



Provincial Department of Education Northern Province

மாகாணக் கல்வித் தினைக்களம் - வடக்குமாகாணம்



Diagnostic Test– 2021

Health and Physical Education – I,II

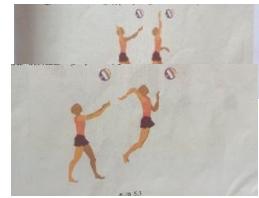
Name / Index No :-.....

Grade : 9

Time:- Two Hours

Part 1





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, ball out of the court through which skill the game is restarted?

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

17. How far the Baton can change?

- 1. 20m
- 2. 10m

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?