

## 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



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- 9. Which is not athletic events?
  - 1. Road race

2. Race walking

3. Cross Country race

4. Chess

10.	Picture what kind of ac 1. Spiking 3. Defending	etivity in this picture? 2. Blocking 4. setting	
11.	In which game, start with Ce 1. Football 3. Volleyball	entre pass?  2. Net Ball  4. Cricket	
12. \	When defending the ball, the de 1. Two feet 3. 3 feet	fender how many feet away from the receiver?  2. Two and a half feet  4. 3 and half feet	
13. \	What duration for the football ma 1. 30 minutes 3. 90 minutes	atch? 2. 60 minutes 4. 120 minutes	
14. I	n football match in which situation 1. Throw in 3. corner kick	on player can get direct goal ? 2. direct kick 4. All are correct	
15. I	n football match, bol out of the of 1. goal kick 3. corner kicks	court through which skill the game is restarted?  2. first kick  4. throw in	
16.	In which event the non-visual part 1. 4 X 100m 3. 4 X 800m	ass done? 2. 4 X 400m 4. Mixed relay	
17.	How far the Baton can change? 1. 20m 3. 10m	2. 30m 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 1. hanging method 3. flying in the air method	jump 2. flying method 4. flop method	
20.	In which country to get more go 1. Japan 3. China	old medals in 2020 Olympics? 2. America 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
- 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?



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