
B	18.5 – 24.9
C	25 – 29.9
D	More than 30

5) In the above table, who is skinny and has under nutrition?

1. A 2. B 3. C 4. D

6) Which period of people shows interest in studies and sports a lot?

1. Youth 2. Early childhood 3. Adolescence 4. Late childhood

7) How is the period of first 4 weeks after the birth called?

1. Neonatal period 2. Early childhood 3. Infancy 4. Late childhood

8) In this incredible body structure, most of the body systems are similar in both genders, males, and females except for one system. This system is,

1. Respiratory system 2. Renal system
3. Circulatory system 4. Reproductive system

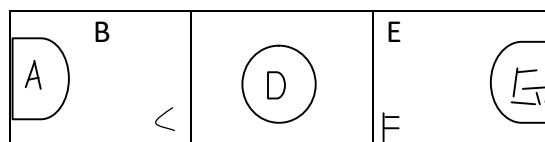
9) To prepare foods and drinks, a lot of different chemical substances are used. To flavor the foods, natural, and artificial flavors are used. In the list below, what is the artificial flavor?

1. Cinnamon 2. Pandan leaves (rampai)
3. Ajinomoto 4. Karapincha

10) Making papers using waste papers; making glass objects using old glass, are called,

1. Preparing composed fertilizer
2. Chemical pollution
3. Environmental pollution
4. Recycling

11) Diagram given below shows that the position of the players an beginning of netball in the netball Court

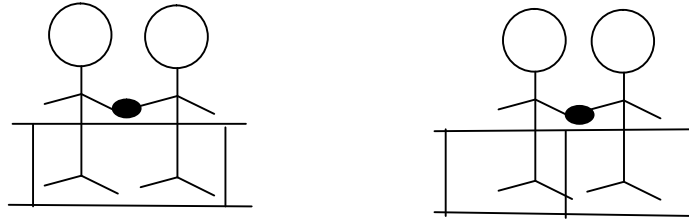


Players who stands in the region A is –

- 1) Wing attacker,
2) Goal keeper

- 3) Goal shooter
- 4) Wing defender

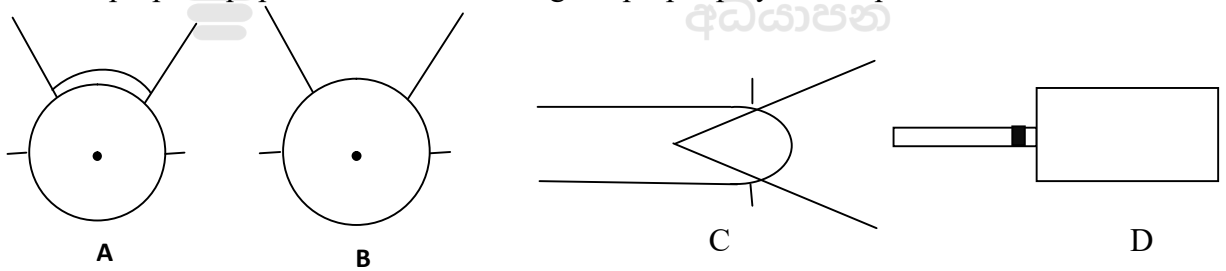
12. A pattern of baton changing within the two relayplayer is shown in the following diagram.



Choose the correct pattern of baton changing is shown below,

- 1. Diagram B only.
- 2. DiagramA only.
- 3. Diagrams A and B.
- 4. None of the both diagrams A and B.

Data and the Answer the questions 13, 14 apod15 and 16 with using the data and the pictures given below Diagrams of court and the field events are given below. It is your duty to distribute proper equipments and the sending the proper players to a particular court.



13. Which event of the players are sent to the ground D

- 1) High jump 2) Pole vault. 3) Long jump 4) Javelin throw

14. The equipments needed for the courts A and C. respectively, are.

- 1) put shot, discus 2) Putshot, Javelin
- 3) Discus, Javelin 4) Javelin, discus.

15. To which court you send the players for discus throw
- 1) A 2) B 3) C 4) D
16. In which court a line with thickness as 7cm is used.
- 1) D 2) C 3) A 4) B.
17. Scientific basis used by the cricket player when catch the ball comes towards him
- 1) Force 2) Centre of gravity
3) Momentum 4) moment of inertia
- 18) The national organization which put forwards the concepts related with health
- 1) National Finance organization. 2) World health organization.
3) Unisex organization. 4) Red Cross society
19. Natoma Factor which leads maintained equilibrium during postura
- 1) is, being a centre of gravity
2) Being feet apart as broad
3) Action of organs in the opposite directions
4) Bending the body towards force come from outside
20. Name of the liquid having yellow colour found in breast milk, is
- 1) Oestrogen 2) Colostrum.
3) Progesterone 4) Testosterone
21. The factor preplan to be considered when outdoor activities are planned and conducted is,
- 1) Preplan 2) Implementing 3) End 4) All the above
- 22) The average weight of a volleyball is
- 1) 300 -500g 2) 260g -280g 3) 400-400g 4) 4200 - 300g
- 23) By how many kilograms does the weight of a conceived mother increase?
- 1) 7.5kg 2) 9kg 3) 10kg 4) 12kg.
24. The main steps of triple jump respectively are,

1) hopping, than karaht take off jumping

2) Jumping, take off, hopping

3) take off, hopping jumping

4) hopping Jumping, take off

25) Meera doesn't skip drinking plain tea as soon as having meal. Through this habit, which nutrient affects her nutrition?

1) Iodine

2) vitamin

3) Vitamin

4) Iron.

26) Which system protects body organs and gives a good part to body?

1) Respiratory system

2) nervous system

3) Skeletal system

4) muscular system

27) Why are rules and regulations of games important?

1) To conduct a fair competition

2) To save from accidents

3) To maintain dignity of games

4) To get all the above

28. Thulasi who were practicing felt headache, Increased over tiredness, over Sweating blood circulation and thirsts Giddiness

1) Dehydration

2) Gridhtona

3) Ane fainting

4) heart problem

29) By participating in the keep fit activity in schools

1) There will be physical development

2) Ensures happiness

3) Ensures happiness according to rhythm.

4) All the above

30. The condition caused due to insufficient iodine

1. That

2) Tiredness

3) decrease in growth

4) Fall ill

31. The disease related to the food pipe is,

1) Mumps

2) Hypertension

3) Thrombosis.

4) Enlarged genital

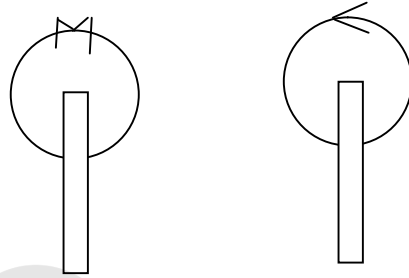
32. Which of the following indiscipline activities that Cause the exit from soccer?

- 1) Breaking the current rules and regulations.
- 2) Delaying the resumption of play
- 3) Leaving field without order intentionally
- 4) Raising both hands for

35. The first aid method used in the indoor accidents is

- 1) RICE method
- 2) A, B, C, D, E method
- 3) PRICES method
- 4) RICES method

36.



The Information shown in the diagram

- 1) Railway signals
- 2) Signals used when
- 3) Related Marathon race bearnabas coast
- 4) Related walking competition

37. The child Hawn called as" prematured during the birth.

- 1) Children weighs less than 3.5kg,
- 2) Children weighs less than 3kg
- 3) Children weighs less than 4kg
- 4) Children weighs less than 2.5kg

38) The content of to be fat found in a healthy persona

- 1) 20y - 25y
- 2) 15y – 20y
- 3) 25y – 30y
- 4) 30y – 35y

39. The year in which the ancient Olympic games. Were started

- 1) 1896
- 2) 776
- 3) 785
- 4) 1890.

40) The Virus that is threatening the world now is

- 1) Dengue 2) Corona 3) Malaria 4) AIDS)

Part II

1) Kamal is studying in grade 11, who has physical and mental changes according to adolescent stage. He has age appropriate body weight and height. And his BMI range was found to be normal. He engages in activities such as Daily Exercise, Yoga for his better health. As well as engage in organized games such as Football with 7 Students team for entertainment in the evening. Sometimes they even Played Small games that entertained the mind.

1. a) Kamal is in adolescence stage. What is the other name given to this stage?
b) Specify the age at this stage is defined by WHO?
2. Write one examples for each, physical and psychological characteristics other than above mentioned characteristics to be seen in Kamal.
3. Give the Colour of the normal range BMI dimension?
4. Write 2 activities in addition to the above mentioned activities for obtaining a health based qualities.
5. Give 2 games other than the one mentioned above which is on actives to maintain mental health.
6. Prepare a draw of tournament for football game in which 7 teams will participate in the evening.
7. Give 2 Minor games in which students can be involved as mentioned above?
8. Write 2 activities other than the above mentioned activity to develop health qualities?
9. Give 2 physical consequences of not engaging in sports.
10. Give 2 benefits that Kamal can get from sports.

Part - I

Answer 2 Questions only

2) Currently most of the people in the world are affected by Communicable and non-Communicable diseases.

A.

- ❖ Wearing a face mask
- ❖ washing hands with soap and water for 20 second
- ❖ maintaining social distance

- ❖ Avoiding touch

B.

- ❖ Avoiding foods high in salt, sugar, oil and fat
- ❖ exercising daily
- ❖ Doing Yoga
- ❖ Following the simple life style.

- Mention each of the diseases conditions that can be prevented by following the steps mentioned above?
 - Name one Communicable disease and write 2 things you can do to prevent that non communicable disease other than the above mentioned in Paragraph B?
 - Write 5 other steps that can be taken to prevent the disease mentioned question number 1 A.
- 3) The center of gravity will know where to reach equilibrium during Posture.
- What do you mean by Correct Posture?
 - Give three biomechanical factors that influence correct posture.
 - Give 3 Situations when the body maintaining the balance at different posture.
 - Write 3 Benefits of maintaining the Correct posture.
- 4) Briefly select the way you need to act in order to successfully face the following Challenges.
- Some Corona Patients have been identified in your area.
 - Knowing that you are in an isolated situation where your friend's family can do nothing.
 - You see your brother and sister who are in adolescence age always fighting with your parents.
 - After the G.C.E O/L Examination, your friends asking you to come for bathe in the sea.
 - An Unfamiliar person wants to chat with you through Facebook.

Part - II

Answer 2 Questions only

- 5) Sports events, which are participated by two athletes, are given below. By using, those answer the following questions.
- Ruban – 10000m Marathon Race
Theepan – 100m, 4x100m, Long jump
- Indicate separately the persons who receive the power by Anaerobic method and Aerobic Method.

- ii. Give 3 Characteristics of Muscle fibers for each which are found in Ruban and Theepan(except the mentioned above)
 - iii. Give the method of regenerating the energy (ATP) required for the activities of Ruban, Theepan separately in the form of an equation.
 - iv. Give 2 Sports events that do not use oxygen gas in the Creatine Phosphate method (P).
- 6) You will be participated jumping events on various events at School level, Zonal level. Provincial level, National level Athletic events. It canbe classified in to Horizontal jumps, and Vertical jumps. Observe the pictures given below, identify the events and answer the questions.
- i. Specify the event that shown above from that, give the ability of A, B, C, D?
 - ii. Give 3 techniques that suitable for the event mentioned above?
 - iii. Explain 2 activities that taken to train a new participator of event that mentioned above?
 - iv. Give 3 Considerable mistakes of fault jumps which are in this event?
- 7) **From A, B, C Questions, answer one Question only.**
- A.
- i. Mention the types of Service in Volleyball game
 - ii. During the Volleyball match between the Eastern and Northern provinces, a player of the Northern provincial team does not cross the ball and the ball is near the net and side of the Northwestern provincialteam. An Eastern Province team player who arises above the net and carries out the activity of spiking the ball. Explain with reason the judgment you render as referee in such a case.
 - iii. You have been entrusted with the responsibility of couching student about the blocking in the game of Volleyball. So explain 2 appropriate activities that take to improve the blocking technique after teaching them the technique.
- B.
- i. Mention examples for each of the two ways of the ball passing in netball game?
 - ii. During the netball tournament between the Southern and Sabragamuwa Provincial teams, Explain with the reason for the judgment you give as a referee when you observes that both team players hold the ball at the same time.
 - iii. You have been entrusted with the responsibility of teaching about bounce pass method for players who are learning the netball game. So explain 2 appropriate activities that take to improve the bounce pass method after teaching them about that.
- C.

- i. Mention 2 ways of controlling the ball in Football game?
- ii. During the Football, match between the Uva and Southern Provincial teams. Explain with reason the judgment you give as a referee when the ball goes out of the court through the touchline. After the foot of the Southern team player touches the ball.
- iii. You have been entrusted with the responsibility of Coaching about the Controlling the ball by Using the in Side of the foot method in the methods of Controlling the ball in Football game. Explain 2 appropriate activities that take to improve the about method of Controlling the ball after Coaching them about that Method?





எங்கள் குறிக்கோள்

எண்ணிம உலகத்தில் மாணவர்களிற்கென சிறந்ததொரு கற்றல் கட்டமைப்பை உருவாக்குதல்.

அனைத்தும் டிஜிட்டல் மயப்படுத்தப்பட்ட இந்த காலத்தில் பல்வேறு துறைகளும் கால ஓட்டத்துடன் இணைந்து டிஜிட்டல் தளத்தில் பல்கிப்பெருகி வருகின்றன. அந்த வகையில் கல்வித்துறையும் இதற்கு விதிவிலக்கல்ல. இணையவழி கல்வியின் மூலம் கல்வித்துறை புதியதொரு பரிமாணத்தை எட்டியுள்ளது. குறிப்பாக கொரோனா பேரிடர் காலத்தில் நாடே முடக்கப்பட்டிருந்தது. இதனால் மாணவர்களிற்கும் பாடசாலை, கல்வி நிறுவனங்களிற்கு இடையிலான தொடர்பு துண்டிக்கப்பட்டது. அந்த இக்கட்டான சூழ்நிலையில் இணையவழி வகுப்புகள் மாணவர்களிற்கு வரப்பிரசாதமாக அமைந்தது என்பதே உண்மை.

இன்று தொழில்நுட்பம் மாணவர்களை தவறான பாதைக்கு இட்டு செல்வதாக ஓர் எண்ண ஓட்டம் மக்கள் மத்தியில் உள்ளது. தொழில்நுட்பம் என்பது ஒரு கருவி மட்டுமே அதை எவ்வாறு பயன்படுத்துகிறோம் என்பதில் அதன் ஆக்க மற்றும் அழிவு விளைவுகள் தீர்மானிக்கப்படுகிறது. உளியை கொண்டு சிலையை செதுக்க நினைத்தால் அவன் நிச்சயம் சிற்பி ஆகலாம். இங்கு பிரச்சினையாக காணப்படுவது மாணவர்களை வழிப்படுத்த தொழில்நுட்ப உலகில் ஓர் முறையான கட்டமைப்பு இல்லாமையே. அதை உருவாக்குவதே எங்கள் நோக்கம். அதை நோக்கியே எங்கள் பயணம் அமையும்.

எமது இணையத்தினூடக ஊடக உங்களிற்கு தேவையான பரீட்சை வினாத்தாள்களை இலகுவான முறையில் தரவிறக்கம் செய்து கொள்ளமுடியும்.

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கல்வி சார் செய்திகளை உடனுக்குடன் அறிந்து கொள்ள எமது சமூக ஊடக தளங்களின் ஊடக உடனுக்குடன் அறிந்து கொள்ள முடியும்.

