



Third Term Test - Grade 09 - 2023
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Health & Physical Education

Time 2 Hours

Name / Index No:

PART I

Maintaining interpersonal relationships quantitatively and qualitatively, and the balance of the surrounding environment is known as

- i. Social health ii. Total health. iii. Ecological balance. iv. Health promotion.
- 2) This is not an epidemic disease spread through environmental pollution,
- i. Dengue ii. Cholera iii. Diarrhoea iv. Rabies
- 3) A game played using only bats
- i. Wrestling ii. Golf iii. Basketball iv. Water polo
- 4) The answer that include only the skills of volleyball,
- i. Service, Throw in, Attack, Spike ii. Service, Attack, Blocking, Setting
 - iii. Service, Receive, Setting, Spike iv. Service, Throw in, Setting, Spike
- 5) The most suitable method of baton change in method in 4x100m relay in a standard track is,
- i. Inside pass ii. Outside pass iii. Cross pass iv. Mixed pass.
- 6) Different types of teeth are located in our mouth. The various types of teeth are known as,
- i. Diphyodont ii. Abnormal dentition iii. Anomalous dentition iv. Uneven dentition
- 7) The physical fitness test “jump high grip” shown in diagram is,
- i. Cardiovascular endurance.
 - ii. Flexibility.
 - iii. Muscular strength.
 - iv. Body composition.



- 8) The skills related to the performance in bonfire are;
- i. Presentation Skills ii. Creativity
 - iii. Being able to demonstrate one's culture iv. All of the above
- 9) A point of concern in solving the unexpected problem that we face in our daily life
- i. Not allowing other people's opinions. ii. Thinking negatively about solving the problem.
 - iii. Be patient and solve the problem. iv. Independent and sudden decision making.

- 10) A social challenge that hinders well-being in the society is,
- i. Diseases
 - ii. Unhealthy diets
 - iii. Climatic Changes and Disasters
 - iv. All of the above

- 11) This is not a communicable disease that disturbs human existence,
- i. Dengue
 - ii. Diabetes
 - iii. Malaria
 - iv. Tuberculosis.

- 12) Name the fireplace denoted by the image,

- i. Ditch fireplace
- ii. Carter's fireplace
- iii. Unit fireplace
- iv. Flat - rock fireplace



13. Name the following knot that is used to ensure the safety of life,

- i. Bowline knot
- ii. Reef Knot
- iii. Sheet bend
- iv. Clove hitch



- 14) A disease caused due to vitamin D deficiency

- i. Osteoporosis
- ii. Rickets
- iii. Gonorrhoea
- iv. Thalassemia

- 15) Obstructing the ball coming from the opposite side, above the net, by a front row player before it enters their side is known as

- i. Blocking
- ii. Defending
- iii. Attacking
- iv. Receiving

- 16) The diagram, shows the most advantageous technique used in the high jump. It is,

- i. Scissor jump.
- ii. Fosbury flop.
- iii. Straddle method.
- iv. Eastern cut off.



- 17) What is the age limit of adolescence?

- i. 10 - 20 years
- ii. 12 - 18 years
- iii. 10 -19 years
- iv. 10 - 25 years

- 18) A method that can be followed to protect the beauty of hair in the human body is,

- i. Avoid the use of synthetic cosmetics
- ii. Eating processed foods
- iii. Exposing the hair to intense heat
- iv. Artificial hair styling

- 19) Mental Stress means,

- i. It is the physical and psychological reaction that occurs in a person when he has to face a certain challenge.
- ii. It is the patience of a person to face a certain challenge
- iii. It is the ability to make decisions to face a challenge.
- iv. It is the physical fitness that occurs when facing with a challenge.

- 20) The current leader of the Sri Lankan cricket team, who was selected from the North Western province, is

- i. Sriyani Kulawansa
- ii. Sasikala Siriwardena
- iii. Kaweesha Dilhani
- iv. Chamari Atapattu

PART II

Students were awarded a speech on environmental challenges that affect our well-being by the Public Health Inspector in a program held at Sevanapitiya Vidyalaya on The Health Week program. It was further explained that to face them successfully we need to identify them and steps to overcome them. This will improve our physical, psychological and social wellbeing.

During the break after the lecture, the students played volleyball competitively.

- i. Write two diseases that can be caused by consumption of fast food. (02 marks)
 - ii. Write two modes of spreading communicable diseases. (02 marks)
 - iii. Write two steps that can be taken to reduce the harmful effects that may occur due to weather changes and disasters. (02 marks)
 - iv. How many players participate in the game mentioned above? (02 marks)
 - v. Mention two activities that can be done to spend leisure time effectively. (02 marks)
 - vi. Water is very important for maintaining a healthy body. The amount of water should be consumed by a healthy person per day? (02 marks)
 - vii. Mention two ways you suggest to reduce environmental pollution. (02 marks)
 - viii. Alcohol and drug abuse have become a social problem in today's society. Propose two solutions to eliminate drugs. (02 marks)
 - ix. Give one example of horizontal and vertical jumps respectively. (02 marks)
 - x. Write two benefits of making a bonfire. (02 marks)
- 2) Social health promotion is very important in creating a good society.
- i. Define what is social health promotion. (02 marks)
 - ii. Write two characteristics of socially promoted society. (02 marks)
 - iii. Write two programs that can be done in association with the community to promote social health (02 marks)
 - iv. Write 02 themes related to social health promotion. (04 marks)
- 3) A balanced diet and sports are very important for a healthy person.
- i. Define organized games. (02 marks)
 - ii. Write two characteristics that can be seen in organized games. (02 marks)
 - iii. Write two outdoor activities. Explain. (02 marks)
 - iv. Write 02 physical and psychosocial advantages that can be gained from engaging in outdoor activities. (04 marks)
- 4) According to the classification of athletics, throwing events can be introduced as a field event.
- i. Write two throwing events that you know. (02 marks)
 - ii. State any two rules relating to throwing events. (02 marks)
 - iii. Besides throwing events, write two other field events that you know. (02 marks)
 - iv. Describe an activity to train an athlete in the javelin throw. (04 marks)

- 5) It is an innate characteristic of every animal to produce off springs through the process of reproduction. School children are very interested in learning sexuality.
- Define social concept of gender (02 marks)
 - Write 02 differences that can be seen in people according to gender. (02 marks)
 - Write two harmful situations that may result from engaging in irresponsible sexual behavior of an unmarried couple (02 marks)
 - Write four responsibilities of a mother and father in raising children. (04 marks)
- 6) A person goes through several different life stages during the period from birth to death. The nutritional needs that arise in those stages are different.
- Categorize the nutrients contain in food (02 marks)
 - What is a balanced diet? (02 marks)
 - Write 02 types of additional food that can be given to a baby after 06 months (02 marks)
 - Write four importance of breast milk. (04 marks)
- 7) Among the sports played in schools, volleyball, netball and football owns a unique place.
- Write two skills in netball. (02 marks)
 - Name two fouls that can happen in netball. (02 marks)
 - Specify the skill used to return a ball that goes off the sidelines in football. (02 marks)
 - Name a skill you like in football and describe an activity to practice that skill. (04 marks)



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