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மதகாணக கல்வித் திணைக்களம் - வட மத்திய மதகாணம்
DEPARTMENT OF EDUCATION - NORTH CENTRAL PROVINCE



Grade
07

Third Term Test - 2022

Subject :- **Health and Physical Education**

School Name :
Index Number :

Time : **2 hrs**

Part I

- **Answer all the questions**

01. Food is essential for the body. Food with vitamin A and E help to,
 1. keep your skin healthy
 2. make blood clots
 3. improve immunity
 4. give energy
02. Oxygen in air absorbs to blood vessels by,
 1. Alveoli
 2. Pharynx
 3. Nose
 4. Trachea
03. Water doesn't loose from the body,
 1. through sweat
 2. through urine
 3. through respiration
 4. through food
04. An indoor game which is played without equipments
 1. Mee kadima
 2. Eluwan Kema
 3. Ath Hanguma
 4. Pancha Keliya
05. Elements in a healthy family environment belong into three categories.
Among them a feature in physical environment is
 1. Love
 2. Discipline
 3. Relaxation
 4. Sanitary facilities
06. Volley ball game begins with,
 1. Spiking
 2. Serving
 3. Setting
 4. Receiving

07. Ability of bending the body parts such as hands and foot with the help of joints is called,
- | | |
|-----------------|----------------|
| 1. Energy | 2. Speeds |
| 3. Coordination | 4. Flexibility |
08. Three main phases of long jump are in the correct order is,
- | | |
|------------------------------|------------------------------|
| 1. Take off, Landing, Flight | 2. Flight, Landing, Take off |
| 3. Take off, Flight, Landing | 4. Flight, Take off, Landing |
09. A benefit of adding garlic to the meal is,
- | | |
|----------------------------|------------------------------|
| 1. prevents stomach aching | 2. reduces fat in the body |
| 3. act as an anti - biotic | 4. act as an anti - bacteria |
10. Primary needs as well as secondary needs helps to survive. One of the secondary needs is,
- | | |
|---------|-----------|
| 1. Food | 2. Water |
| 3. Air | 4. Houses |
- Mark as "✓" or "X" accordingly.
11. Taking food rich in dietary fibers prevents constipation. ()
12. Rules and regulations of sports help for a fair play and to minimize disputes. ()
13. Kidney is the main organ of the respiratory system. ()
14. Tail relay method can be used to increase the speed. ()
15. Love and protection are not needed for us. ()
- Fill in the blanks
16. is an athletic event
17. popular event among women.
18. is a horizontal jump.
19. is a throwing event.
20. is a team game.
- (Netball, Foot ball, Discuss throw, High jump Long jump, 100 m)

Part II

- **Question No 1 is compulsory.**
- **Answer 4 other questions along with the first question.**
- **(All together answer 5 questions)**

01. Organized games, Minor games and Falk games are all belongs to outdoor activities. They give us lot of benefits too. In school we have athletic events as well as organized games. We must pay attention on taking nutritious food as well as following correct postures too. Human body performs wonderful tasks. It consists of several organs. Digestive system, excretory system, Blood circulatory system, Respiratory system are among them. They perform different functions and various diseases can be seen in those systems. To get rid of them we must follow healthy habits. The main sport in schools is athletic. This event can be classified into two, as running events and field events.

1. Name 4 Falk games that you know.
2. Mention 4 organized games that you have seen.
3. Write 4 athletic events.
4. Mention 4 nutrients that should contain in a nutritious meal.
5. What are the two main categories of body postures?
6. Name 4 correct sitting postures.
7. Name 2 sensory organs in human body.
8. What is meant by digesting?
9. Name 2 diseases that can be seen in digestive system.
10. Write 2 things to be followed to maintain a healthy respiratory system. (2 x 10 = 20)

02. Family health pramotion is important to build up a healthy society. There are five themes in school health promotion. Health services provide you an immense service for achieving those goals.

1. What is health promotion? (2 marks)
2. Write 2 things that you can do to promate family health. (2 marks)
3. What are the main categories of health promotion? (3 marks)
4. Name 3 areas that belongs to health promotion. (3 marks)

03. Main functions of food are growth, enhancing immunity and providing energy. Nutrients in food can be divided into two categories. When buying food from the market we should concern many facts, as all of them are not healthy for our body.

1. Name nutrients and give examples for each. (2 marks)
2. Give 2 reasons for the need of minerals to our body. (2 marks)
3. Write 2 factors we should concern when buying food. (3 marks)

4. How can you contribute to provide nutritious meals for the family ? write 3 ways. (3 marks)
04. Foot ball, Volley ball and Net ball are the main organized games practicing in school. They are common to many schools. To practice skills of these games we should do various activities.
 1. Write 4 skills of volley ball (2 marks)
 2. Write 4 skills of Net ball (2 marks)
 3. Write 4 skills of Foot ball (2 marks)
 4. Write 2 ways of ball controlling and 2 ways of kicking, in foot ball. (4 marks)
05. Rules and regulations are a must to conduct the sports. Obeying those rules and regulations is important to the well being of the whole society including one self, family members, his or her school. Disrespecting the rules and regulations in sports will cause different problems.
 1. What are rules and regulations in sport? (2 marks)
 2. Write 2 reasons for the importance of rules and regulations in sport. (2 marks)
 3. Write 3 duties and responsibilities of you in relation to rules regulations and ethics in sports. (3 marks)
 4. Write 3 issues happen when we do not follow rules and regulations in sports. (3 marks)
06. Adolescence is the stormy period in one's life. Many changes occur in this period and they are recognized as Physical, Psychological and Social changes. To cope with them successfully, you should be aware of these changes.
 1. What is reproductive health? (2 marks)
 2. Name 2 psychological features that take place in both males and females in adolescence. (2 marks)
 3. Write 3 skills to be developed when getting ready to face adolescence. (2 marks)
 4. Write 3 factors affect to reproductive health. (3 marks)
07. Diseases are the main challenges for keeping our health. Communicable and non communicable diseases are the two types of them. Dengue is a epidemic disease. To prevent them, we should follow good health habits.
 1. What is a communicable disease ? give examples. (2 marks)
 2. Write 2 factors that cause non - communicable disease. (2 marks)
 3. Write 3 steps that we can follow up to protect from Dengue. (3 marks)
 4. Write 3 precautions that can be taken to avoid non communicable- diseases. (2 marks)



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කෙටි සටහන්, වැඩ පොත්, අතිරේක කියවීම් පොත්, සඟරා
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