

Health and Physical Education

Paper I

1 Hours

1. The best answer for total health is,
 1. Physical, Mental & Social well being.
 2. Physical, Mental, Social and Spiritual well being.
 3. Physical mental and spiritual well being.
 4. Physical & Mental wellbeing.
2. The theme of the School Health Promotion is,
 1. Education for all.
 2. Producing a healthy & active set of children.
 3. Producing a generation with total health.
 4. Inculcating a balanced personality in children
3. The factors needed to calculate the BMI are,
 1. Weight & height 2. Height & waist circumference
 3. Weight & Waist circumference
 4. Weight and foot circumference
4. Amal is impulsive and like to associate peers, Amal is in his,
 1. Child hood 2. Adolescent stage 3. Youth stage 4. Old age
5. A challenge related to health in the modern society is,
 1. Rest & sleep 2. Simple lifestyle 3. Drugs, smoking & alcohol 4. Being lawyal
6. The vaccine that should be taken before three month of pregnancy is,
 1. Polio 2. BCG 3. Rubella 4. Tripple
7. Select the correct statement,
 1. Child hood stage is between 6 -16 years.
 2. From birth to 28 days belong to neonatal stage
 3. From birth to 3 years belong to infant stage.
 4. From 2 years to 5 years belong to early childhood.

8. This is not a bio mechanic principle related to correct posture.

1. Gravitation & momentum
2. Inertia & momentum
3. Centre of gravity and balance
4. Elasticity and agility.

9. “It is difficult to stop a rolling putt than a rolling tennis ball” the biomechanical principle

Related to the above incident is,

1. Inertia
2. Force
3. Balance
4. momentum

10. The fertilization of ovum and sperm take place in the,

1. Fallopian tube
2. Uterus
3. Vagina
4. Uterator

11. A test related to measure cardiovascular endurance is,

1. Standing long jump
2. continuous running
3. Push-ups
4. Jumping up

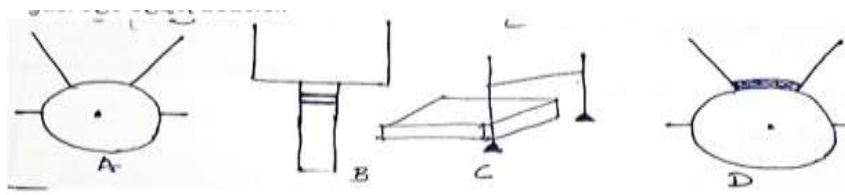
12. The following points are included to the final report after an outdoor education activity.

- The factors related to wild animals
- The way they acted during a sudden accident.
- Using land marks.

The type of outdoor activity they have participated was,

1. A hike
2. Jungle exploration
3. Mountaineering
4. Cycling

13. By using the following diagrams and the table answer the questions from 13-15



Event No	Event
1	Shut Put
2	High Jump
3	Discus Throw
4	Long Jump

13. To which play area the athlete who participate in the event no.3 should go?

1. A 2. B 3. C 4. D

14. Which athlete should reach the play area D?

1. 1 2. 2 3. 3 4. 4

15. A technique should be used in the “C” play area is,

1. Hang technique 2. Fosberry flop 3. Sail technique 4. Summer salt method

The following table shows the result of a High jump event.

16. According to the above results the first place goes to,

Athlete No	High Jump					Place
	1.50	1.55	1.58	1.60	1.62	
30	-	xx 0	0	x 0	xx x	
35	-	x 0	xx 0	x 0	x xx	
40	x 0	x 0	x 0	x 0	x xx	
50	0	xx 0	xx 0	xx 0	x xx	

1. 30 2. 35 3. 40 4. 50

17. According to the above results the second place goes to,

1. 40 2. 35, 40 3. 50 4. 40-50

18. The starting line of 800m running event is,

1. Curved line 2. Direct line 3. 4. Short starting line

19. The number of rounds in a 5000m in a standard track is,

1. 12 ½ 2. 15 3. 12 4. 14

20. The best fitness factor for short distance running events is,

1. Speed 2. Flexibility 3. Reaction speed 4. Strength

21. The old Olympic period is,

1. 776 AD-394BC 2. 394AD-1896BC 3. 494AD-382BC 4. 1896AD up to now

22. The number of matches played with 10 teams according to the league method,

1. 9 2. 15 3. 45 4. 25

23. Adding papaw seeds to pepper, adding manioc flour to wheat flour, adding

Melamine to milk powder ..etc these type of acts are called as,

- | | |
|-----------------------------------|-------------------------------------|
| 1. reducing the nutritional value | 3.food preservation |
| 2. food adulteration | 4. Increasing the nutritional value |

24. A food poisoning method due to environmental factors ,

- | | |
|--|--------------------------------------|
| 1. reusing the same oil for frying | 2. Over cooking food |
| 3. production of solanine in potatoes. | 4. Production of aflatoxin in peanut |

25. The number of bones in human skeletal system ,

- | | | | |
|--------|--------|--------|--------|
| 1. 206 | 2. 200 | 3. 204 | 4. 202 |
|--------|--------|--------|--------|

26. An example for a hinge joint is,

- | | | | |
|-------------|---------|---------|----------|
| 1.hip joint | 2.ankle | 3.elbow | 4. wrist |
|-------------|---------|---------|----------|

27. A factor that affect the function of the nervous system is,

- | | | | |
|-----------|--------------------|----------------|-------------|
| 1.Smoking | 2. Genetic factors | 3. Using drugs | 4.all above |
|-----------|--------------------|----------------|-------------|

28. Priyantha is a social character and he has a lot of friends .recently he said that he

Done ELISA test. What type of a disease he might have got?

- | | | | |
|------------|--------|------------------|--------------|
| 1.Syphilis | 2.AIDS | 3. Genital warts | 4. Chlamydia |
|------------|--------|------------------|--------------|

29. World Health Day falls on,

- | | | | |
|----------|------------|-----------|----------|
| 1. Feb10 | 2.March 20 | 3.April 7 | 4.May 10 |
|----------|------------|-----------|----------|

30. The maximum interval given for a football match at an international level

Tournament is,

- | | | | |
|---------|----------|-----------|----------|
| 1. 5min | 2. 15min | 3. 10 min | 4.20 min |
|---------|----------|-----------|----------|

- 5

38. In Which occasions a kick -off is used in football

1. At the beginning of a match
2. At the start of extra time
3. At the start of the second half of a match
4. Above all

39. Who is the Sri Lanka sportsman who will write the ICC half of frame word in the year 2023

- | | |
|----------------------|-----------------------|
| 1. Aravinda de silva | 2. Mahela Jayawardene |
| 3 Kumara Sangakkara | 4. Arjuna Ranathunga |

40. In which event gold midlist Tharushi Karunaratna Participated

1. 1900 M
2. 400M
3. 800M
4. 5000M

Health and Physical Education

Paper II

2 Hours

- 01.** A workshop was organized for the students and the community of Weerapola Maha Vidyalaya by the St. John Ambulance teacher in charge and the members.

A past student Dr. Niroshan de Silva spoke on noncommunicable diseases, Sexually transmitted diseases and food and nutrition. The parents of the school provided local food as breakfast for all the participants during the interval the students engaged in minor games.

In the evening a volleyball tournament was organized to improve the sports skills of the students. During the tournament, Himansa's leg was sprained when he was trying to spike the ball, the members of the St. John Ambulance gave first aid

1. write two aspects of total health that the students develop by participating in each program (2 marks)
2. Write the two health-promoting themes in the above paragraphs. (2 marks)
3. Write two causes for noncommunicable diseases. (2 marks)
4. Write two instances related to the development of interpersonal relationships of the students, in the workshop (2 marks)
5. Write two other Organized games (2 marks)
6. Write two local food items that the parents might have given for the participants. (2 marks)
7. Draw Sketch of a tournament method, that could be implemented with a minimum time limit, for a number of 6 teams. (2 marks)
8. Write two types of knots that could be used in day-to-day activities. (2 marks)
9. Write two methods that Himasha must have been taken to the sports room by others.
10. Write two sexually transmitted diseases. (2 marks)

- 02.** The nutritionists predicted the increase in child malnutrition due to the economic crisis in the present society

1. The two malnutritional conditions due to lack of macronutrients.
2. Write two unfavorable conditions in a malnourished child.
3. Write two micronutrient deficiencies.
4. Write two reasons for not gaining the proper weight of a pregnant mother.
11. Write two ways to overcome nutritional problems that you can introduce as a student. (marks 10)

- 03.** We should maintain physical mental and social fitness to lead a healthy life

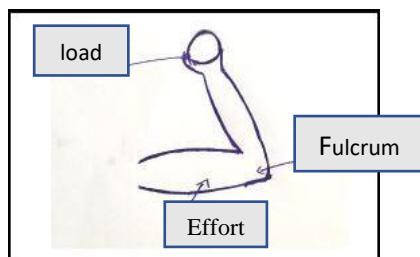
1. Explain what is health-related fitness
2. (a) Write four health-related physical fitness factors.
(b) Select two of the above-mentioned fitness factors and write two activities to improve them.
3. Categorize the diseases into two types and write one example for each type.
4. Write the amount of fat composition in a healthy male and female separately. (marks 10)

04.

1. You come to know that someone has posted unsuitable (pornographic) videos on your timeline on Facebook.
2. One of the students in your school says that another student has fainted due to taking an overdose of medicine.
3. Due to the heavy rain you notice a huge tree has slanted.
4. Your friend suggests you to go to a musical show telling your parents that you are going to study at a friend's place
5. You witness an obese friend of yours attending the school medical check-up

05. Different systems in our body perform different functions.

1. Write two different types of muscles in your body (marks 2)
2. (a) Write two types of muscle fibers that could be seen in short-distance and long-distance runners (Marks 1)
(b) Write two different characteristics of the above-mentioned fibers (Marks 1)
3. The below diagram shows how the shot put is lifted by an athlete
 1. Write the type of lever this diagram belongs to (Marks 2)



4. Write Three athletic events that energy is gained through the creatine phosphate method (Marks 3)

06. The students of Parakum Maha Vidyalaya participated in some athletic events. They participated in short-middle and long-distance running events and also relay races. They won many events.

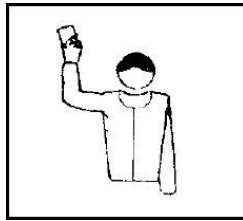
1. Write two factors that influence the speed of an athlete (marks 2)
2. (a)Write two middle-distance races in which the students of Parakum M.V. participated. If you are the 4th runner of the relay events (marks 1)
(b) write two sports-related qualities you should have,(marks 1)
3. Write two activities to train fossbery flop method, to freshers

7. A

1. Write two skills a libero player should not perform (marks2)
2. During a tournament between North Western and Southern teams. Two front row players

did a joint block, during this the ball was been touched and it was sent back to the opponent's team. As a referee write your decision (marks 2)

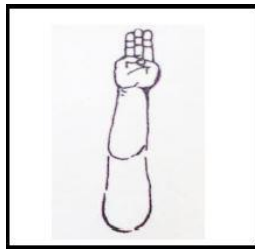
3. The below diagram shows a hand signal given by the referee what does it denote (marks2)



4. Write two activities to train a fresher on one skill in Volleyball. (marks 2)

7 B

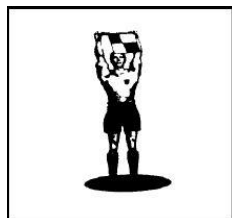
1. Write two skills in Netball (marks 2)
2. During a netball tournament between the Western and Northern teams, the Northern team's center player passed the ball, but the referee gave a free pass to the Western team after blowing the whistle. Write two faults done by the Northern team (marks 2)
3. The following signal was given by the referee write fault made by the goal defense(marks 2)



4. Write two activities to train the above-mentioned skills for freshers(marks 2)

7 C

1. Write two skills in football (marks 2)
2. During a football tournament between North and Eastern teams, A player from the Northern team made a tackle on the opposing player in the penalty area.
3. As a referee what is your decision in this regard (marks 2)
4. What does the following signal denote (marks 4)



5. Write two activities to train a skill you mentioned above to trainee a fresh player(marks4)