

[illegible]

Underline the most suitable answer for Question 1 – 20

1. Irresponsible behavior of human being destroys the beauty of the nature
Environmental pollution is
 - i. Dumping garbage it to the nature.
 - ii. Adding waste in to water ways.
 - iii. Environment becomes unhealthy place for human and animals to live.
 - iv. Disposal of sewage and dead bodies of man and animals.
2. Unhealthiness of mankind affects the development of a country. A healthy person does not have,
 - i. Dedication
 - ii. Labour
 - iii. Laziness
 - iv. Happiness
3. There are a lot of difficulties to fulfill self actualization in the society Self actualization is ,
 - i. Understanding your self
 - ii. Developing self confidences and self understanding is a must
 - iii. Literacy skill
 - iv. Affection
 - v.
4. Self Actualization can be achieved by identifying the obstacles related to it
An obstacles for self actualization is
 - i. Cultural disturbances
 - ii. Inalsility to do sports activities
 - iii. Lack of aesthetic skills
 - iv. Silence
 - v.
5. Doing warm-up exercises and other exercises is a must before you do leg movements
No of rhythmic leg movments are
 - i. 5
 - ii. 7
 - iii. 8
 - iv. 9
6. Involving in the leg movements and hand movements
 - i. Gain strength
 - ii. Relaxation
 - iii. Keep Body strength
 - iv. Improves physical fitness

7. Correct Posture signifies a healthy appearance and adds beauty to your external appearance maintaining the correct posture is important for man to
- Maintain self confidence and dignity
 - Take the correct desiccation
 - Be a healthy person
 - Become a popular person
8. Sexuality is common factor of all mainland Sexuality define as
- Nature of male and female
 - Characteristics associated with male and female nature
 - Protection from sexual transmitted infections
 - Knowledge on sexuality
 -
9. Sexual abuse is a common incident happen in the modern society. By sexual abusing
- Children's education coming to a halt
 - Begin look down upon by the society
 - Subjected to sexual transmitted diseases
 - Mentioned all three reasons
 -
10. We gain a lot of benefits y doing sports. What are sports?
- Volley ball
 - Track and field events
 - All the physical and mental sports required set of rules and regulations
 - All types of events
 -
11. All the international sporting events are included in sports classification. Wind surfing is
- Indoor sports
 - Winter sports
 - Air sports
 - Water sports
 -
12. Running, jumping and throwing are three events included in sports classification. According to sports classification steeple chase included in
- Short distance running
 - Middle distance running
 - Long and medium running
 - Mixed events
 -
13. Relay racing is a very popular event among the running events. It is very important to have understanding and co-ordination with each runner. When they exchange the baton to the left hand it is known as
- Outside change
 - Inside change
 - Mixed change
 - Visual method
14. Triple jump is one of the jumping events in athletics. The order of the phases of Triple Jump is
- Hip-step-jump
 - Jump-step-hop
 - Step-hop-jump
 - Hop-jump-step

15. Relay racing is a popular event of athletic events. The length of a baton changing zone is
- 15m
 - 30m
 - 20m
 - 10m
16. Food plays a major role in human body. there will be a deficiency due to lack of different food.
Disease caused by Iodine deficiency
- Anemia
 - Goiter
 - Night blindness
 - Beri – Beri Syndrome
17. Nutrition of an infant is very important.No of meals an infant of 8-9 months needed to be feed .
- 2
 - 3
 - 5
 - 4
18. It is very important to consume sufficient amount of vitamins. Vitamin A is rich in
- Green leaves and vegetables
 - Sour fruits
 - Yellow colored fruits and vegetables
 - Green and green leaves
19. Volleyball is a national game of Sri Lanka. Maximum no of time outs and the duration of time given to the players
- 3 time outs – 25 sec.
 - 3 time outs – 20 sec.
 - 2 time outs – 30 sec.
 - 6 time outs – 35 sec.
20. Adults should maintain a balance nutrition in their bodies the amount of calories needed for an active male is
- 2300
 - 2700
 - 2000
 - 2100

Part II

Answer question no 1 and four (4) other questions

1. School children get opportunity to play a lot of organized games. Among them netball, volleyball and football are team games which are popular
 - i. Name two stalls in volleyball
 - ii. Mentioned the width and length of a volleyball court in meters
 - iii. Name two skills in volleyball
 - iv. Write the width and length of the netball court in meters
 - v. Write two methods of kicking the ball when playing football
 - vi. Write two organized games other than three games mentioned above.
2. Health promotion is defined the capacity of development and control of social and mental ability. When looking at the present society we see that the ability to do this is not sufficient. Hence we need to develop our stalls.
 - i. Mention 4 health promotional principals
 - ii. Write 4 advantages you gain by following health promotional principals
 - iii. Write 3 methods which should be considered when conducting a health promotional program?
3. Inter house sports meet of Sirimalgama Vidyalaya was held in grand scale. Drill display was an attractive event performed by grade 8 and 9 students. The chief guest was honored by the marching squads and it was also an outstanding event at the sports meet.
 - i. Write two rotations and leg movements used in the drill display
 - ii. Write a short description on how to respect the chief guest at the saluting base
 - iii. Explain 4 physical ailments which caused by wrong posture
4. It is very important to have proper understanding and scientific education to overcome the challenges which may occur during the pre-adolescent period about their sexuality
 - i. What is known as sexual behavior
 - ii. Write 3 adverse results of improper sexuality
 - iii. Write 4 responsibilities of a husband's (father's) role in child care
5. Track events are given priority in classification of athletic events and relay racing, which is the only event that decides the victory through skills and interrelationship. Running, Throwing and puts are the other events in the athletic classification.
 - i. Write two techniques of baton changing in athletics
 - ii. Write 3 qualities of the 3rd runner who participates in 4 x 100 relay.
 - iii. Draw the flow chart of jumping events according to the athletic classification
 - iv. Write two techniques of high jump
6. We need energy to maintain the biological activities of our body
 - i. ?
 - ii. Write 3 benefits and myths about nutrition
 - iii. Food we take varies according to different reasons write 3 of them
 - iv. Mention 3 local food items
7. Saman is a supportive, kind hearted and helpful and praised by those who were helped by him
 - i. What is the quality inculcated within him
 - ii. Write 4 characteristics of a person who develops the above mentioned quality
 - iii. Explain the term "Interpersonal relationship"
 - iv. Write three qualities of effective communication

May

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