

PART - I

(01) 4 (02) 3 (03) 3 (04) 2 (05) 1 (06) Disasters (07) Tetanus
 (08) Protein (09) Waist circumference (10) Lead up games (11) ✗ (12) ✓
 (13) ✓ (14) ✗ (15) ✓ (16) Hygiene (17) Desires
 (18) Bones and muscle injuries (19) Football (20) Iron

(2 x 20 = 40 marks)

PART - II

01 (i) Being a good volleyball player, Being a good athlete, Tidy, cleanliness, pleasant appearance, being active, following correct postures, pleasant speaking, cordiality, Good personality
 (ii) Engaging in sports, Engaging in aesthetic activities, Engaging in hobbies, Following a simple life style, Time management, Counseling, Engaging in meditation
 (iii) Head, shoulders, hip should be placed in a vertical line.
 Keeping the body straight and lean against the back of the chair.
 Keeping the neck and back straightly.
 Keeping the hands on thighs and if it is an arm chair, keep the hands on the arms, or keep on the desk.
 Hip, Knees and ankles should be bent at 90° at the joints.
 Keeping the both feet steady on the ground.
 (iv) Netball, Football, Cricket, Elle, Rugby, Basketball
 (v) Over nutrition
 (vi) Ability to build good relationship, Ability to abide laws, Ability to be polite, Not banning by sports, Being a recognized person
 (vii) Not having clean air / Not having clean water / Absence of personal hygiene / Not having healthy foods Not having proper rest and sleep
 (viii) fruits, fruit juices, corn, ground nuts, green gram, sago porridge, thalaguli, helapa, gram

02 (i) 1. Heel 2. Calf 3. Buttocks 4. Back of the chest
 (ii) Nutritional level, Physical fitness, Immunity, Pleasant appearance, Being active
 (iii) • Obeying elders and neighbours
 • Avoid retaliate with elders.
 • Standing up when see an elder.
 • Engaging in religious activities.
 • Attending to Dhamma School.
 • Following moral values according to one's religion and culture.
 • Love nature
 • Protect the environment

03 (i) • Giving energy
• Growth of the body
• Safeguarding from diseases

(ii) Macronutrients - Carbohydrates, Lipids, Protein
Micronutrients - Vitamin, Minerals

(iii) Variety, Freshness, Natural condition, cleanliness, Nutritional value, Sufficient quantity

04 (i) Running events - 100m, 200m, 60m, 4x100m, 800m, hurdling

(ii) Jumping events - Long jump, High jump, Pole vault, Triple jump

(iii) Kick the ball slowly in between cones.
Kick the ball in between two players.
Passing the ball slowly by hitting with different sides of the foot.
Hitting the ball to a wall and stop it when it comes.

05	(i)	Living things	Non - living things
		<ul style="list-style-type: none"> • Respiration • Growth • Eat • Reproduction • Removing wastes • Movements 	<ul style="list-style-type: none"> • No respiration • No growth • Not eat • No reproduction • Not removing wastes • No movements

(ii) Eye, Ear, Nose, Tongue, Skin

(iii) Bathing daily, Drink enough water, Avoid applying artificial creams, Covering the body when exposing to harsh sunlight

06 (i) Social fitness

(ii) cordiality, respect others, listen well, helping, law abiding, being flexible

(iii) Flexibility

(iv) happiness, enjoyment, gratitude

07 (i) disasters, accidents, diseases, abuse, misconducts, competitive examinations, interviews, personal problems, economic problems

(ii) personal cleanliness / cleanliness of environment / immunity / correct life style (Give marks if described the point.)

(iii) • Avoiding being alone at lonely places
• Leave the place immediately if anyone tries to kiss you etc.,