

Mid Year Examination - 2015

Health and Physical Education I

Grade 11

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Time: 01 Hour

Name/ Index No.

- Answer all the questions.
- Select and underline the most correct answer.

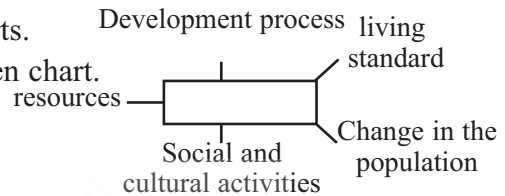
01 Given below is an answer written by a grade 11 student.

"The physical, mental, social and emotional well being to maintain as economically effective life." What should be the questions ?

- (1) What is meant by mental health ?
- (2) What is meant by physical fitness ?
- (3) What is meant by total health ?
- (4) What are the benefits of engaging in sports.

02 Select the suitable title for the blank of the given chart.

- (1) Factors affecting health promotion
- (2) Factors affecting total health
- (3) Factors affecting correct nutrition
- (4) Factors affecting the quality of life



03 "I will never get addicted for smoking and alcohol." The above statement is a,

- (1) Short term principle of maintaining the living standard and the quality of life.
- (2) Long term principle of maintaining the living standard and the quality of life.
- (3) Long term principle which does not belong to maintain living standard and the quality of life.
- (4) Sentence written to make aware about living standard the quality of life.

- Use the given informations to answer question number 04, 05 and 06.

Chart of Body Mas index

Group	Weight	No. of students
I	below 18.5	05
II	18.5 - 25	10
III	25 - 30	10
IV	above 30	05

04 According to the above chart which group may prone to non-infectious diseases easily.

- (1) Group I
- (2) Group II
- (3) Group III
- (4) Group IV

05 The correct idea regarding the students belong to group I is,

- (1) they may face growth problems
- (2) reduce their life expectancy
- (3) they may cause heart attack
- (4) they have added to instant foods.

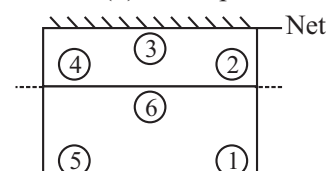
06 The value of BMI of the students who follows correct food habits and maintaining their physical well being is,

- (1) 18.5
- (2) 18.5-25
- (3) 25-30
- (4) above 30

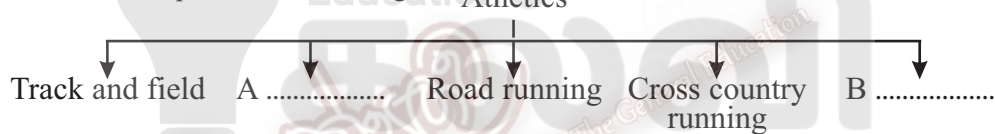
07 Though she is poor, Ramani likes to wear beautifully and to use perfumes as well as she likes the attraction of others. What is the life stage of Ramani and the age limit of it ?

- (1) Childhood - The period between 01 - 05 years.
- (2) Adolescence - The period between 10 - 19 years.
- (3) Youth - The period between 20 - 39 years.
- (4) Middle age - The period between 40 - 60 years.

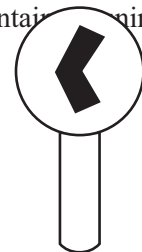
- 08 A biological change can be occur in Ramani daring this stage of life is,
 (1) Associate peer groups (2) Associate others
 (3) Starting of sperm ejaculation (4) ovaries produce ova (egg cells)
- 09 The correct positioning of every part of the body in static or dynamic movement is known was,
 (1) standing to attention (2) correct posture
 (3) standing at ease (4) standing easy
- 10 During a trip some of the students started playing happily in the lunch interval while some other students sat and tested. They were in,
 (1) static posture only (2) dynamic posture only
 (3) static and dynamic posture (4) Not any of the above answers.
- 11 Different postures are used in different activities of daily life. A disadvantage of not using correct posture is,
 (1) physical defects (2) less muscular tired
 (3) can show maximum skills (4) can get a pleasant appearance
- 12 Not a feature of a correct weight lifting posture,
 (1) Keeping the head straight
 (2) lowering the body down by bending the kness.
 (3) keeping the weight in front of the body.
 (4) keeping the gravity line within the center axis of the body.
- 13 A group of students planned to spend their leisure effectively as follows,
 • pre planning • Designing the map and finding a compas
 • collecting dry foods and finding a torch • Taking the permission letters.
 According to the above informations they are planning for a
 (1) boat ride (2) cycle tour (3) hike (4) forest exploration
- 14 • Some trees are tall. Some trees are short. Sun rises only once a day.
 The above given are some concepts related to jungle life.
 They belong to
 (1) scientific concept (2) mathematical concept
 (3) ethical concept (4) social concept
- 15 An important factor that should be considered in a hiking of outdoor education is,
 (1) Not getting into panic in an emergency
 (2) Not making unnecessary noise
 (3) Fulfill the responsibilities properly
 (4) All the above factors
- 16 A food item to prove that we had our food culture is,
 (1) fried dry fish (2) polos curry
 (3) hath maluwa (4) cashew nut curry
- 17 Standing at ease is a more balanced posture than standing to attention. What can be the reason for it ?
 (1) center of gravity is below the supporting base
 (2) The height from the surface to the center of gravity is high
 (3) narrow supporting base
 (4) wide supporting base
- 18 Number of skills of the game volleyball,
 (1) 5 (2) 2 (3) 4 (4) 3
- 19 The player who starts every new tern of a volleyball match is called,
 (1) the server (2) the receiver (3) libero (4) the spiker
- 20 The player numbers who can block the ball in the game
 volleyball according to the given positions are,
 (1) 1, 2, 3 (2) 2, 3, 4
 (3) 3, 4, 5 (4) 4, 5, 6



- 21 The decision of the umpire when the footwork rule is violated by a netball player is,
 (1) a penalty pass for the opposite team (2) a throw in for the opposite team
 (3) a free pass for the opposite team (4) a throw up between two players
- 22 The players who are allowed to go to 3 parts of netball court are,
 (1) C, GS, GK (2) GA, WA, GK (3) GA, C, GD (4) WD, GK, GS
- 23 Not a method to stop the ball in controlling the ball in football game is,
 (1) from the back of the foot (2) from the inner side of the foot
 (3) by keeping the foot on the ball (4) from the outside of the foot
- 24 What is the distance of a standard track ?
 (1) 200m (2) 100m (3) 300m (4) 400m
- 25 A factor that decides the running speed is,
 (1) Height of the runner
 (2) Length of a stride and number of strides per second
 (3) speed of the runner
 (4) The talent of the runner
- 26 The hurdling events for men are,
 (1) 100 m & 400 m (2) 110 m & 400 m
 (3) 400 m & 200 m (4) 110 m & 100 m
- 27 Given below is a part of athletic categorization. Select the words suitable for the blanks.



- (1) A - Race walking, B - mountain running (2) A - Mountain running B - mixed events
 (3) A - mixed events B - Race walking (4) A - Field events, B - Mountain running
- 28 The given symbol is a sign showed by a judge to a competitor of a race walking event. The reason is,



- (1) Not keeping the elbow at a 90° angle
 (2) Both feet are not in contact with the ground
 (3) Not keeping the supporting leg straight.
 (4) Keeping the supporting leg straight.

Name	Height							Maximum skill	unsuccessful attempts at maximum Turns	Total No. of unsuccessful attempts at the competition	Extra jumps	position
	1.85m	1.90m	1.93m	1.96m	1.98m	2.00m	2.02m					
Lasitha	0	0	x0	xx0	x0	x0	xxx	2.00m	1	5	0	
Lahiru	x0	xx0	x0	xx0	xx0	xxx		1.98m	2	8		
Dhanuka	0	x0	xx0	x0	-	x0	xxx	2.00m	1	5	x	
Thilina	x-	x-	0	x0	xx0	xxx		1.98m	2	5		

- 29 According to the above records who has won the first place?
 (1) Lasitha (2) Dhanuka (3) Lahiru (4) Thilina

- 30 What is the main reason to give an extra jump for Lasitha and Dhanuka,
 (1) Because their maximum skills are equal
 (2) Because they lose the second place
 (3) Because the No. of successful attempts of both are equal
 (4) Because we cannot keep a tie for the first place
- 31 The degree of the angle of javelin throw court is,
 (1) 28° (2) 30° (3) 29° (4) 36°
- 32 Different techniques are used to increase the results of athletic events. The technique "Straddle" is used in
 (1) high jump (2) long jump (3) pole vault (4) triple jump
- 33 The starting method used for the running events below 400 m distance is,
 (1) standing start (2) crouch start
 (3) standing or crouch start (4) the answer is not given
- 34 The standard distance of school level marathon is,
 (1) 21.0975 Km (2) 21.975 Km (3) 42.195 Km (4) 15 Km
- 35 Given below are the skills of relay race competitors.
 Should have a proper attention.
 ability to give the baton
 ability to run in a bend
 having a good reaction speed
 The best place of the relay race for the runner who has the above qualities is,
 (1) 1st runner (2) 2nd runner (3) 3rd runner (4) 4th runner
- 36 The length of button oncharge field.
 (1) 10 m (2) 30 m (3) 40 m (4) 20 m
- 37 Given below are some tasks that should be done by the organizers of a Inter House Sports Meet.
 • Electing committee • sending invitation cards
 • Dividing the students to house • Making aware the parents
 The above tasks of a sport meet belongs to
 (1) Post organizations (2) Day organizations
 (3) Pre organizations (4) Event organizations
- 38 A compulsory physical educational programmes of a school are,
 (1) Teaching the curriculum and Inter school competitions
 (2) Teaching the curriculum and physical fitness programmes
 (3) Sports practice programmes and explorations
 (4) Hiking and first aid programmes.
- 39 03 byes are given and 12 matches were conducted in an Elle tournament organized according to knock out method. Therefore the number of teams participated in the tournament is,
 (1) 13 (2) 05 (3) 12 (4) 15
- 40 The correct answer which gives the year, country and the city, respectively where Olympic games were originated is,
 (1) 770 BC, Greece, Athens (2) 812 BC, America, Los Angeles
 (3) 912 BC, Japan, Tokio (4) 776 BC, Greece, Athens

(1 x 40 = 40)

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Health and Physical Education II

Grade 11

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Time: 02 Hours

Name/ Index No.

- Answer 05 questions including the first compulsory question and 02 questions from Part I and 02 questions from Part II.

01 Nugathalawa school which is a health promotion school organized a shramadana campaign with the help of the community. As the main purpose of it is to eradicate dengue, (a diseases spread through mosquitoes) the Public Health Inspector came to the school to do a lecture about way of transmitting the disease, the symptoms and the way to stop spreading dengue. All the participants were given "helapa, a banana, a drink of polpala with jaggery. Hashan was injured during the shramadana and he was taken away to rest by Damith and Roshan without an extra support. Due to his injury Hashan was unable to participate in the volleyball match where there were 05 teams to play.

- (1) State 02 diseases spread through mosquitos except the disease given in the paragraph.
- (2) Write 02 other ways of preventing the diseases which are spreaded by mosquitoes.
- (3) Write 02 community participation programmes conduct in a health promoting school from the paragraph.
- (4) Write 02 social skills that can be improved by the students who participated for the shramadana campaign.
- (5) Draw a diagram to show how Damith and Roshan carried Hashan to a classroom to rest.
- (6) Write down a way to carry Hashan with the help of an equipment.
- (7) What is the method to conduct the volleyball tournament for all the teams to play with other teams ?
- (8) How many matches should be conducted if they use knock out method ?
- (9) Write 02 advantages of conducting the tournament according to the method you mentioned in question No. 8.
- (10) Write 02 qualities of a good leader. (2x10 = 20 marks)

Part I

02. Human beings pass different stages of lives fulfilling their needs in every stage. These needs change according to the stage of life and it is important to fulfill these needs as it is very much important to build up personality.

- (1) Name the 04 stages of life you spend after the childhood. (4 marks)
- (2) Name the life stage which has a rapid physical growth and write 02 physical needs of the stage. (4 marks)
- (3) The persons who are in the life stage above 60 years may face lot of ailments. Write 02 such ailments (problems) they face. (2 marks)

03. The licence of a shop was banned by the PHI after discovering expired salmon tins and meat which is not stored under proper temperature. They believed that the shop may have more such adulteration of foods.

- (1) What is meant by food spoilage (2 marks)
- (2) Write 03 facts to identify spoilt tinned fish (Salmon) (3 marks)
- (3) Write the ways of preserving foods by giving examples. (5 marks)

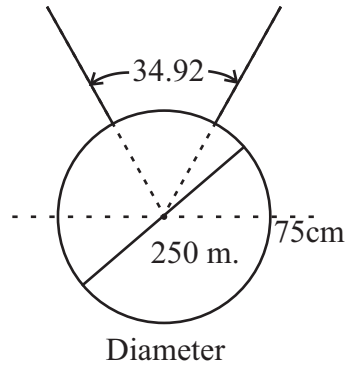
04. State in brief the way you face the following challenges.

- (1) Your friend ask you to smoke by saying that to gain pleasure of life one should smoke.
- (2) One of your friends requested you to come to his house to watch a video secretly as the parents are not at home.
- (3) A friend of yours request you to help them to do a strike against the banning of school by the principal for a student who violated the disciplinary rules of the school.
- (4) Your parents expect a good result of the O/L examination from you in this year.
- (5) Your best friend suggests you to go and watch a film without participating to the evening tuition class.

(2 x 5 = 10 marks)

Part - II

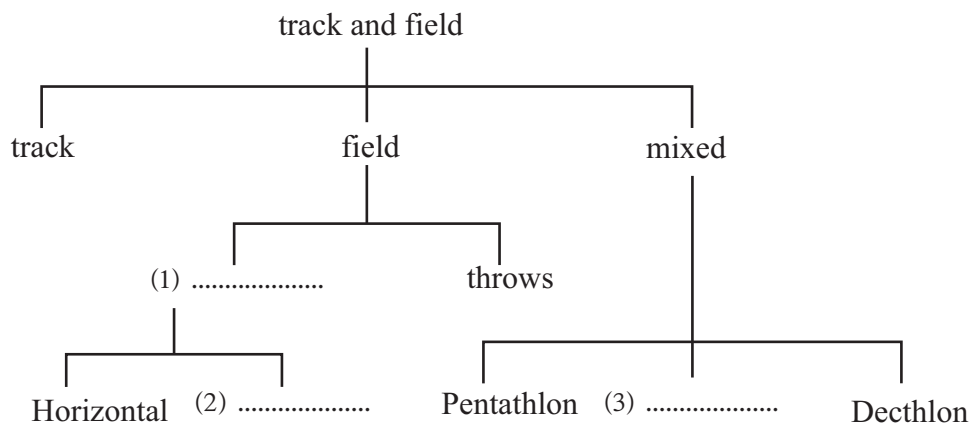
05 Given below is the play area (court) Sitha used to play her field event.



- (1) (a) Name the events Sitha participated in? (1 mark)
- (b) The first attempt of Sitha was unsuccessful. Give 02 reasons for her attempt to be unsuccessful. (2 marks)
- (2) Given below are some ways used by a coach to measure the physical fitness qualities of some sportsmen.
- (a) Running 50 m fast
 - (b) running 20 minutes of time without stopping
 - (c) push ups
 - (d) running in a zig zag path (way)

Name the physical fitness quality measured by each given above. (4 marks)

(3) Complete the blanks.



(3 marks)

06. Given below is the positioning of 06 students in a drill display.

Ⓐ Ⓑ Ⓒ
Ⓓ Ⓔ Ⓕ

- (1) Draw the way of creating a triangular pattern showing the movements of ABC and DEF players (3 marks)
- (2) Name 03 resources you can use to make drill display more beautiful. (3 marks)
- (3) What are the qualities you think will develop by participating in a drill display? (4 marks)

07. Answer only **one question** from A, B and C.

A The game volleyball has got a special place among the other games.

- (1) Write 4 skills of the game volleyball. (4 marks)
- (2) Draw the volleyball court with its measurements. (Length, width.... etc.) (4 marks)
- (3) Explain 02 offenses (faults) of the game volleyball. (2 marks)

B Netball has become famous in Sri Lanka and Sri Lanka team participates in international matches too.

- (1) Write 04 skills of the game netball (4 marks)
- (2) Write 01 fault each you commit regarding the foot and the ball when practicing the game netball. (2 marks)
- (3) Draw a netball court and draw the positions of the players of one team before the start of the game. (4 marks)

C Football is a world famous game.

- (1) Write 04 skills of the above mentioned game. (4 marks)
- (2) State 04 types of kicks of the game you learnt. (2 marks)
- (3) Write the maximum number of players and the minimum number of players that can play in a football match. (1 mark)
- (4) Name 03 faults of the game football. (3 marks)

2025

1ம் தவணை வகுப்புகள்

தரம் 6 முதல் 11 வரையான
மாணவர்களிற்கான தமிழ் மற்றும் ஆங்கில
மொழிமூல வகுப்புக்கள் ஆரம்பமாகவுள்ளன.

ஆரம்பம் 01.01.2025



இலங்கையின் எப்பாகத்திலிருந்தும்
Zoom app மூலம் எமது வகுப்புகளில்
இணைந்து கொள்ள முடியும்.

அனைத்துப் பாடங்களும் ஒரே கல்வி நிறுவனத்தின் கீழ்...

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