



PROVINCIAL DEPARTMENT OF EDUCATION-NORTH WESTERN PROVINCE

THIRD TERM TEST 2022

Grade 11 **Health and Physical Education - I**

02 hours

Name / Index No -

- Answer all the Questions.
- In each of the Questions 1 - 40 pick one of the alternatives (1), (2), (3),(4) which you consider as correct or most appropriate.
- Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.

- **Information about four children in grade 11 is given below. Answer questions 1 and 2 accordingly.**

- Gayan - A child with creative abilities.
- Supun - A child who likes to volunteer for school and society.
- Nitin - A popular, intelligent and efficient child among religious devotees.
- Mithun - A child who deals with religion with great devotion.

01. According to the above information, the child who is in "Total health."

- (1) Gayan (2) Supun (3) Nitin (4) Mithun

02. A person with spiritual well-being,

- (1) Gayan (2) Supun (3) Nitin (4) Mithun

03. A person who lives a happy and healthy life while trying to minimize the diseases and disabilities.

- (1) To have physical well-being. (2) To preserve the quality of life.
(3) To live a peaceful life. (4) To maintain physical fitness.

- **Below are some of the needs of several people at different stages of life. Answer questions 4 and 5 accordingly.**

A- Wants to get a higher education and engage in a job that matches the education.

B- Focuses on different sources of income. Interested in family affairs.

C- Like to engage in religious activities. Desires to be accepted and loved by others.

D- Likes the company with the peers. Interested in the opposite sex.

04. Among the above people, the stage of life you belong to includes in,

- (1) A (2) B (3) C (4) D

05. The stage of life which the person referred as B belongs,

- (1) To adolescence (2) To youth age (3) To middle age (4) To old age

06. Dharani is a pregnant mother. Helena's baby is 10 days old. Thesima has a one-year-old child. Harini has a 2 year old child. The public health midwife should provide advice to mothers of pre-natal and neonatal children. For that she should meet,

- (1) Dharani and Helena
- (2) Harini and Thesima
- (3) Helena and Harini
- (4) Thesima and Dharani

07. A compulsory physical education program in a school.

- (1) Inter house sports meet
- (2) Physical fitness programme
- (3) Sports training programs
- (4) Cadeting

● **Consider the following statements.**

- A- Loss of player's skills
- B- Can keep the body active for a long time
- C- Damage the dignity of the game
- D- Being accepted by the society

08. Among the above statements, the consequences of doping are:

- (1) A and C
- (2) B and D
- (3) A, B and C
- (4) B, C and D

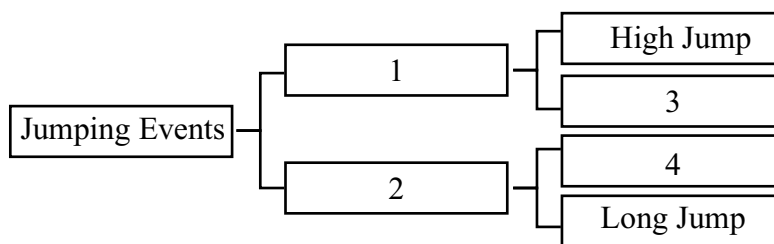
09. By organizing a tournament according to the league method,

- (1) Competitions can be completed in a short period of time.
- (2) The tournament can be held with less number of judges.
- (3) The most talented team can be selected among the teams presented.
- (4) Matches can be played using a minimum number of playgrounds.

10. Goal Attacker of a netball team quickly changed positions to get away from the opposing players and get the ball skill fully. The physical fitness factor that she developed is,

- (1) Speed
- (2) Balance
- (3) Power
- (4) Agility

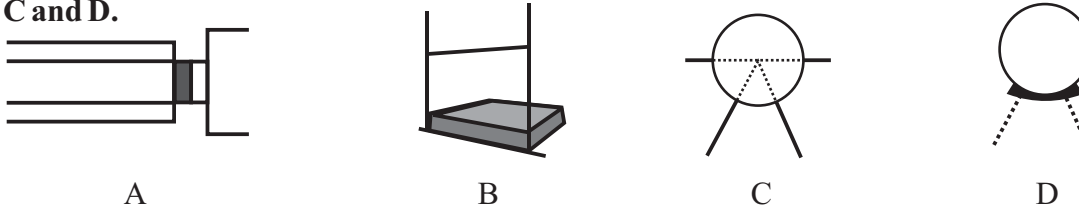
● **Use the below chart to answer the question 11**



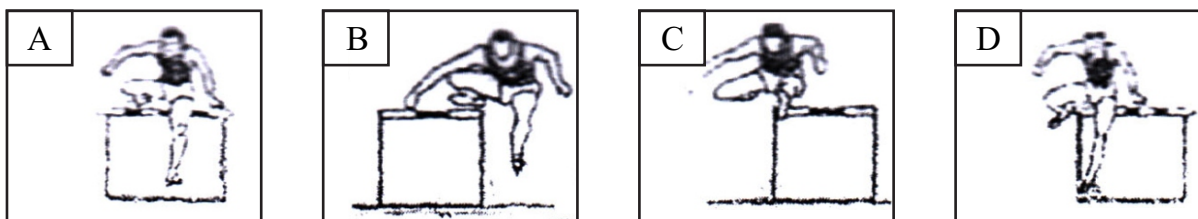
11. According to the classification of jumping events in athletics, the most suitable answer related to the spaces 1,2,3,4 is,

- (1) Horizontal Jumps, Pole Vault, Triple Jump, Vertical Jumps
- (2) Vertical Jumps, Horizontal Jumps, Pole Vault, Triple Jump
- (3) Horizontal Jumps, Vertical Jumps, Pole Vault, Triple Jump
- (4) Vertical Jumps, Triple Jump, Horizontal Jumps, Pole Vault

- Use the diagram below to answer questions no. 12 and 13, which includes the playgrounds B, C and D.



- The playing fields that have been using Fosbury Flop and Sail techniques are,
 - A and C
 - B and C
 - A and B
 - C and D
- The playing field where players can use the Perry O'Brian technique is,
 - A
 - B
 - C
 - D
- In a long jump competition, a fault jump is recorded as,
 - Jump within 30 seconds after announcing the competitor number.
 - Jump after touching the area before the take-off board.
 - Avoiding using and summersaults during running and jumping.
 - Jump after touching the area beyond the take-off board.
- Nimal participated in the pentathlon event. The event which is not included in pentathlon is,
 - 110 m
 - long jump
 - javelin throw
 - 200 m
- Below diagrams show how four players clear the hurdles in a competition.



If you are acting as a judge your decision is,

- A and B are correct
 - A and C are correct
 - C is correct and D is wrong
 - A is correct and B is wrong
- At what distance where the take-off board is fixed from the landing area in men's and women's triple jump event?
 - Women's 10m, Men 12m
 - Women's 11m, Male 13m
 - Women's 12m, Men's 13m
 - Women's 11m, Men's 12m
- Below are the events in which several players participated in the inter-house sports meet**
 - Neel – 400m X 4 First runner
 - Indu - 200m race
 - Kamal - 1500m race
- The starting methods that the above players should use for their events are,
 - Neel - Crouch Start, Kamal And Indu- Standing Start
 - Kamal- Standing Start, Neel And Indu - Crouch Start
 - Neel And Kamal - Standing Start, Indu - Crouch Start
 - Kamal - Crouch Start, Neel And Indu- Standing Start

19. Below are some of the special skills of four players.

- Kamal - Can run well on curved track.
- Nimal - A player with Confidence .
- Sunil - Can run well on a straight track.
- Amal - with good reaction speed.

Accordingly, the best way to line up the players for the 100mX4 relay event respectively,

- (1) Amal, Sunil, Kamal, Nimal (2) Amal, Kamal, Nimal, Sunil
(3) Kamal, Amal, Sunil, Nimal (4) Kamal, Amal, Sunil, Nimal

A- Date, place and time of participation in the relevant activity

B- Identify the aims

C - Preparation of an information document of the participants

D- Obtaining permission.

20. The points to be considered that can paid attention when organizing outdoor activities from the above are:

- (1) A and D (2) B and D (3) A, B, and C (4) A, B, C, and D

21. The harmful condition that can occur to the walls of the stomach from the hydrochloric acid in the gastric juice is prevented by.

- (1) From dietary fat (2) By the water in the food
(3) By the mucus in the gastric juice (4) By mixing the food well in the stomach

22. Below are some of the ideas given by several students about the muscular system.

A - Skeletal muscles contract rapidly.

B - Smooth muscle and cardiac muscle receive autonomic nerve supply.

C -Skeletal muscle contains only white muscle fibres.

D -Athletes with more white muscle fibres good in long distance running events.

Which of the above statements is correct?

- (1) A and B (2) B and C (3) C and D (4) A and D

23. In a seminar about 'energy supply methods', one energy supply method was described as follows. "This method requires more food and more oxygen to get more energy. This method provide energy during long term events. Accordingly, this energy supply system is,

- (1) Anaerobic lactic method (2) Anaerobic Alactic Method
(3) Aerobic method (4) Creatine Phosphate Method

24. Among the following foods, the most common food that cause allergy is:

- (1) Nivitiya, Gotukola, Mukununwanna (2) Mango, Guava, Banana
(3) Pineapple, Tomatoes, Pickles (4) Sprats, Potatoes, Dhal

A - The body can get additional nutrition by using fortified foods.

B - Adding lime to food decrease the iron absorption.

C - When cooking food using pressure cookers, microwave ovens the nutritional quality of the food is damaged.

D - Amino acid requirements can be met by consuming meat and grains together.

25. Which of the above statements is correct?

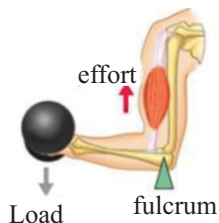
- (1) A and B (2) B and C (3) C and D (4) A and D

Grade 11

Health & Physical Education - I - continuation

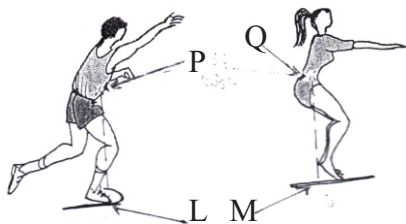
26. When a housewife prepares her meals, she paid her attention on economic benefits or nutritional value. Such foods are,
 (1) Processed foods (2) Natural food (3) Fast food (4) Junk food
 A - Adding yogurt while cooking lump rice (Kaha bath).
 B - Cooking iron-rich and calcium-rich foods together.
 C - Adding lime, dried fish (Umbalakada) etc. when preparing mallum
 D - When cooking rice, add nutritious potatoes and sweet potatoes and boil them together.
27. Among the above, a suitable method to preserve or increase the nutritional value of food is,
 (1) A and B (2) B and C (3) C and D (4) A and C
28. Nutritional deficiency that can be caused by frequent consumption of foods containing goitrogens,
 (1) Iodine deficiency (2) Iron deficiency
 (3) Vitamin A deficiency (4) Vitamin B deficiency

29.



The above activity,

- (1) An example of the type I lever action
 (2) An example of the type III lever action
 (3) An example of the type II lever action
 (4) An example of type I and type III lever action
30. This does not help to find direction in outdoor activities,
 (1) Animal footprints (2) Sun and stars
 (3) Maps (4) Compass
31. A player starts running with sound of the gun. The biomechanical principle that affects this activity is,
 (1) Inertia and Balance (2) Force and Direction of Force
 (3) Momentum and Centre of Gravity (4) Centre of Gravity and Balance



32. Select the answer that correctly indicates the location of the centre of gravity of the players participating in sports events in above diagrams.
 (1) L and M (2) L and Q (3) P and M (4) P and Q

33. A dynamic posture that we follow in our daily life is,
 (1) Lying down (2) Sitting (3) Jumping (4) Standing up
34. In the long jump, the approach run is used for,
 (1) To increase the take-off height
 (2) To increase take-off speed
 (3) To have flight
 (4) To increase the angle of take-off

35.



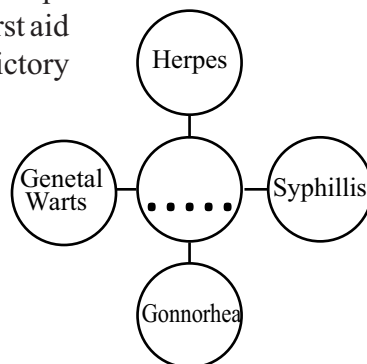
According to biomechanical principles, the above diagram states,

- (1) The centre of gravity is at the top (2) Has a wide support base.
 (3) Balance is low. (4) Body stability is low.
36. • Do not travel alone in deserted areas.
 • Do not allow your body to be touched unnecessarily.
 • Inform your parent or trusted adult if someone makes an inappropriate suggestion.

The above instructions give you,

- (1) To control sexual feelings.
 (2) To protect against sexual harassment.
 (3) To protect against sexually transmitted diseases.
 (4) To protect sexuality.
37. Which of the following accidents belong to the category of natural disasters
 (1) Cuts, Scrapes, Bruises (2) Sprains, Electrocution, Burns
 (3) Landslides, Fires, Floods (4) Dizziness, Bone Fractures, Muscle Spasms
38. In order to conduct a fair competition while protecting the dignity of the game and maintaining enthusiasm while minimizing accidents and disasters, it is necessary,
 (1) Knowledge of the rules and regulations of the game
 (2) Participations in competitions
 (3) Knowledge of first aid
 (4) Expectation of victory

39.



The best answer to fill in the blanks in the above diagram is,

- (1) Nutritional deficiency diseases (2) Communicable diseases
 (3) Non-communicable diseases (4) Sexually transmitted diseases
40. The country that won the Asian Netball Championship in 2022 is,
 (1) India (2) Singapore (3) China (4) Sri Lanka



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

THIRD TERM TEST 2022

Grade 11

Health & Physical Education - II

Two Hours

Name / Index No. :

- Answer five question only. first question is compulsory. Selecting two questions from part I and to tow questions from part II.

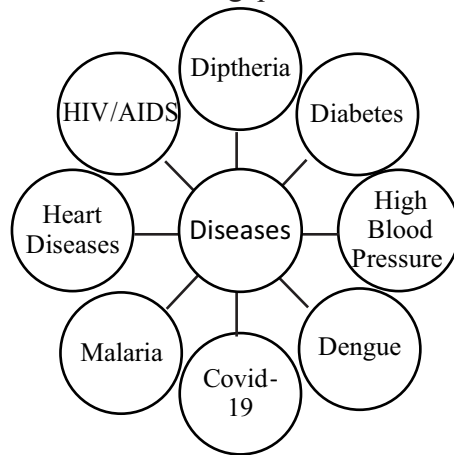
(01) After a long school holiday, at the beginning of the new school term, the principal and teaching staff of Arunalu School organized a workshop for the mental health of the students. At the beginning of the program, students engaged in a series of fitness exercises to develop fitness. The Old student's Association provided milk rice with green grams (Mungkiribath) with Lunumiris and a banana for breakfast. With the support of parents, a Shramadana campaign was also held in the school to eradicate dengue. The use of polythene was also banned in the school. A cricket tournament organized by 6 teams under the leadership of grade 11 students was conducted and completed in a short period of time using limited resources.

Also, they were given a chance to engage in the game of chess by providing training on chess to develop their mental abilities. The physical education teacher also gave the students an understanding of how to maintain correct posture. At the end of the day, a bonfire was held to show the aesthetic skills of the students. From the beginning to the end of the workshop, teachers aware about the importance of healthy lifestyles and observed the behavior patterns of the students.

- Mention 2 instances in which community contribution has been obtained in this program for the health promotion of Arunalu School according to the paragraph.
- Write down 2 types of macronutrients that were present in the meals given to the students.
- Mention 2 health-related fitness factors that can be developed by engaging in physical fitness exercises.
- In addition to the sports mentioned in the paragraph, name 2 other sports that can be engaged in the development of mental health.
- Mention 2 benefits that students can gain by maintaining correct posture.
- What could be the tournament method used for the cricket tournament which was held in a short period of time?
- Draw the tournament draw for this cricket tournament according to the tournament system you mentioned above.
- Suggest 2 good lifestyles to follow to maintain total health.
- In addition to the outdoor activity mentioned in the paragraph, mention 2 other outdoor activities that you can engage in.
- White 2 leadership qualities that can be developed in you by attending such workshops.
(2 x 10 = 20 marks)

Part - I

- (02) Nowadays, providing healthy food to the people has become a big challenge. Because of this people have to face various nutritional problems.
- (i) Write three ways you as a student can contribute to reduce the above problems. (03 marks)
 - (ii) Mention two factors that affect the safety of food. (02 marks)
 - (iii) Mention three conditions that contribute to the benefits of using natural foods. (03 marks)
 - (iv) Mention two people who needs special nutritional requirement. (02 marks)
- (03) Use this diagram to answer the following questions.



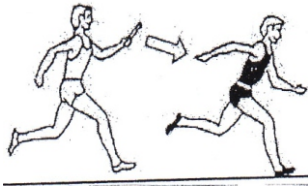
- (i) (a) Name 2 non-communicable diseases from the above chart. (02 marks)
 - (b) Mention 2 reasons that affect the such non- communicable diseases. (02 marks)
 - (ii) Write 2 ways of transmission of sexually transmitted disease given in the note. (02 marks)
 - (iii) (a) Among the diseases shown in the diagram, name the disease spread by a species of mosquito belonging to the Aedes group. (01 mark)
 - (b) Name 3 measures to be followed to prevent the spread of the disease you mentioned in iii (a) above. (03 marks)
- (04) Briefly explain how you are working to successfully face the following challenges.
- (i) You came to know that several houses in your village have been flooded and the residents are trapped inside.
 - (ii) One of your friend who is qualified for the All Island school games is going to sit for the G. C. E. O. L. examination this year too. So she is seeking your help to face this stressful situation.
 - (iii) Your friends who are walking home with you after the end of the term test suggest to bathe in the nearby lake.
 - (iv) Due to the sudden onset of fog, your team on a jungle exploration has to face a difficult situation to find their way.
 - (v) A friend of yours tells you that to get real happiness in life that we you have to smoke cigarettes.

(2 x 5 = 10 marks)

Part - II

- (05) Hurdle is an interesting event in athletics.
- (i) (a) Mention the two main stages of hurdle event (02 marks)
 - (b) Give two activities that an amateur athlete can use to practice hurdles. (02 marks)

(ii)



- (a) Name the baton changing method shown in the above diagram. (01 mark)
- (b) During the baton change in a relay race, the second runner picked up the fallen baton from first runner and started running. Mention the decision you made as a judge and give the reason for that decision. (02 marks)
- (iii) Below are the performances in meters of three long jumpers.

Athlete Name	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Best Performance	Place/Rank
Amal	×	4.05	4.40	4.07	4.18	4.50
Kamal	4.50	×	4.15	4.43	4.32	4.12
Sunil	3.97	3.86	4.48	4.00	4.38	×

- (a) Mention the player positions up to the best performance of the above players. (03 marks)

(06) Below is a table of muscle fibres that are thought to be more common in the legs of several athletes.

Athlete	Muscle fibre type available in legs
Rodny	FTF - Fast Twitch Fibre
Amal	STF - Slow Twitch Fibre
Wishwa	STF and FTF (Equally)

- (i) Choose the best athlete for 100m and 200m among these athletes and give a reason. (02 marks)
- (ii) Name the football player and the marathon runner among these sportsmen. (02 marks)
- (iii) (a) Mention separately the energy supply method used by the two athletes Amal and Rodney for their events. (02 marks)
- (b) Name 2 characteristics of muscle fibres that Rodney is thought to have more of in his leg. (02 marks)
- (iv) Mention two changes that occur in the muscular system through regular sports training. (02 marks)

• **Answer only one out of A,B and C parts of this question.**

(07) **Part -A**

- (i) Mention two methods used to serve the ball in volleyball. (02 marks)
- (ii) Mention two faults that can be made during the spike in the game of volleyball. (02 Marks)
- (iii) Briefly explain two activities that are suitable for training new players using one of the method / technique in serving volleyball. (02 marks)

- (iv) (a) When acting as a referee in an inter-house sports volleyball match in your school, state the decision for following incidents.
The attack made by the player of House A was touched by the players of House B and pass the ball by playing it three times and directed it again to Team A.
- (b) Below is a hand signal used by a referee in a volleyball game. Give the reason for giving that signal. (04 marks)



Part - B

- (i) Name two single arm ball handling methods. (02 marks)
- (ii) (a) What is the penalty given for fouls related to foot work in netball? (01 mark)
(b) Mention 2 faults related to foot work made by players. (02 marks)
- (iii) (a) Choose one of the ball handling methods you mentioned in (i) and explain 2 activities that can be used to practice it. (04 marks)
(b) The image shows a hand signal given by the referee in netball. What is this signal used for? (01 mark)



Part - C

- (i) Name the two main tactics to focus on to win a football match. (02 marks)
- (ii) Write two fouls that can be made while "throw in" is done in football. (02 marks)
- (iii) Briefly mention a suitable activity for training the skill of "stopping the ball" in the game of football for the beginners. (02 marks)
- (iv) Mention the decision given when acting as a referee in a football match.
(a) In the match between A and B teams, a player from A team scored a goal. Celebrate that player took off his jersey and ran in the field while screaming (02 marks)
(b) Explain the hand signal mentioned below. (02 marks)

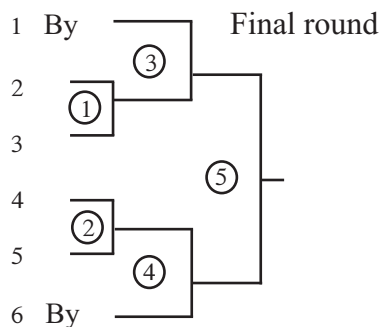


Answer Sheet - Paper I

1 - (3)	11 - (2)	21 - (3)	31 - (2)
2 - (4)	12 - (3)	22 - (1)	32 - (4)
3 - (2)	13 - (4)	23 - (3)	33 - (3)
4 - (4)	14 - (4)	24 - (3)	34 - (2)
5 - (3)	15 - (1)	25 - (4)	35 - (2)
6 - (1)	16 - (4)	26 - (2)	36 - (2)
7 - (2)	17 - (2)	27 - (4)	37 - (3)
8 - (1)	18 - (2)	28 - (1)	38 - (1)
9 - (3)	19 - (1)	29 - (2)	39 - (4)
10 - (4)	20 - (4)	30 - (1)	40 - (4)

(1 x 40 = 40 marks)

- (01) i. Breakfast is provided by the Old student's Association Conducting a Shramada with the help of parents.
- ii. Carbohydrates, Protein, fat
- iii. Cardiovascular capacity, Muscular endurance, Muscular strength, Flexibility, Body composition
- iv. Carom, Daam, Panchadameema.....etc.
- v. Feeling more comfortable in the body, Being able to perform at your best, Reducing muscle fatigue..... etc.
- vi. Knockout tournament method
- vii. Round 1 Round 2



- viii. Correct eating habits, Getting enough sleep and rest, Avoiding drugs and smoking etc.
- ix. Hikes, Forest explorations, Camping..... etc.
- x. Ability to make correct decisions, Respect for others' opinions, Equality ...etc.

(2x 10 = 2 marks)

- 2) i. Development of skills related to nutrition, Gardening in relation to food consumption, Getting used to local food (3 marks)
- ii. Biological factors, Chemical factors, Physical factors (2 marks)
- iii. Natural foods are highly nutritious, Can supply easily, Cheap compared to artificial and fast food, Does not contain coloring, flavouring..... (3 marks)
- iv. Breast feeding mothers, Pregnant mothers, sportsmen, babies, sick people (2 marks)

- 3) i. a. Diabetes, High blood pressure, heart diseases (2 marks)
 b. Consuming food with more sugar, salt, fat and spice, Not engaging in exercises, Unsuitable bad food habits, Consuming liquor and smoking.....etc (2 marks)
- ii. By maintaining unprotected sexual intercourse with an infected person
 Transmission to the child through the breast milk of an infected mother or through the placenta
 During blood transfusion of an infected person. (2 marks)
- iii. a. Dengue fever (1 marks)
 b. Proper management of waste, destruction of water collecting places where mosquitoes breed, Filling old tires with sand, Crushing of empty tin bottles coconut shelletc. (3 marks)

4) Give marks if answered positively (2 x 5 = 10 marks)

- 5) i. Clearing the hurdle, Running between the hurdles (2 marks)
- ii. Jump over low cardboard boxes on the field
 Jump over marked gaps
 Place small obstacles between marked gaps and jump over them (2 marks)
- iii. a. Down sweep technique (1 marks)
 b. Illegal - If the baton falls on the ground during passing, it must be picked up by the player who drop the baton himself (2 marks)

iv.

Name	Best Performance	Rank/Place
Amal	4.50	2
Kamal	4.50	1
Sunil	4.50	3

(3 marks)

- 6) I. Rodney
 100m and 200m are speed activities that can improve the performance of these events by fast-twitch muscle fibres. (2 marks)
- ii. Football – Vishwa
 Marathon – Amal (2 marks)
- iii. a. Amal – Aerobic method
 Rodney – Anaerobic method (2 marks)
- b. Low oxidizing capacity Contraction rate is low
 More aerobic respiration Fatigue resistance is low
 Color is white Participation in high-speed activities is high
 (2 marks)
- iv. The number of mitochondria is increased and ATP increases.
 By training the density of capillaries is increased.
 The time taken to produce lactic acid can be lengthened by training
 Larger and stronger muscles are situated in places where there is a lot of strain on the body
 By exercising, endurance and flexibility can be improved. (2 marks)

- 7) A
- i. Underarm service/ Overarm service (2 marks)
 - ii. The ball goes out of the court during the attack
Attacker touching the net during attack
The attacking player crosses the centre line and touches the boundary in the opposing team's court
The attacked ball moves outside the antenna (2 marks)
 - iii. Doing the underarm /overarm service without the ball
Doing the underarm /overarm service with the ball
Split into two teams and serve the ball over the net in the underarm/overarm manner from a distance of 4-5 meters from the net on the volleyball court.
Divide into two teams and serve the ball without the net using the underarm/overarm method from the designated place on the playing field. (2 marks)
 - iv.
 - a. No fault has occurred, continuing the game (2 marks)
 - b. End of round or end of the match (2 marks)
- B
- i. Shoulder pass, Under arm pass, Bounce pass, Lob pass/ High shoulder pass (2 marks)
 - ii.
 - a. Free pass (1 marks)
 - b. The player in possession of the ball drags or slides the landed foot along the ground
Jump on any leg
Taking a few steps
Jumping and landing with both feet without releasing the ball (2 marks)
 - iii.
 - a. Give marks for two suitable activities (4 marks)
 - b. Direction of Pass (1 marks)
- C
- i. Attacking tactics
Safety Tactics (2 marks)
 - ii. Not throwing the ball with both hands
Not throwing the ball over the head
Both feet not touching the ground while throwing the ball
Jumping the boundary line of the field while throwing the ball into the field (2 marks)
 - iii. Stopping an overhead ball using the chest
As soon as the ball is touched, the chest area is slightly pulled back
Stopping a ball rolling on the ground with the sole of the foot on it.
Stop using the inside of the foot. Here, pulling the foot back slightly as soon as the ball touches the foot (2 marks)
 - iv.
 - a. It is unsportsmanlike conduct for a player to remove his jersey while playing on the field. Warning to that player (showing green card) (2 marks)
 - b. Indicating player substitution (1 marks)

