



Department of Education – North Central Province
Third Term Test – 2022
Health & Physical Education - I, II
Grade 11



School Name:-.....
Index No:-.....

Time : 3 hours

- Answer for all the questions.
- Select the correct or most appropriate answer among (1), (2), (3), (4) for the questions beginning from 01 to 40.

01. Amal is studying in grade 11. He became the monitor of the class at school third term with the votes of all the schoolmates. What can you tell about Nimal?

- (i). He has a social well-being.
- (ii). He has a social and spiritual well-being.
- (iii). He has a good physical well-being.
- (iv). He has a total well-being.

02. After Amal becoming the class monitor, his class teacher payed Amal's attention on the following circumstances.

- A - Should come to school everyday
- B - Should be with intellectuality
- C - Should do an utmost work in religious affairs
- D - Should treat everyone equally
- E - Should protect the dignity of the school

Regarding the above factors, with what do you feel that Amal should develop physical and mental health?

- (i). with A (ii). with A and B (iii). with D and E (iv). with E

03. What is the sequence of the above factors A,B,C,D and E when making the order in accordance with the factors influencing total health.

- (i). Physical, Mental, Spiritual, Social, Spiritual fields
- (ii). Mental, Spiritual, Mental, Social, Physical fields
- (iii). Spiritual, Physical, Mental, Social, Mental fields
- (iv). Social, Spiritual, Physical, Mental, Physical fields

04. The principal of Perakum Vidyalaya payed everyone's attention on the following factors.

- Provision of clean drinking water
- Provision of adequate toilet facilities
- Building classrooms with adequate light and ventilation
- School gardening

Accordingly, on what actions to develop school health promotion the principal has paid his attention on?

- (i). Formulation of health promotion policies
- (ii). Building an environment favorable for health promotion
- (iii). Community participation in health promotion
- (iv). Developing skills required for health promotion

05. What is an additional factor that can be added to the principal's suggested factors?

- (i). Provision of protection from parents.
- (ii). Provision of protection from military forces
- (iii). Programming on the improvement of healthy student teacher relationships
- (iv). Prohibition of using Polythene in the school

06. Malnutrition occurs due to lack of proper nutrition. What are the 2 types of malnutrition?

- (i). Overweight and obesity
- (ii). Undernutrition and overnutrition
- (iii). Undernutrition and micronutrition
- (iv). Malnutrition and overnutrition

07. What do the 'light purple color' and 'dark purple color' define in BMI chart respectively?

- (i). Wasting and normal
- (ii). Normal weight and overweight
- (iii). Overweight and obesity
- (iv). Obesity and wasting

08. Currently, presenting the harm of smoking can be seen on the cigarette packet. What is an unsuitable factor for its purpose?

- (i). Prohibiting supply of drugs and cigarettes
- (ii). Increasing the attraction for smoking
- (iii). Increasing the price of drugs and cigarettes
- (iv). Limiting the suppliers of drugs and cigarettes

09. Tourism industry is a challenge for maintaining total health. What is not an effect of it?

- (i). Promotion of drugs and cigarettes
- (ii). Increasing of adverse situations like prostitution
- (iii). Spread of sexually transmitted diseases
- (iv). Damaging the unity of nations

10. “Kamal likes to socialize with others. He is interested in the opposite sex. Enjoys the company of peers”. According to the details, in which stage Kamal is in?
- (i). Childhood (ii). Adolescence
(iii). Youth (iv). Middle age and Old age
11. What can be formulated by “Mass x Velocity” ?
- (i). Centre of gravity (ii). Inertia
(iii). Momentum (iv). Direction of force
12. What are the activities which support to pay attention on “Animals’ footprints” in outdoor education?
- (i). Jungle craft, hiking, jungle exploration
(ii). Cycling tours, jungle exploration, swimming
(iii). Cooking out door, camping, rowing
(iv). Campfire games, camping, rowing

13.



The picture depicts a signal given in Athletics. What does it mean?

- (i). Can run ‘L’ shapely
(ii). Bending the knee
(iii). Lack of contact with the ground
(iv). Allowed to run forward
14. The first runner carrying the baton in the right hand and passing it to the left hand of the second runner is,
- (i). Inside change (ii). Outside change
(iii). Mixed change (iv). Above all are incorrect
15. What is an action of breaking rules, regulations and ethics in sports?
- (i). Showing the weaknesses of the opposite player
(ii). Leaving before the referee confirms the dismissal of the player in Cricket
(iii). Not challenging the judgement of the referee
(iv). Humiliating the opposite players employing the supporters
16. What is the correct answer for the colors of the rings in Olympic flag?
- (i). Blue, Yellow, Purple, Green, Red (ii). Red, Blue, Black, Yellow, Green
(iii). Green, Black, Brown, Red, Yellow (iv). Yellow, Black, White, Red, Green

Answer for the following questions from 17 to 20 using the description below.

A doctor has checked some students in grade 11 and has given the following instructions for some of them.

<u>Student</u>		<u>Medical advice</u>
A	-	Diagnosed a weakness in sight
B	-	Diagnosed anaemia
C	-	To eat green leafy vegetables and sea vegetables
D	-	Bones can break easily
E	-	To drink clean water often and minimize eating acidic foods

17. Among the above students, who can be guessed to have Calcium deficiency?

- (i). to A (ii). to B (iii). to C (iv). to D

18. What can tell about B student?

- (i). Has affected Vitamin A deficiency
(ii). Has affected Iron deficiency
(iii). Has affected Phosphorous deficiency
(iv). Has less amount of Lipids (fat and oil) in body

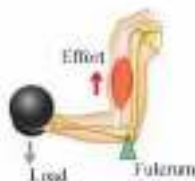
19. Who should pay much attention on adding more small fishes like sprats to meals?

- (i). to A student (ii). to B student
(iii). to C and E students (iv). to C and D students

20. What is the correct statement about student E?

- (i). Has affected Vitamin B deficiency
(ii). Has affected Gastritis
(iii). Has affected mental stress
(iv). Has affected Dehydration

21.



This movement is not functioning as a lever,

- (i). Lever type I (ii). Lever type II
(iii). Lever type III (iv). 1st and 3rd types of Lever

22. In accordance with the production of energy in body, what is an event done by Anaerobic method utilizing Creatine Phosphate stored in muscles?

- (i). 100m (ii). 800m (iii). 5000m (iv). Marathon

23. Which component should be rich in a Football, Rugby, Basketball or Hockey player related to motor skills?

- (i). Speed (ii). Agility (iii). Reaction speed
(iv). Flexibility

Answer for the following questions 24 and 25 in accordance with the descriptions below.

- A - Driving vehicle controllably
 - Motor accidents
- B - Environmental pollution
 - Challenges from nature
- C - Prevent from sexual relationships till the marriage
 - Sexually transmitted diseases
- D - Spending a simple life
 - Psychological diseases

24. What are the incidents which affect the first one's minimization to second one's minimization?

- (i). only A (ii). only B (iii). only A and C (iv). only C and D

25. What are the incidents which affect the first one's maximization to second one's minimization?

- (i). A (ii). B (iii). A and C (iv). A,C and D

26. The below table which shows a match schedule (fixture) driven according to the league method consists of the first-round and third-round. What is the schedule of the second-round.

First-round	Second-round	Third-round
A - B		A - E
F - C		D - F
E - D		C - B

- | | | | |
|------------|-------------|--------------|-------------|
| (i). A – F | (ii). A - E | (iii). A - D | (iv). A - C |
| E - B | D - F | C - E | B - D |
| D - C | C - B | B - F | F - E |

27. In accordance with the activity pyramid, what is the most appropriate activity to maintain the physical fitness?

- (i). Playing computer games for a long period
- (ii). Swimming per week
- (iii). Engaging in a sport once or twice a week
- (iv). Climbing the staircase daily

28. What is a skill developing with good interpersonal relationships with different people?

- (i). Communicative skill
- (ii). Self-realization
- (iii). Analytical thinking
- (iv). All the above skills will be developed

29. 23 numbered athlete in 100m race under 16 in the school sports meet starts the race before the starting gun sound. Therefore, what should be the referee's judgement?

- (i). Neglecting it
- (ii). Dismissing the 23 numbered athlete showing him the red card
- (iii). Showing the 23 numbered athlete the yellow card advising him
- (iv). If the 23 numbered athlete wins the first place, he should be given the second place

30. The doctor who held the special lecture at the “school Health Day” told the symptoms of an infection of a disease might appear within the period from 03 to 12 years. Accordingly, what should the discussed disease be?

- (i). Dengue
- (ii). Japanese Encephalitis
- (iii). Rabies
- (iv). HIV / AIDS

31. Generally, the management of an organization consists of three tiers. Accordingly, what is the correct management of a school?



- (i). A – Principal, B – Section head, C – Class teachers
- (ii). A – Education minister, B – Section head, C – Class teachers
- (iii). A – Principal, B – Vice principal, C – Section head
- (iv). A – Principal, B – Vice principal, C – Class teachers

32. What is an example of food adulteration?
- Mixing water with liquid coconut milk
 - Providing pepper less than the proper weight
 - Providing chili pods instead of chili powder
 - Providing coffee powder instead of tea leaves

33. Chemical factor that affects food hygiene is?

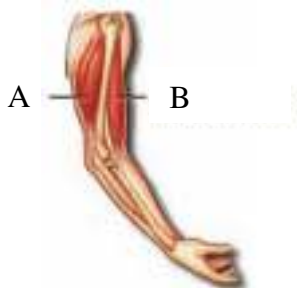
- Acting bacteria
- Acting fungi
- Agrochemicals (insecticides)
- Bruises and scratches

34. The following shows some events in Athletics. Select the most appropriate answer for the blank

Preparation → Approach run → Pulling the javelin backwards →
 → Power position → Delivery → Recovery

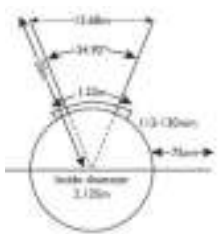
- Crossover
- Discus throw
- Hurdling
- Triple jump

35. What are the muscles depicting in the picture in order?



- A – Biceps muscle / B – Triceps muscle
- A – Triceps muscle / B – Biceps muscle
- A – Quadriceps muscle / B – Gluteal muscle
- A – Quadriceps muscle / B – Soleus muscle

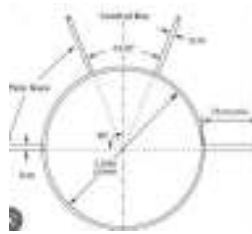
Answer for the following questions from 36 to 40 using the grounds below.



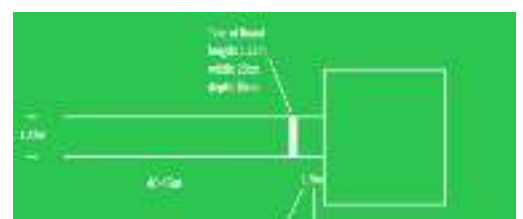
M



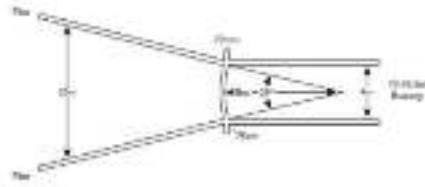
N



O



P



Q

36. What is the ground where the athletes should carry the starting boards?
 - (i). ground M
 - (ii). ground N
 - (iii). ground N and P
 - (iv). Not any of the above
37. What is the ground where the organizers should send the different weighed discuses to?
 - (i). to ground M
 - (ii). to ground N
 - (iii). to ground O
 - (iv). to ground M and O
38. What is the ground were the organizers should send crossbar and measuring tape?
 - (i). to ground M
 - (ii). to ground N
 - (iii). to ground P
 - (iv). to ground Q
39. Which types of events, which grounds is related to the rule of “should take-off with one leg”?
 - (i). To the grounds M and O
 - (ii). To the grounds N and O
 - (iii). To the grounds N and P
 - (iv). To the grounds P and Q
40. “Wearing gloves is not allowed” is related to?
 - (i). To the events held at M, N and O grounds
 - (ii). To the events held at N, O and P grounds
 - (iii). To the events held at O, P and Q grounds
 - (iv). To the events held at M, O and Q grounds

Part II

- Write answers only for 5 questions including the first question, 2 questions from part I and 2 questions from part II.
- Write answers with clear handwriting.

01. The principal and the staff in Sandaresgama Vidyalaya observed how students were arriving to the morning assembly in a queue on the first day in the month. At the moment, there were some occasions which the principal and the teacher of the health and physical education had noticed.

- There are obese students in every class.
- And there are students who have thin bodies
- The walking steps of the students were wrong
- Some students in every class had worn spectacles
- Some students were fainted during the assembly

The principal's including the staff, parents', old students' (OB/ OG), other companies' and well-wishers' support was given to minimized these problems. Accordingly,

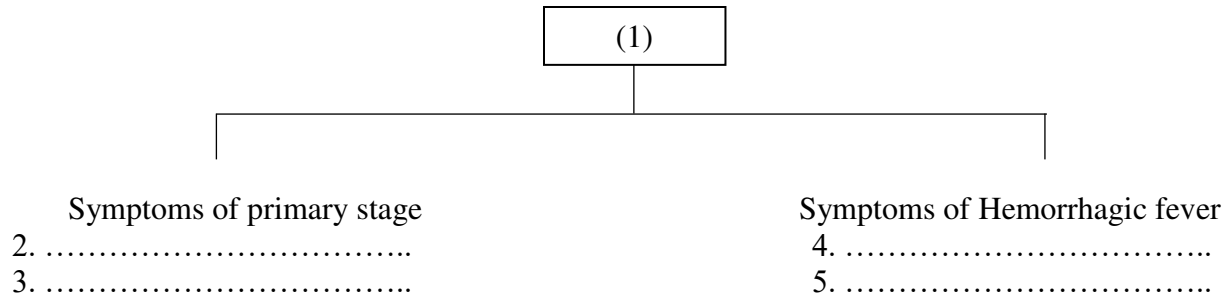
- (i). The teacher of health and physical education checked the BMI value of the recorded obese students. Write 2 information that are necessary to check it.
- (ii). How much should BMI international measurement to consider overweight?
- (iii). Write 2 instructions to the students to cure from thin bodies.
- (iv). To which posture does the walking step belong, Static or Dynamic? Write one more posture belongs to the same classification.
- (v). Give 2 correct instructions to the students about correct walking steps?
- (vi). According to the diagnostic of the doctors' deduction on wearing spectacles was a micronutrient deficiency. Name the micronutrient.
- (vii). Write 2 another micronutrient deficiencies excessively among school students.
- (viii). Write 2 reasons for the faints of the students at the morning assembly.
- (ix). The teacher of health and physical education suggested some programs to solve the observed problems. Write 2 such programs.
- (x). Clarify briefly the first-aid for the fainted students.

(M. 2x10=20)

Part I

- Write answers only for 2 questions.

02. (i). Write the appropriate answer numbering correctly for the following blanks. (M.5)



- (ii). Write 3 suggestions to restrain the spread of the disease. (M.3)
- (iii). Clarify briefly how the infection of the disease occurs. (M.2)

03. Maintaining physical fitness well affects to free of the diseases and spend an effective life.

- (i). Name 2 health related physical fitness factors. (M.2)
- (ii). “The human body is composed of water, protein, minerals and fat. This is called body composition.”
- Write 3 things that can be done to maintain a proper body composition. (M.3)
- (iii). Stress is a mental reaction caused by a challenge or a danger and a moderate amount of stress helps our efficiency. Accordingly, write 2 stressful situations faced by the students. (M.2)
- (iv). Write 3 activities that can be practiced to manage stress. (M.3)

04. Briefly describe the way you face the below mentioned challenges successfully.

- (i). You notice that one of your friends often make one of other-religious student angry telling him about his religion.
- (ii). You notice that selling an unlabelled beverage telling that it is imported from abroad near your school.
- (iii). You notice that an ownerless parcel at the road near your school.
- (iv). You notice that one of your friends driving his bicycle speedily without wearing a helmet.
- (v). You come to aware that your classmates are not to come to school in the third term and only to go to tuition classes.

(M. 2x5=10)

Part II

- Write answers only for 2 questions.

05. Horizontal jumps/ Climbing mountains/ High jump/ Long jump/ Triple jump/ Field events/ 3000m/ Steeple chase/ Vertical jumps/ Volleyball.

(i). Classify only the athletic events getting only the required information from the above events and sports (classification of athletic events). (M.4)

(ii). The rule of “the take-off board should be placed in the runaway 11m away for women and 13m away for men from the rear boundary of the landing area” is related to one of the above events. Name it. (M. 1)

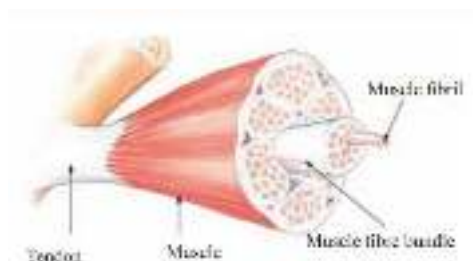
(iii). Write the 3 phases (stages) of that event. (M. 3)

(iv). Write another rule belongs to that event. (M. 1)

(v). What phase (stage) of that event does the following pictures depict? (M. 1)

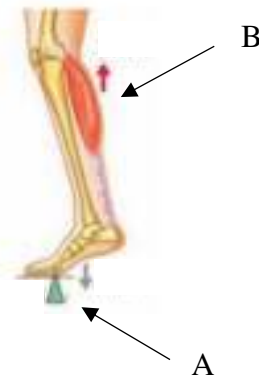


06. (i). The following picture depicts a cross section of a skeletal muscle. Name 2 main fiber types in skeletal muscle. (M. 2)



(ii). Write 2 special features for each of the fibers. (M. 2)

- (iii). The following depicts an activity belongs to “Type II lever”. Name the A and B parts. (M. 2)



- (iv). Write 2 factors that hinder the functioning of the skeletal system. (M. 2)
- (v). Write 2 ways of protecting the skeletal system. (M. 2)

07. Select one of A, B and C questions and write answers for all the sub-questions under the selected question.



P

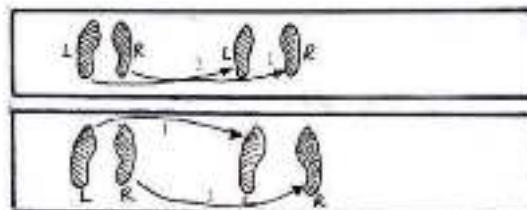


Q

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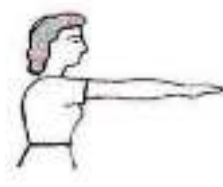
- A
- (i). Name the above P and Q signals of the referees’ hand signals in Volleyball. (M. 2)
- (ii). When starting a Volleyball game, the leaders of the both teams toss the coin. Write 2 options the winning leader of the toss can get? (M. 2)
- (iii). Approaching the ball is one of the stages of Blocking technique in Volleyball. Name 3 more stages. (M. 3)
- (iv). The following pictures depict 2 ways of approaching the ball. Name the following ways. (M. 3)



- B (i). Name the following E and F signals of the referees in Netball. (M. 2)



E



F

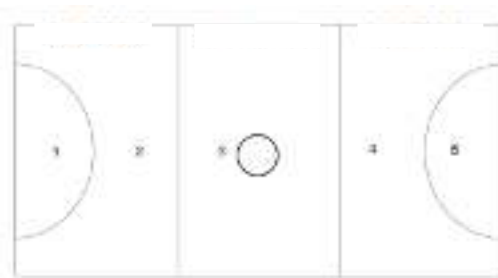
- (ii). Write 2 occasions in which two teams have to pass the ball between two players. (M. 3)

- (iii). Name the places of the following players in the court according to the picture below. (M. 2)

a – Goal Shooter GS

b – Centre C

c – Goal Defence GD



- (iv). Describe 2 suitable activities that can be used for practicing the shooting in the Netball game for under 14 girls. (M. 3)

- C (i). Name the following M and N signals of the referees in Football. (M. 2)



M



N

- (ii). Name 3 ways of stopping the ball (goal keeping) in Football. (M. 3)

- (iii). Clarify briefly the instance of kicking the ball to the gall. (M. 2)

- (iv). If you are given the opportunity to practice kicking to the gall to gall keeper in the team under 14, write briefly with pictures how you practice it. (M. 3)



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