



Royal College - Colombo 07

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Grade 9 – Second Term Test – July 2019

දෙවන වාර පරීක්ෂණය - 2019 ජූලි - 9 ශ්‍රේණිය

කාලය : පැය 2
Time : 2 hours

Health and Physical Education

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Name :- Grade :- Index number:-.....

Part I

Underline the correct answer.

1. A – Harmful toxic air emitted from super sonic jets and which rockets are travelling in air at high attitude and high speed.
B – Dumping garbage in to rivers and lakes.
C – Excess use of Agrochemicals in agriculture.
D – Using microphones with high volume. Secondary needs of human.
- (i) Water, Air, Land, Sound (ii) Air, Water, Industrial, Sound
(iii) Air, Water, Land, Sound (iv) Sound, Air, Water, Land

2. Reorganization of health services Health policy Knowledge and skills development.
- Healthy environment A..... Community participation.

- (i) Total health
(ii) Principles of making policy.
(iii) Principles of health promotion.
(iv) Prevention of environmental pollution.

3. To live satisfying, accurate and comforting life by serving our society with the best of creative talents.
- (i) Self realization (ii) Dignity
(iii) Sympathy (iv) Empathy
4. The normal curvature of the lower back is not present.
- (i) kyphosis (ii) Excessive lumbar lordosis.
(iii) Scoliosis (iv) Flat back.

5. Vitamin D deficiency during childhood causing,
- (i) Richest (ii) Goiter
(iii) Diabetes (iv) Under nutrition
6. Naturally occurring waste category is,
- (i) Drought, Flood, Accouter
(ii) Tsunami, Drought, Environment pollution
(iii) Landslide, Firing, Cyclone
(iv) Flood, Vortices, Drought
7. Outdoor activity is,
- (i) A drill show
(ii) A volleyball match.
(iii) A forest exploration
(iv) A debate competition.
8. The BMI value of someone with proper nutrition should be,
- (i) 18.5 – 24.9 (ii) 16.5 – 18.5
(iii) 20.5 – 26.5 (iv) Above 30 age
9. Important for the growth of hair and nails.
- (i) Melanin (ii) Keratin (iii) Protein (iv) Calcium
10. Which of the following words is the correct form?
- (i) Teeth, Skin, eyes, ears, nose (ii) Skin, teeth, ears, eyes, nose
(iii) Ears, teeth, skin, nose, eyes (iv) Nose, Skin, ears, eyes, teeth
11. A skill of netball.
- (i) Blocking (ii) Service (iii) Receiving (iv) Attacking
12. The distance to a standard running track.
- (i) 200 m (ii) 100 m (iii) 400 m (iv) 800 m
13. The receiver receives the baton in his/ her right hand, the giver carries the baton in his/her left hand,
- (i) Visual pass (ii) Non – visual pass
(iii) Inside pass (iv) Outside pass

14. The skills in the diagram below are in order.



- (i) Setting, passing the ball, Heading the ball
 - (ii) Passing the ball, Setting, Heading the ball
 - (iii) Setting, Heading the ball, Passing the ball
 - (iv) Passing the ball, Heading the ball, Setting
15. How many players consist of a football team?
- (i) 09 (ii) 10 (iii) 11 (iv) 12
16. Billiards, Chess, Dham, table tennis are included.
- (i) Sports played without using equipments.
 - (ii) Indoor games.
 - (iii) Athletics
 - (iv) Outdoor activities
17. What is the founder country of netball?
- (i) Sri Lanka (ii) India (iii) Japan (iv) America (USA)
18. Not a outdoor activity is,
- (i) Pitching camps (ii) Outdoor cooking
 - (iii) Badminton (iv) Exploring of jungles.
19. What is the incorrect techniques of long jump.
- (i) Sail technique (ii) Flop method
 - (iii) Hang technique (iv) Hitch kick technique
20. The 2019 ICC Cricket World Cup is being hosted by,
- (i) England (ii) America (iii) Brazil (iv) South Africa.

Part II

Answer the five questions, including the first question.

01. Plants and animals in the surrounding have an inter connection with the environment. Breakdown of environment equilibrium is an obstacle to the human co – existence. Sometime this breakdown is done by the human themselves and sometimes it is a result of some natural occurrences. Human have no life without the environment. Animals and human obtain everything from the environment. Breaking of environmental factors affect on human's physical and mental health. As the incidences in the past were also happened due, to such reasons, we should take the responsibility of the protection of environment.

- (i) Mention 3 environment pollutions you leant. (3 marks)
 - (ii) Mention 2 ways of pollution for one of the environment pollutions you mentioned above. (2 marks)
 - (iii) Mention 2 factors that cause the breakdown of environment balance. (2 marks)
 - (iv) Mention 2 extinctive resources due to deteriorating personal health. (2 marks)
 - (v) Write 3 diseases that infect due to environment pollution. (3 marks)
 - (vi) Write 4 things you can get from the surrounding you live. (4 marks)
 - (vii) Write 2 suggestions to prevent your school environment from being polluted. (2 marks)
 - (viii) Mention 2 pollutions that can happen due to effect if animals. (2 marks)
- [Total = 20 marks]*

02. At a healthy workshop held at C. W. W. Kannagara College, the lecture explained that not eating properly has negative impact on physically and mentally.

- (i) Write down 3 situations that result from not eating a nutritional food. (3 marks)
- (ii) Write 3 reasons why nutritional needs vary from person to person. (3 marks)
- (iii) Write 2 things you should take into consideration when choosing healthy foods. (2 marks)
- (iv) Write 2 myths in the society of nutrition. (2 marks)

03. The outward appearance of the body is important for a healthy life and for improving the personality.

- (i) Write 6 features that help in the external appearance. (3 marks)
- (ii) Write 3 functions of the skin. (3 marks)
- (iii) Write 4 healthy practices to protect the eyes. (4 marks)

04. Proper postures is very important to make daily tasks easier.
- i) Name the disease the following facts.
- A – Bending backwards of the upper part of the vertebral column in an unusual way.
B – Lower area of vertebral column convexes forwards.
C – Vertebral column is curved to one sided (left or right) in here as abow.
D – Lack of natural curvature of lumber area in vertebral column.
E – Legs are pushed to the sides at the knees.
- (3 marks)
- (ii) Mention 3 things that can cause you to use the wrong.
- (3 marks)
- (iii) Write 4 benefits of maintaining correct postures.
- (4 marks)
05. In athletics, the only event that teams complete for is the relay events.
- (i) Write 3 methods of baton change. Explain it briefly.
- (3 marks)
- (ii) Write 3 rules and regulations for baton change.
- (3 marks)
- (iii) Draw the baton exchange zone with correct measurements. Name the following facts.
- (4 marks)
- Baton exchange zone.
 - Acceleration zone.
 - Running direction.
 - At a healthy workshop held at C. W. W. Kannagara College, the lecture explained that not eating properly has negative impact on physically and mentally.
06. Answer the following questions from organized games. (i) Write down 3 situations that
- (i) What are skills of volleyball game?
- (3 marks)
- (ii) Draw a volleyball court with correct measurements.
- (3 marks)
- (iii) Write 2 activities to practice shooting in netball game.
- (2 marks)
- (iv) Write 4 skills for football game.
- (2 marks)