



# Provincial Department of Education Northern Province



மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்

Diagnostic Test– 2021

Health and Physical Education – I,II

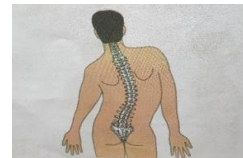
Name / Index No :-.....

Grade : 9

Time:- Two Hours

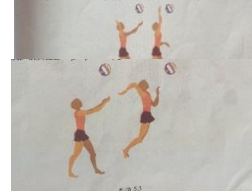
## Part 1

1. To live a healthy life we must face challenges. what kind is it?
  1. Physical health
  2. mental health
  3. social health
  4. spiritual health
2. In our community which one is not a health issue?
  - 1.environmental pollution
  - 2.communicable disease
  - 3.Accidents
  4. getting vaccine
- Disturbance in the environment
- Discomfort
3. The above situations how it's happening?
  - 1.Land pollution
  2. water pollution
  3. air pollution
  4. sound pollution
4. What kind of effects do you face true disease?
  1. improved quality of life
  2. feel the peace of mind
  3. decreasing of development of country
  4. increase the job opportunity
5. Who spoke of the hierarchy of human needs?
  1. Masslow
  2. Sigmund Freud
  - 3.Pawlow
  - 4.Athar .c. cler k
6. Which belongs to the self - esteem?
  1. praise, appreciate
  2. love, security
  3. Food, water
  4. air, water
7. In old age which disease occurs by weakness of bone?
  1. Osteoporosis
  2. Rickets
  3. Cancer
  4. Diabetes
8. According to this picture what kind of defect you see?
  1. Scoliosis
  2. Excessive lumbar lordosis
  3. Kyphosis
  4. Flat back
9. Which is not athletic events?
  1. Road race
  2. Race walking
  3. Cross Country race
  4. Chess



10. Picture----- what kind of activity in this picture?

1. Spiking
2. Blocking
3. Defending
4. setting



11. In which game, start with Centre pass?

1. Football
2. Net Ball
3. Volleyball
4. Cricket

12. When defending the ball, the defender how many feet away from the receiver?

1. Two feet
2. Two and a half feet
3. 3 feet
4. 3 and half feet

13. What duration for the football match?

1. 30 minutes
2. 60 minutes
3. 90 minutes
4. 120 minutes

14. In football match in which situation player can get direct goal ?

1. Throw in
2. direct kick
3. corner kick
4. All are correct

15. In football match, bol out of the court through which skill the game is restarted?

1. goal kick
2. first kick
3. corner kicks
4. throw in

16. In which event the non-visual pass done?

1. 4 X 100m
2. 4 X 400m
3. 4 X 800m
4. Mixed relay

17. How far the Baton can change?

1. 20m
2. 30m
3. 10m
4. 15m

18. Which is the wrong steps in the button change?

1. the Baton can exchange directly from hand to hand
2. the button should be carried in the hand throughout the race
3. The Baton should be exchanged only within the Baton exchange zone
4. land should obstructed so that other runners are disturbed

19. What is the correct way in long jump

1. hanging method
2. flying method
3. flying in the air method
4. flop method

20. In which country to get more gold medals in 2020 Olympics?

1. Japan
2. America
3. China
4. India

## Part 02

Answer all questions

1.
  - 1) what is Health Promotion?
  - 2) What are the importance of Health Promotion?
  - 3) give three principles in Health?
  - 4) give three benefits in Health Promotion
  
2.
  - 1) what is the good posture?
  - 2) what are the benefits of maintaining good postures?
  - 3) what are the three health steps we can be taken to avoid deformities postures?
  
3.
  - 1) What do you mean by organized games?
  - 2) give three Self defense games?
  - 3) what is outdoor education?
  - 4) give three outdoor activities?
  
4.
  - 1) give three fouls in volleyball spiking?
  - 2) give three protecting methods in netball?
  - 2) Write three methods we should follow in football throw in?
  - 3) give the number of players in the following games?
    - A. Volleyball
    - B. Netball
    - C. Football
  
5.
  - 1) give the following measurements for the relay Baton?
    - A. Weight
    - B. Length
    - C. Perimeter
  - 2) with the help of running Lane categories the Baton changes?
  - 3) what are the stages in long jump?
  - 4) give three fouls in long jump?

தரம் 01 - 10

# 3ம் தவணை

REVISION | PAPER DISCUSSION

புதிய அனுமதிகள்  
வழங்கப்படுகின்றன..

கட்டண விபரங்கள்

ஆரம்பம் - 01.12.2024

மீட்டல் மற்றும் வினாத்தாள்  
கலந்துரையாடல் வகுப்புகள்

இலங்கையின் எப்பாகத்திலிருந்தும்  
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