



- 08 The game which awards a point and a service to the team which committed the offense is,  
 (1) volleyball (2) netball  
 (3) football (4) rugger
- Use the given information for the questions 09 " 10 and 11.  
 Ravi poor eye sight during the night.  
 Duggy loss of weight, frequent urination and frequent thirst  
 Winnie has an iron deficiency  
 Jonny experience in tooth decaying as well has become bald headed as loosing hair
- 09 The diabetic patient among these is,  
 (1) Ravi (2) Winnie (3) Jonny (4) Duggy
- 10 The person who suffers from anemia is,  
 (1) Ravi (2) Jonny (3) Winnie (4) Duggy
- 11 The patient that can be identified by a doctor as affected with Vitamin A and Calcium deficiency is,  
 (1) Ravi and Jonny (2) Jonny and Duggy (3) Ravi and Winnie (4) Duggy and Winnie
- 12 ,Liyana is a pregnant mother who is expecting her delivery soon. An advice that cannot be given by her family health midwife is,  
 (1) have nutritious food  
 (2) lead a happy and relaxed life  
 (3) prepare the things for the hospitalization  
 (4) go on a trip
- 13 When a football player commits an offense in the penalty area the opposing team gets,  
 (1) Direct free kick (2) penalty kick  
 (3) indirect free kick (4) corner kick
- 14 The process of giving opportunities to gain experience in studying in natural environment instead of monotonous classroom education is,  
 (1) jungle exploration (2) organizing field trips  
 (3) outdoor education (4) outdoor classroom
- 15 The classteacher and the grade 11 students of Palugaswewa M.V have organized an activity to study the bio diversity. For this they should select,  
 (1) jungle exploration (2) archery  
 (3) .prepare a campfire (4) organizing a camp
- 16 Winners are selected at the end of a running race by the way of the runners,  
 (1) head passing the finishing line  
 (2) torso passing the finishing line  
 (3) hands and legs passing the finishing line  
 (4) chest area passing the finishing line.

- 17 The wrong statement of a standard running track is,  
 (1) there must be 8 lanes  
 (2) the width of a running lane is 1.22m  
 (3) there should be starting blocks for every race  
 (4) length should be 400m
- 18 The answer which contains only the events with a scattered start is,  
 (1) 200 m , 400 m , 100 × 4 , 400 × 4  
 (2) 100 m , 800 m , 200 m , 1500 m  
 (3) 400 m , 100 m , 1500 m , 5000 m  
 (4) 100 × 4 , 100m hurdles, 200 m , 800 m
- Use the following information for questions from 19 to 21.

Numbers of athletes	Event
123	100 m , high jump , 200m
67	Shot putt , discus throw
1921	1500 m , 800 m , shot putt
162	100 × 4 , 400 × 4
37	100 m , 200 m , 400 m

19. Athletes who participate in field events of the above competition are,  
 (1) 123 , 37 (2) 162 , 67 (3) 123 , 67 , 1921 (4) 1921 , 162
- 20 Athletes who participate only in short distance running events are,  
 (1) 162 , 37 (2) 123 , 1921 (3) 162 , 1921 (4) 37 , 123
- 21 The athlete who can be assumed to be used plop method is,  
 (1) 67 (2) 1921 (3) 162 (4) 123
- 22 The person who is engaged in the process of coordinating all the resources of an organization in order to achieve the aims and objectives of that organization is called,  
 (1) manager (2) follower  
 (3) trainer (4) counsellor
- 23 The most suitable method of preparing a draw to select the most just and accurate winner is,  
 (1) knockout tournament (2) league tournament  
 (3) combination tournament (4) challenge tournament
- 24 Physical education programme which should be implemented compulsorily in a school is,  
 (1) inter-house sportsmeet (2) inter-school sportsmeet  
 (3) sports camps (4) physical fitness
- 25 By active participation of physical education programmes which are implemented in school,  
 (1) have to face sports accidents (2) neglect school work  
 (3) have to practise daily (4) have a balanced personality

- 26 ;Tharaka is a talented volleyball player. One day all of a sudden, he dropped himself down holding his left leg while he was playing. He was removed from the game at once, and checked and diagnosed that his ankle has been sprained. The method that should be followed when giving him first aid.

- (1) A,B,C,D,E (2) RICE  
(3) PRICES (4) NICE

- Studying ; **P,Q,R,S.** and answer 27 and 28.

- P - use nutritious food  
number of children with malnutrition  
Q - ,sexual harassments and abuse  
pregnancy in adolescence  
R - doing exercises daily  
affected with non communicable diseases  
S - population of smoking  
have lung cancers

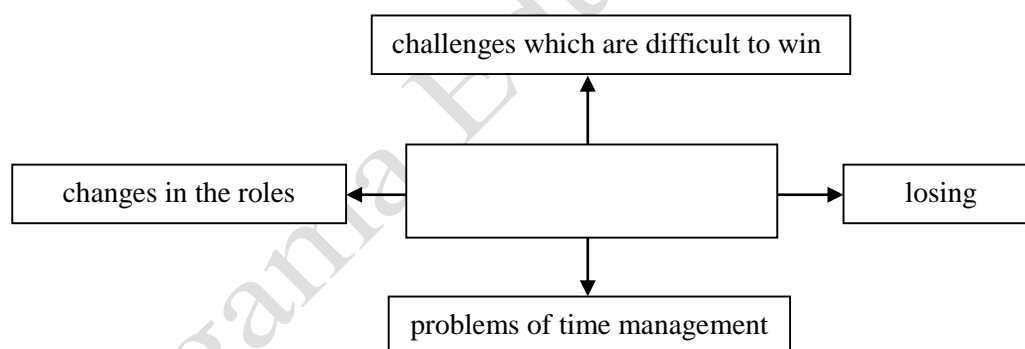
- 27' Increasing the first affects the increasing of the second. The couple of incidents for that are,

- (1) P, Q (2) R and S (3) P and R (4) Q and S

- 28 Increasing the first affects the decreasing of the second. The couple of incidents for that are,

- (1) P and R (2) Q and R (3) P and Q (4) Q and R h'

29



what is the most suitable word for the above blank cage

- (1) violence (2) mental stress  
(3) healthy emotions (4) complex life style

- 30 When changing the baton from the first runner to the second runner in a 100mx4 relay, the baton dropped and here,

- (1) the first runner should be given it  
(2) the second runner can pick it and run  
(3) a closer one should pick it and give  
(4) can run without picking the baton

- 31 Not a feature in a malnourished person,

- (1) poor health (2) decreased immunity  
(3) have a good physical well being (4) get affected with long term illnesses

32 It's commonly seen that the traders use various additives to their goods with the prime aim of getting maximum profits by selling goods. One such example for this,

- (1) adding malt to milk powder (2) adding water to liquid milk  
(3) adding custard to puddings (4) above all

33 Lack of nutrients or excess of nutrients is,

- (1) malnutrition (2) undernutrition  
(3) overnutrition (4) micronutrient deficiency

34 A hazard which result from sudden and long standing changes in the environment have been aggravated due to human activities,

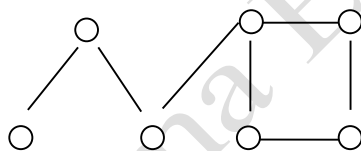
- (1) harrassments and abuses (2) sexually transmitted diseases  
(3) .floods and earth slips (4) non communicable diseases

35 Below diagram shows how food is traveled in the digestive system. The most suitable answer for the given space is,

mouth → oesophagus → stomach →  → large intestine → anus

- (1) pancreas (2) liver (3) gallbladder (4) small intestine

36 It is important to study about the constellation patterns when studying outdoor activities. The constellation pattern that can be seen in the months of May and June can be,



- (1) Canis Major (2) Big Dipper (3) Pleades (4) Little Dipper'

37 To protect the balance of the body when standing for a long period under the sun this principle of biomechanics can be used. That is,

- (1) enlarging the supporting base keeping the feet apart  
(2) keeping the centre of gravity in a higher position by raising hands up.  
(3) movment of the body in the opposite direction.  
(4) bending the body towards an external force

38 A disease spread as a result of bad human behaviour,

- (1) Leukemia (2) .Gastritis (3) Bronchitis (4) Gonorrhoea

39 Blocking and spiking is allowed in volleyball for,

- (1) players in the front row (2) players in the middle row  
(3) players at the back row (4) 'any player

40 The minimum number of players that should be there to start a football match is

- (1) 11 (2) 7 (3) 5 (4) 15

**SECOND TERM EVALUATION - 2023**

**GRADE 11**

**Health and Physical Education - Paper II**

**2 hours**

- Question number 01 is compulsory.
- Answer 5 questions selecting 2 questions from part I and 2 questions from part II

01. Mr. Singhawansa, who holds the position of Principal of Handapangoda Rathnajothi M.V , has worked as a teacher for a long time and is a pleasant person who has won the hearts of everyone with good experience and management ability. He works hard to make his school a health promoting school and organizes programmes to enhance the extra-curricular activities of the students. In order to achieve these goals, one day camp was organized recently with the help of parents, former students and teachers. The following activities were lined up for parents and children.

- A medical clinic for diagnosing non - communicable diseases
  - A fun stadium where you can play and have fun
  - A canteen with local nutritious food to fulfill their dietary needs
  - A parent awareness programme about child abuse and harrasment
  - A night bonfire at the end of the day
- (i) Write 2 possible strategies to be adopted by the principal to make Rathnajothi M.V a health promoting school.
- (ii) Write 2 co-curricular activities that you think the principal would implement in the school.
- (iii) Write 2 non communicable diseases which you think, may have been diagnosed in the clinic.
- (iv) Write 2 causes of non communicable diseases
- (v) Mention 2 possible advice given by the medical clinic to parents who have suffered from a non communicable disease.
- (vi) Mention 2 recreational games that the children engaged in the fun stadium
- (vii) Write 2 benefits of playing sports
- (viii) Write 2 reasons for selling only local food in the canteen.
- (ix) Write 2 negative consequences of child abuse and harasment.
- (x) Write 2 objectives of conducting a night bonfire display. (2X10=20 marks)

**Part I**

02. It is very important to lead a contented life fullfilling various needs at different stages in life,
- (i) List out the different stages of life upto childhood in order (2 marks)
- (ii) Write 3 points to express the importance of breastfeeding a child (3 marks)
- (iii) What is the age group which belongs to adolescence and define it in brief. (2 marks)
- (iv) Write 2 tasks to make one's adolescence meaningful. (3 marks)

03. In order to lead a healthy life it is important to maintain correct posture as well as physical fitness properly.

- (i) What is a correct posture? (2 marks)
- (ii) Write 3 principles of biomechanics to maintain correct posture (3 marks)
- (iii) Health related physical fitness factors are the factors that directly contribute to maintain the good health condition of any person on a daily basis. Write those 2 factors.(2 marks)
- (iv) Write 2 advantages of developing the health related fitness factors. (3 marks)

04. Briefly explain how you will work to overcome the following challenges.

- (i) Several students who are angry with the principal, urge you to participate in the protest against him .
- (ii) Your friend who is frustrated with several challenges that she has to face such as, G.C.E. (O/L) Exam, financial problems and the sudden death of her father, all at once.
- (iii) Instead of taking necessary steps to hospitalize a group of people injured in a motor accident on their way to school, you happen to see a group of people videoing it.
- (iv) Friends suggest to have a drinking party with alcoholic drinks on the final day of your O/L exam
- (v) Your mother is forcing you to stop helping a friend who is weak in maths and comes to seek your help. (2 x 5 = 10 marks)

## Part II

05. Although walking, running, jumping and throwing are a group of activities that have come along with the evolution of man, athletics has been developed with the development of these later, and it is also important to manage it well in organizing sports events.

- (i) Classify jumping events according to the classification of athletics and give examples. (2 marks)
- (ii) Name a technique that can be used by an athlete participate in long jump event and write the stages of that jumping event. (3 marks)
- (iii) Write 2 objectives of conducting inter-house sportsmeet. (2 marks)
- (iv) In the inter-house sportsmeet of the Dombagoda M.V. they organized under 16 Volleyball matches in knockout method. If there were 6 teams illustrate the draw of that match. (3 marks)

06. It is important that food does not cause harm or danger as well as it helps to lead a healthy life by consuming quality food.

- (i) What is meant by food safety? (2 marks)
- (ii) Write 4 instances where action should be taken to ensure food safety .(3 marks)
- (iii) Write 2 characteristics of spoilt food. (2 marks)
- (iv) Write 3 things that can be done to increase the nutritional quality of food. (3 marks)

07. Answer only of the following A,B,C.

A) Volleyball is the national game of Sri Lanka, which can be played in a small space at a low cost and with a small amount of equipment.

- (i) Write 3 main skills of volleyball. (3 marks)
- (ii) Write 2 activities for one of the skills that can be practised to a novice player (2 marks)
- (iii) Name 2 offences when serving the volleyball. (2 marks)
- (iv) Name the following hand signals given by the referee in a volleyball match. (3 marks)



(I)



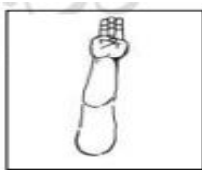
(II)



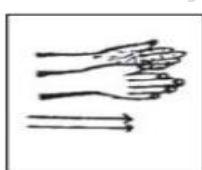
(III)

B) Netball is the most popular game among women. But, now the men also prefer to play netball.

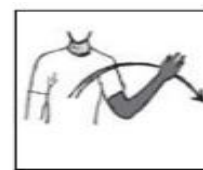
- (i) Write 3 skills of netball. (3 marks)
- (ii) Write 2 activities for one of the skills that can be practised to a novice player. (2 marks)
- (iii) Name 2 offences when controlling the netball (2 marks)
- (iv) Name the following hand signals given by the referee in a netball match. (3 marks)



(I)



(II)



(III)

C) Football is the most popular game in the world which was originated during the Han Dynasty in China.

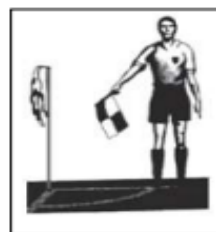
- (i) Write 2 main skills in football. (2 marks)
- (iii) Write 3 activities for one of the skills that can be practised to a novice player. (3 marks)
- (iii) Write 2 offences of a player to give a direct free kick (2 marks)
- (iv) Name the following hand signals given by the referee in a football match. (3 marks)



(I)



(II)



(III)





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