Gr	Grade 9		Mid Year Examination - 2015							Healt	th and	d Phy	sical	Educa	tion
Answer Paper - Part I															
01	2	02	3	03	1	04	4	05	3	06	2	07	2	08	3
09	1	10	4	11	\checkmark	12	×	13	\checkmark	14	×	15	✓		
16	Netl	oall	17	Gyn	nnastic	18	Boa	tman's	knot	19	1x2			Mental s	
							D.	4 TT				(2	2 × 20	= 40 n	narks)
01	(1)	Cook	ing for	ad tha	place o	foom		rt II	nogg (rantin	a aam	ofira (omnfi	ro dienl	037
O1	(1)		111g 100 04m.)	oa, me	prace o	i Caiii	ping, c	_leaiii	mess, C	Jeann	g camp	me, c	ашрп	re dispi	iay
	(2)	Give	marks	for the	type of	heart	h and t	he way	ofpre	paring	it. (04n	n.)			
	(3)	Give	marks	for the	relevar	ıt cam	pfire.	(03m.)							
	(4)														
		who knows about arranging campfire / Keep ready some raw leaves, wet gunny bags etc., (04m.)													
	(5)	Develop unity / Work as a team / Face challenges successfully / Build up leadership													
	(-)	qualities. (05m.)													
02	(1)	Physi	ical ski	11s / M	ental sk	ills/S	ocial s	skills	etc	c., (03m	ı.)				
	(2)	•			ngage in										
	(3)	Contr	olling	of emot	ions, Ide	ntifyi	ng the	way of	express	sing fee	elings, o	control	anger	etc., (04m.)
03	(1)	C - h:	and stre	etched	side wa	vs na	rallel to	o the o	round						
	(1)	C - hand stretched side ways parallel to the ground. E - hands in front without bending at elbow.													
					s parall		_		x3 = 0	6)	- Carrie				
	(2)	bend hand at elbow and keep them in front at chest level / skip raising the alternate knee up													
		witho	out ben	ding th	e knee.	(2×2)	= 04)								
04	(1)	Build	l up un	ity and	co-ope	ration	/Dev	elop te	am spi	rit / De	velop	the abi	lity to	perforn	n well
		/ Develop the ability to face challenges (03m.)													
	(2)	Develops speed, can change immediately etc., (03m.) Chance to serve First/Select the side of the court. (03m.)													
	(3)					ect the	e side c	of the c	ourt. (0	3m.)					
	(4)	Spiki	ng line	(01m.)											
05	(1)	A-30).5m	B - 1	5.25m	C	-4.9m	(03m	.)						
	(2)	· ·													
	(3)	Inside the C goal circle. (02m.)													
	(4)	Stay at the back of the opposing partner / Study the movements of the partner / Stick to the partner without contact. (03m.)													
06	(1)	Horizontal - Long jump, Tipple jump / Vertical - High jump, Pole vault (04m.)													
	(2)	A - Scissor jump / B - Eastern cut off / C - Western roll /													
		D - Straddle jump/ E - Fosbury flop (03m.)													
	(3)	3 - Po	wer po	sition	/4 - Rel	ease/	5 - Fol	llow th	rough ((03m.)					
07	(1)		pt win arance		ss alike 3m.)	/Worl	k with	team s	pirit/A	Avoid in	nsult aı	nd jeir	/ Main	tain per	rsonal
	(2)	Organ	nizing a	bility/	Active	lifesty	le / Fri	endly 1	nanner	/Abilit	y to tal	ke corre	ect dec	isions (0)3m.)
						_									

talents / Never draw the attention of judges for violating of rules by them. (04m.)

(3)

Not trying to give excuses when defeated / Never insult or hint / Praise and accept their

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