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மேல் மாகாணக் கல்வித் திணைக்களம் - கொழும்பு கல்வி வலயம்
Western Provincial Education Department - Colombo Educational Zone

දෙවන වාර ඇගයීම-2016
இரண்டாம் தவணை மதிப்பீடு - 2016
Second Term Evaluation -2016

ii ශ්‍රේණිය
தரம் 11
Grade 11

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය - I පත්‍රය
சுகாதாரமும் உடற்கல்வியும் -I
Health & Physical Education - Paper I

පැය එකයි
ஒரு மணித்தியாலம்
One hour

- Select correct answer and underline it.

01) Not a challenge for health recently,

(i) High competitive living style
(ii) Having good food habbits
(iii) Problems regarding education
(iv) Sexual abuses

02) Nimali meditates as a habbit. Listens to music. The most development within her so she always spends happy is,

(i) Physical health
(ii) Mental health
(iii) Social health
(iv) Spiritual health

03) Tharindu's father wakes up early in the morning and does exercises. He is very fond of his religion and works intellegently. He works co-operately with villagers and solves. Tharindu's all the problems. According to this he could be considered as,

(i) A Person of good spiritual, social and physcial health
(ii) A person of good physical, mental, social and spiritual health
(iii) A person of good mental, social & physical health.
(iv) A person of good social, mental & spiritual health.

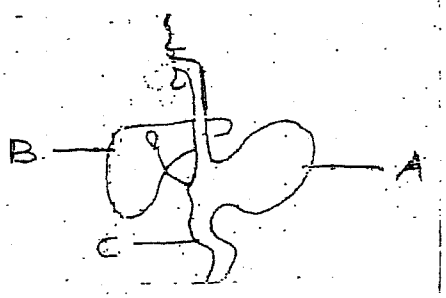
04) Observe the following food groups & select the food group only rich of protien.

(i) beef, "bala" dired fish' dhal" soya beans, fish
(ii) pork, eggs, sweet potatoes, Nivithi, snake gourd
(iii) beef liver, potatoes, dhal, bringals, chilli
(iv) rice, fish, eggs, beans, peanut

05) Keep the head straight, lower the trunk bending the kness, make the standing base wider by keping the legs at a little distant. These are included,

(i) in the correct posture of sitting
(ii) in the correct posture of lying
(iii) in the correct posture of lifting a weight
(iv) in the correct posture of running

The figure shows a part of a system of the human body. Answer the question 6, 7 & 8 using the given figure.



06) According to the figure A, B, C shows respectively,

(i) stomach, deudenum, pancrease

(ii) stomach, liver, deudenum

(iii) liver, stomach, deudenum

(iv) liver, stomach, oesophagus

07) A disease related to this system is,

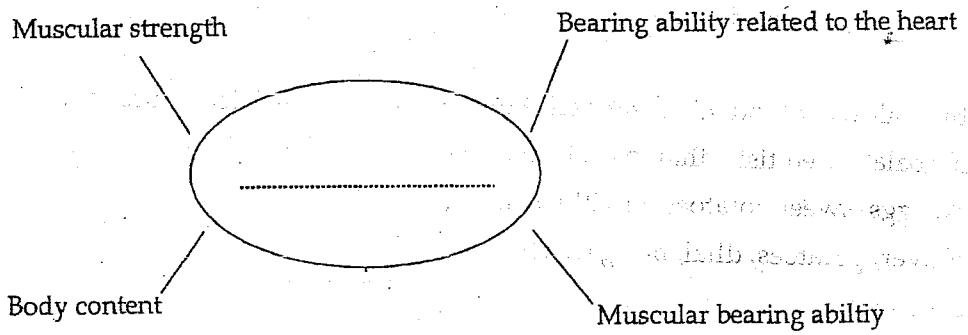
(i) bronchitis (ii) Leukemia (iii) Arthritis (iv) gastritis

08) The best way for the proper maintenance of this system is,

(i) taking food with fibres (ii) taking more food containing chilli & oil

(iii) living in a clean environment (iv) Prevent from the mental stress

09) Out of the following phrases, the best suitable phrase to fill the blank is,



(i) Qualification factors related with talents

(ii) Qualification factors related with health

(iii) Motor skills

(iv) Hidden tallents

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10) Giving an opporunity to make the student and their families healthy & to be strengthen with necessary skills to get the maximum use of education is,

(i) Health promotion
(ii) Vision of health promotion
(iii) Mission of health promotion
(iv) Strategies of health promotion

11) "Supplying health facilities in a school is a must." Which example does not match with the above statement.

(i) Having a cover for the well
(ii) Launching programmes to eradicate dengue.
(iii) No obstacle to sell harmful food items
(iv) Prohibiting the use of alchohol & cigrettes

12)
- chance of dying from heart failure is high
- the risk of being a diabetic victim is high
- can cause mouth cancer, cancer in oesophagus, lung cancer and cancer in urinary bladder
- Can cause sexual retardation
- External figure gets ugly

The above leaflet for infoming the community was written in order to,

(i) Show the symptoms of a diabetic patient
(ii) Show the symptoms of an infected patient
(iii) describe the nature of a cancer pativent
(iv) Show the effects of smoking

13) The life after childhood divides into 4 stages, youth is considered,

(i) 20-39 years old
(ii) 21-39 years old
(iii) 20-40 years old
(iv) 21-40 years old

14) Development of the state of health of himself & others is expected from the health promotion. The number of strategies to maintain the health promotion of a country is,

(i) 4
(ii) 5
(iii) 6
(iv) 7

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15) By improving your lifespan, reducing diseases & having a happy & energetic life is,

(i) Health promotion (ii) Health education

(iii) Life quality (iv) The quality of the life

16) Following shows some steps that should be followed when a person came to you for first aid at a snake bite.

A- Bitten place should be washed with soap & clean with a cleaned piece of cloth.

B- As soon as possible take the patient to hospital

C- Calm down the patient, vanish his fear & relax.

D- Remove rings, bangles etc.

E- Give paracetamol to reduce the pain.

What is the correct order that you should follow.

(i) A C E D B (ii) C A D E B (iii) B A C E D (iv) E D A C B

17) The property of resistance shown by an object which is at rest to move or which is in motion to change its nature of motion is,

(i) momentum (ii) force (iii) velocity (iv) Inertia

18) The quantity which is used to measure the amount of mation of an object is,

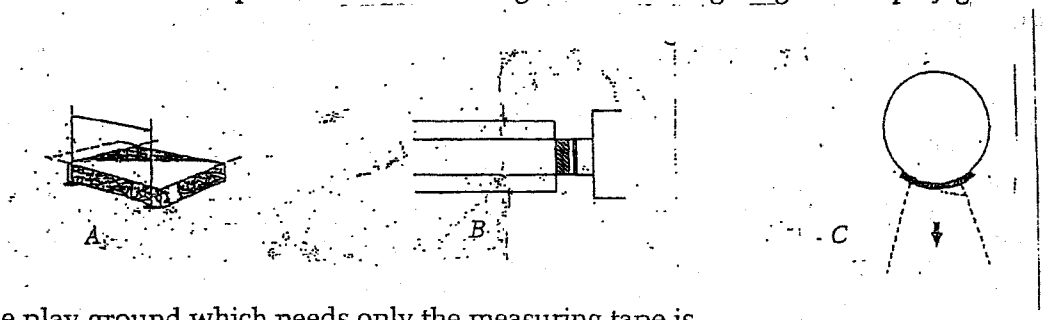
(i) momentum = mass x velocity

(ii) mass = velocity x momentum

(iii) velocity = mass x momentum

(iv) momentum = mass x height

- You have to provide the correct instruments for the relevant play grounds at the inter-house sportsmeet. Answer questions 19 & 20 using the followiung diagrams of play grounds.



19) The play ground which needs only the measuring tape is,

(i) A (ii) B (iii) C (iv) A & B

20) The pegs with event numbers should be provided to,

(i) B ground (ii) C ground (iii) A & B grounds (iv) B & C grounds

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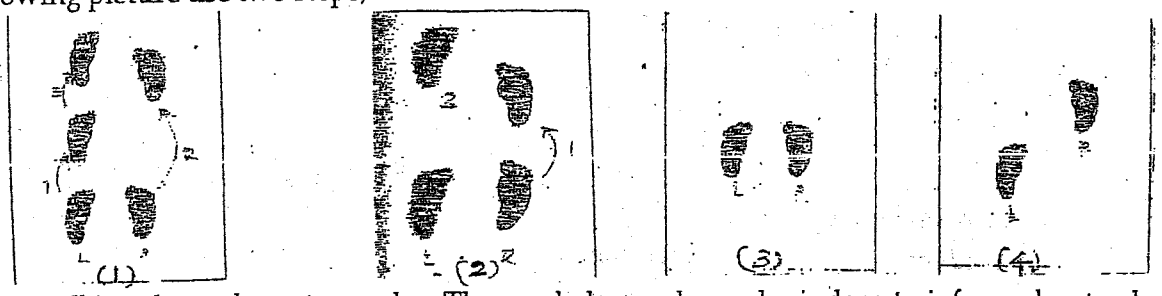
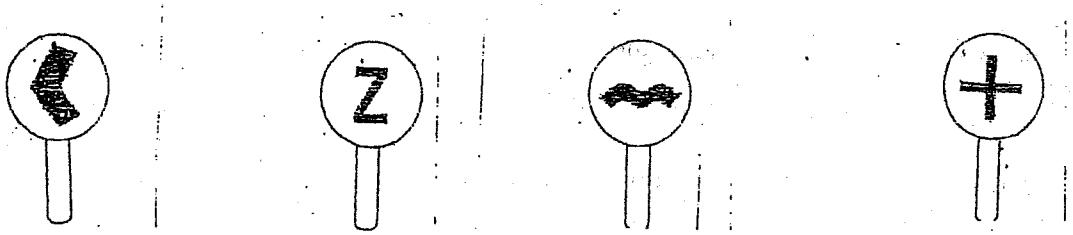
21) An attack is striking the ball which is over the net to send it to the oppsite team. Which of the following picture use two steps,



22) Race walking depends on two rules. The symbols are shown by judges to inform about rules. That is shown the loss of contact with the land during race walking is,

(i) (ii) (iii) (iv)



23) What are the examples for outdoor activities,

(i) breaking the tail, football, jungle craft

(ii) mountaineering, jungle exploration, jungle craft

(iii) mountaineering, jungle expioration, walking on poison.

(iv) netball, jungle craft, jungle exploration

24) The incorrect statement regarding netball is,

(i) Receiving the center pass without touching the centre area of moving to the centre area before the whistle has been blown.

(ii) Free pass is awarded for all infringements committed by the player holding the ball except for the obstructions caused to the opposting player.

(iii) Centre pass is the pass sent by the centre, from the centre of the cricle at the start of play and after a shoot.

(iv) Umpire blow the whistle to resume play and to inform time keepers.

25) Hurdling is a fast and rhythmic technically activity and is a very interesting one of the running event of atheltics. The hurdling events for Men's are,

(i) 100 m - 400 m (ii) 100 m – 110 m

(iii) 100 m – 200 m (iv) 110 m – 400 m

26) The correct measurement related to changing zone of the relay race is,

(i) Free zone is 10 m distance of the changing zone is 10 m.

(ii) Free zone is 10 m, distance of the chaging zone is 20 m.

(iii) Free zone is 20 m, distance of the chaging zone is 10 m.

(iv) Free zone is 20 m, distance of the changing zone is 20 m.

27) Not an advantage / use of climbing mountains,

(i) understanding abou the bio-diversity

(ii) gaining of fun & knowledge

(iii) understanding about organizing & forest land.

(iv) development of physcial fitness.

Following represents some data of & studnets having nutrient deficiencies. Using them answer the questions from 28 to 30.

Student	Deficienecy
A	Vitamin A
B	Iodine
C	Iron

28) Which student suffers from Anaemea,

(i) A (ii) B (iii) C (iv) A, B & C

29) According to given data, which one is assuemed to have goitre,

(i) A (ii) B (iii) A & B (iv) B & C

30) One of those studnets is saffering from the night blondness. The letter used for him is,

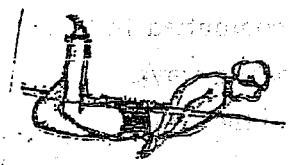
(i) A (ii) B (iii) C (iv) A & B

31) Select the correct statement ragarding 'Libero',

(i) Libero can be the captain (ii) Libero can prevent an attack

(iii) Libero can after the ball. (iv) Libero can substitute any times.

32)



The figure shows,

(i) A state of a technique in high jump (ii) A state of hurdles

(iii) A state of gymnastic (iv) A state of pole-vault

33) Following shows the four stages of linear tehnique of shot put.

Which is the correctr order, that should follow.

(i) Ready position, release stage, gliding backward, post stage

(ii) Gliding backward, ready position, release stage, post stage.

(iii) Gliding backward, release stage, post stage, ready position.

(iv) Ready position, gliding backward, release stage, post stage.

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34) Tosoe is desribed as,

(i) Only head

(ii) Head, hands and part of the hoby.

(ii) Head, neck, the body without legs and hands

(iv) Head, neck, the body with legs and hands.

35) Not a factor for leaving a sportman from foot ball match,

(i) bad words were used twice.

(ii) Destructive feelings.

(iii) Pushes an opponent

(iv) Spits at an opponent

36) Not a factor effect for competancy level of jumping event,

(i) Floating speed (ii) Releasing angle

(iii) Floating height (iv) Floating angle

37) The game which is held with water jumps and hurdles,

(i) Steaple chess (ii) Cross country (iii) decathelon (iv) 400 m - hurdles

38) Not a factor effect for maintaining the balance of the body,

(i) centre of gravity is below the standing base.

(ii) standing base increases.

(iii) Decreasing the height to the centre of gravity from the ground.

(iv) Centre of gravity is above the standing base.

39) Two groups of students are palying a game happliy according to the rules which were made by themselves this is,

(i) an organized game (ii) an indoor game

(iii) a sub sport (iv) a minor game

40) The more responsibility in preventing the dengue disease is towards,

(i) doctors (ii) health officers

(iii) All the public (iv) social service officers

(20 x 2 = 40 mark

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மேல் மாகாணக் கல்வித் திணைக்களம் - கொழும்பு கல்வி வலயம்
Western Provincial Education Department - Colombo Educational Zone

දෙවන වාර ඇගයීම-2016
இரண்டாம் தவணை மதிப்பீடு - 2016
Second Term Evaluation -2016

11 ශ්‍රේණිය தரம் 11 Grade 11	සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය - II පත්‍රය சுகாதாரமும் உடற்கல்வியும் -II Health & Physical Education - Paper II	පැය දෙකයි ஒரு மணித்தியாலம் Two hours

- **Answer only five questions including the question number one, two questions from Part-I & two questions from Part II.**

01) Nimal & Kamal are two friends of the same age. Nimal has won 200 m & 400 m events at the school inter-house sports meet, he also has won events at the natioanl level. At the 100 m running event of this zonal competitions he got one of his leg muscles damaged & his coach gave him first aid in the correct method. Kamal showed his talents in discus throw & long jump events at the sportsmeet. Although he has won discuss throw at national level, he has lost long jump events at the zonal level. The reason for that is he committed unsuccessfull jumps one after one. However they continuously involve in practice according to their coachess' advice & also they pay their attention more on their nutrition. These two who were loved by their parents, teacher & their friends become bright students of the school.

(i) According to the description, write down the starting technique of Nimal's two events & the command of that starting technique.

(ii) Mention two long distance events in addition to those, track events

(iii) Mention two main physical fitness factors which should be improved by them according to their events.

(iv) Write the first aid method for Nimals cramp.

(v) The distance of which the discuss throw caused to get good competancy level in throwing events. Write two factors.

(vi) What are the main stages of the technique of the discuss throwing the event by Nimal.

(vii) Nimal got a good starting to win his event & he applied a large force on the starting board. According to this give a definition for the force.

(viii) Write two unsuccessful jumps which were done by Kamal which caused for his uncuccess.

(ix) Mention two groups who need special nutrition except a sportman.

(x) Do these two sportsman have a good social existance. Give your reasons.

(2 x 10 = 20 marks)

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- Answer two questions only.

02) Today it has become a great challenge to provide the world community with quality food, that are safe for our health. It has found that specially in underdeveloped countries, the quality of food is corrupted due to various reasons. Therefore it is an essential fact that you & your family members should consume food that are safe for our health in order to prevent from diseases.

(i) Write down the three main factors that affect food safety. (3 marks)

(ii) Write down three instance where the food safety is destroyed & give an example for each. (3 marks)

(iii) Shihan is used to drink a bottle of carbonated cool drinks when he gets thirsty, but Shantha is used to drink a glass of water or a glass of natural fruit juice. Who is the one used to good habbits, explain with reasons comparing them. (4 marks)

03) An organization is a collection of different people to fulfill the identified objectives successfully. Ther are various organizations based on profit, welfare & services.

(i) Write down four common characteristics of an organization. (2 marks)

(ii) Write down four qualities of the role of management. (2 marks)

(iii) Name the three physical education programmes that can be managed in the school & provide an example for each. (6 marks)

04) Briefly explain how you would act to won the following challenge situations.

(i) Your best friend says to you that a person tells him false information about the results of consuming liqour and tries to get him based towards consuming liqour.

(ii) Your friend Nayana is in the problem of selecting whether which subject stream for the advanced level although she has passed well from the G.C.E. (O/L) exam.

(iii) Two groups of students carries on a fight after school.

(iv) Get to know that Ramani is ready to go with his boy friend by saying her parents that she would go to stay at one of her female friends at the day of end of the examination.

(v) Your friend brings school a mobile phone including pornography & he supposes you to watch it.

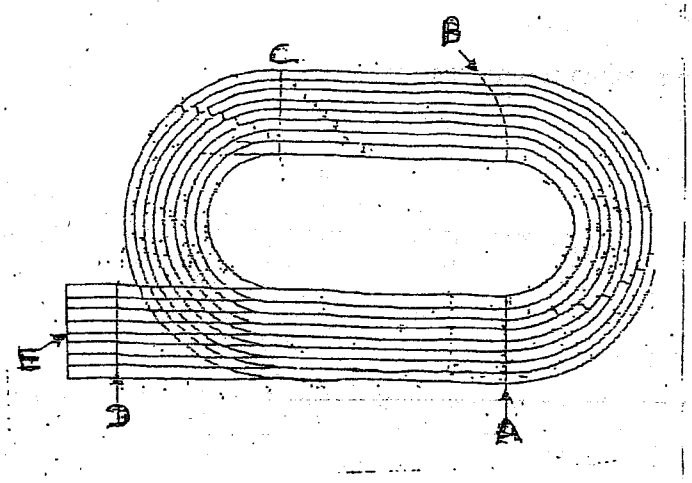
(10 marks)

- Answer two questions only.

05) The following shows a register of students participating for athletics indicating their events.

Shriyantha	-	100 meters, 200 meters
Maltith	-	shot put
Hashan	-	800 meters, 1500 meters
Sumith	-	400 meters, high jump
Demitha	-	110 meters hurdles, high jump

Answer below questions using the following diagram of the track.



(i) State the players starting the game at the line indicated by B. (1 mark)

(ii) Write down the letters of the places infront of the event which Shriyantha should go to inorder to start the game. (2 marks)

(iii) State the starting techinique for Hashanis event, & write down the command. (2 marks)

(iv) Write down two rules which should be followed by Malith in order to be success in his event. (2 marks)

(v) State the plyers who should run in their own track till the end of the game. (3 marks)

06) (i) Imagine you have to organize a Volleyball match of five teams. What is the type of the match you are going to use?

Write two advantages & disadvantages of that method. (3 marks)

(ii) Draw the match under that method. (3 marks)

(iii) Find the way of counting byes & the number of matches. (4 marks)

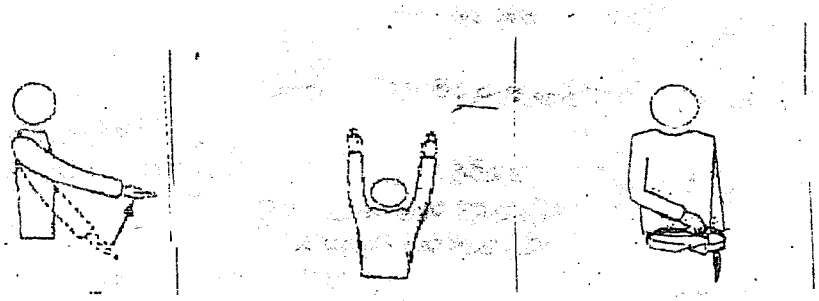
07) Answer only one question from A, B & C.

A

The following diagram shows how a player gets ready for a Volleyball match.

(i) Name this event and write three factors to be considered to by a sportman to perform this event successfully. (3 marks)

(ii) The following are the hand signals which were used by the coach in the above match. Mention the instrances or the faults occurred which caused to use the following signals.



(A) (B) (C)

(3 marks)

(iii) (a) In the match, the players attacked the ball three times & throw it to the opposite team. Explain your decision in this occasion.

(b) Draw & explain an activity which is suitable to practice attacl for a group of beginers of volleyball. (4 marks)

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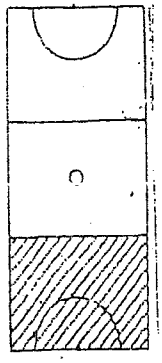
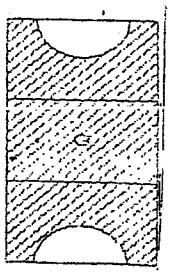
B

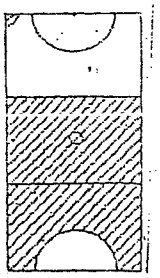
The following are three areas of netball players.



(A)



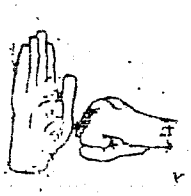
(B)



(C)

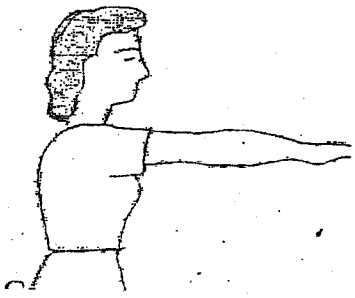
(i) Mention the suitable places for these three players. (3 marks)

(ii) The following are the hand signals used by the coach. Mention the causes or the faults which occurred.



(A)

(B)



(C)

(iii) (a) What are the panelties given when the following rules are broken.

(i) When two players from the two groups are holding the ball without throwing it.

(ii) When the 'WA' is throwing the ball to 'GS', it goes out of the court dashing the hand of 'GK' by a mistake.

(b) Explain an activity to practice ball shooting to beginer of the netball using diagrams.

(4 marks)

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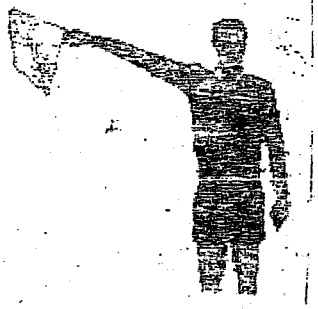
(i) (a) What is the technique which is or improved by the football palyer according to the above picture. (1 mark)

(b) Mention two techniques of football. (2 marks)

(ii) The following are the hand signals used by a football coach. Ment faults which caused to give them.

A

B



C

(iii) The above picture shows a desicision given by a coach in a football match.

(a) Give an example of an event for the above.

(b) Shanith of group 'A' have the ability of playing anywhere in the ground. A player of the opposite group who came back of Shanith and pushed him in the panelty area. Write your decision in this situation. (4 marks)

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