

Grade 11 **Third Term Test 2023(2024)** **86 E I,II**

Name: **HEALTH SCIENCE I** **Time : 03 Hour**

- (01) Kumara, a good looking popular sportsman who is good at studies, lives religiously. thus Kumara can be called.
 - i) As a skilled player.
 - ii) As a healthy athlete.
 - iii) As a popular player.
 - iv) As a healthy sportsman.
- (02) It is an annual program to measure the sports skills of school students.
 - i) Inter house sports meet.
 - ii) Physical fitness program.
 - iii) Sports colours night.
 - iv) Physical education day.
- (03) Eva is a teenager. Rama is twenty years old. Hakeem is a young man. Mary is an old Woman. Piyadasa is a senior citizen. According to this iron is most needed for,
 - i) Rama and Piyadasa.
 - ii) Hakeem.
 - iii) Eva and Mary.
 - iv) Eva.
- (04) A sprinter run forward to the gun sound. The systems mainly used for this activity are, respectively
 - i) Muscles, skeletal & respiratory systems.
 - ii) Muscles, skeletal & circulatory systems.
 - iii) Nerves, muscles & circulatory systems.
 - iv) Nerves, muscles & skeletal systems.
- (05) A player starts running as soon as he hears the gun sound. The first system to participate in the activity is,
 - i) Muscular system.
 - ii) Nervous system.
 - iii) Skeletal system.
 - iv) Respiratory system.
- (06) It is not a characteristic of a psycho social well being.
 - i) Contribute, positively to society
 - ii) Difficulty in coping with mental stress.
 - iii) Having the ability to manage stress.
 - iv) Ability of solving problems successfully.
- (07) Below are some of the programs done by the principal of Ridigama college for the development of the school. Accordingly, he has tried
 - i) To make a school as a health promoted school.
 - ii) To make a healthy school.
 - iii) To make a popular school.
 - iv) To make the school enjoyable for students.

- R**
I
D
I
G
A
M
A
V
- Developing policies.
 - Developing skills.
 - Establishing suitable environment.
 - Getting the help of the community.
 - Getting maximum use of health services.

- Use the following information to answer the questions 8 and the 9.
Smoking, drinking alcohol and using polythene is completely prohibited in Namalgama school. The public health officer of the area works diligently on school health matters. Students, teachers and all other officials of the school co-operate for the development of educational and co-curricular activities.

- (08) The principal should pay further attention to make the school a health promoted school.
- i) To establish necessary policies. ii) To reorganize health services.
 iii) To build a collaborative environment. iv) To strengthen the community participation.
- (09) Smoking, drinking alcohol and using polythene is completely prohibited in the school.
- i) For skill development. ii) For the reorganization of health services.
 iii) For formulation of policies. iv) For build a collaborative environment.
- (10) An athlete rotates the arm 360 degrees at the shoulder joint during a physical activity. here his shoulder joint works,
- i) As a hinge joint. ii) As a pivot joint.
 iii) As a ball and socket joint. iv) As a gliding joint.
- (11) The food you eat is digested in the stomach and small intestines and the nutrients are absorbed. .It is my duty to absorb the water and nutrients in these food particles as they move through me, I am
- i) Duodenum. ii) small intestine. iii) Large intestine. iv) Rectum.
- (12) An important measure to prevent the spread of dengue disease is,
- i) Destroying the mosquito breeding places.
 ii) Using mosquito nets and mosquito repellents.
 iii) Fumigation of the garden and the environment.
 iv) Wearing clothes that cover the body.
- (13) He went to the store and brought mustard seeds mixed with kurakkan seeds. He brought
- i) A mixed food. ii) A adulterated food. iii) A type of spoiled food. iv) A poisoned food.
- (14) I am a virus that can live only inside living cells can destroy your immune system if I enter to your body. I am
- i) Dengue virus. ii) H I virus.
 iii) Herpes virus. iv) Human papiloma virus.
- (15) Ravi a HIV infected person studies with John in the same class, plays together and shares the same water bottle and uses the same toilet According to this John will
- i) Inevitably become a HIV infected person. ii) Not become a HIV infected person.
 iii) Become a HIV infected person. iv) Can not say about being infected or not.
- (16) Nishi's is 17 days old. Kavee's is 3 years old. The stages represents these two are,
- i) Infant stage and late childhood. ii) Neonatal stage and late childhood.
 iii) Prenatal stage and early childhood. iv) Infant stage and early childhood.
- (17) Three postures of Rama, Rana and Reesu one shown in the following images. Choose the correct statement about the postures of Rama, Rana and Reesu.



Rama



Rana



Reesu

- i) Rana's posture is correct and Rama's and Reesu postures are incorrect.
 ii) Reesu's posture is correct and Rama's and Rana's postures are incorrect.
 iii) Rana and Reesu's postures are correct and Rama's posture is incorrect.
 iv) The postures of Rama, Rana and Reesu are correct.
- (18) I can live in the blood, sexual fluid and breast milk of an infected person, but I cannot live in the normal environment. The diseases spread by me is,
- i) Gonorrhoea ii) Chlamydia iii) Syphilis iv) AIDS

(19) Below are some of the suggestions made during a discussion to prevent road accidents.

P - Drivers and pedestrians should be taught.

Q - The drivers should be informed and work should be done to avoid vehicles errors.

R - Should take action to correct the deffects of vehicles and roods.

S - Drivers and pedestrians should be informed and work should be done to avoid roads and vehicles defects. The most suitable idea is,

- i) P ii) Q iii) R iv) S

(20) The best starting method to use by the athlete in the 1500 m race is,

- i) Bullet start. ii) Madium start. iii) Elongated start. iv) Standing start.

• Answer the question 21 based on the events pairs A, B, C given below.

A [Providing proper immunization at the correct time
children exposed to certain epidemics.

B [Prolonged stress,
Risk of developing mental illnesses such as depression.

C [Habitual of chewing betel, smoking, alcohol and drugs using.
Propensity to develop cancers of the respiratory system and digestive system.

(21) The pair of events of which the increase of the first result in the increase of the second is,

- i) A and B ii) B only iii) B and C iv) C only

(22) The stater gave the following 3 commands for the commence. ment of several events.

- on your mark • get sset • Go / Sound of gun

The event be intiated may be,

- i) 1500m and 200m running. ii) 4x100 relay race and 800m running.
iii) 4x100m relay race and 4x400m relay race. iv) 1500m and 300m running.

• Use the following information on four players and their respective events to answer the questions 26 and 27.

Player No	Event/S
82	Marathan, 10000m
67	800m
54	4x400 (1 st runner), 400m
33	100m, 200m, 400m

(23) Which of the above player will start his/their event/events with a crouch start?

- i) No 33 ii) No 54 iii) No 33 & No 54 iv) Np 82 & No 67

(24) Which of the above player will start his/their event/events with a standing start?

- i) No 33 ii) No 82 iii) No 54 & No 82 iv) No 67 & No 82

• choose the appropriate answer for question No 25.

(25) Approach run → → bar clearance → landing.

The appropriate phrase to complete the above note involving the phases of high jump is?

- i) Power position ii) Fight phase iii) Take off iv) Rotation posture

(26) Lungs are made up of a mass of smooth tissues like me. I greatly contribute to exchange air respiration. I am

- i) the trachea ii) a capillary iii) the nose iv) an alveoli

(27) Answer the question number 27 based on the event pairs A, B, C given below

A [Prolonge use of doping
Risk of serious badly injuries.

B [Watching TV for a long time while sitting
able to develop health related physical fitness.

C [Practice running drills correctly
An increase of running speed.

The pair of events of which the increase of the first result in the increase of the second is,

- i) A and B ii) only B iii) A and C iv) only C

(29) I observed the following activities while having my usual walk on Saturday morning.

- Some were jogging.
- Some were walking briskly.
- Some were busy with gardening

The physical fitness components developed by engaging in the above mentioned activities is,

- i) Cardio - muscular endurance. ii) Muscularly endurance.
iii) Muscularly fitness. iv) Flexibility.

(30) The skill of receiving and handing over the baton of 4 players of 100m x 4 is given below. Answer the questions 30 and 31 by following the information given.

A - Receives the baton correctly.

B - Receives and hand over baton correctly.

C - Hands over the baton correctly

D - Receives the baton well but hands over with mistakes.

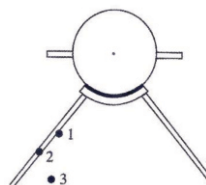
- i) A ii) B iii) C iv) D

(31) The most suitable players for 1st and 2nd baton changing zones

- i) A and B ii) A and C iii) B and D iv) C and D

(32) The diagram shows the places where the short put was landed in three attempts of a player. The correct attempt is / are

- i) 1 only
ii) 3 only
iii) 1 and 3
iv) 1,2 and 3



(33) A runner in a 100m race use power on starting block as soon as he hear the sound of the starting gun The runner is thrown forward. The reason for this is,

- i) The reaction of the power used by the player is powered on the players body.
ii) The runner has used more power on starting block.
iii) A reaction is put the body of the player by the land.
iv) The power of reaction of the player is in creased.

(34) The gymnast in the diagram stands on her feet so that her entire body weight is on her toes. Her body acts as,

- i) A type i level
ii) A type ii level
iii) A type iii level
iv) Both type i and type ii level



(35) In a match the organizing commette used n-1 method $N = \text{number of team or players}$ The method is,

- i) Knockout method ii) League method iii) Combination method iv) Challenge method

(36) What is the correct statement about olympic games.

- i) Olympic game were started by a French man called Pierre de coybertio.
ii) Women were not allowed to participate in Olympic games at the beginning.
iii) Modern Olympic games were started in 776 bc.
iv) An olive branch is given to the winners in modern Olympic games.

(37) The foot on land of the player acts as
i) a type i lever ii) a type ii lever iii) a type iii lever iv) type i and ii levers.

• Study the following pairs incidents p, Q, R, S and answer question 38 and 39.

P - Observing the rules & regulations in sports.

Ability of conducting a fair play.

Q - Wider supporting base of the player.

Maintaining the body balance of the player.

R - Getting adequate rest and exercise.

Obstruct the functions of the muscles.

S - Decreasing of the reaction speed of a player.

Ability of winning sprints.



(38) The pair of incident of which the increase of the first result is an increase the second is,
i) P,Q ii) Q,R iii) R,S iv) P,S

(39) The pair of incident of which the increase of the first results in a decrease of the second is,
i) P,Q ii) Q,R iii) R,S iv) P,S

(40) The country and city where the Olympic games were not held due to corona epidemics is,
i) Japan - Tokyo ii) China - Beijing iii) Australia - Sydney iv) England - London

Grade 11

First question is compulsory. Answer two questions part I and two questions from part II. Answer only 5 questions.

(1) Piyal and Nimal Work in the some office. Piyal loves to eat bread, apart from that he prefers. prawns. crabs and oil fatty food mostly. He never does exercise and to overcome the stressful condition in the office he uses to smoke and consume alcohol frequently. One day he fell down and started to bleed due to the injury on head. in the office and Nimal provided first aid, Nimal was been appreciated by all in the office. The doctors diagnosed that piyal was suffering from an heart ailment.

1. Write the nutrients in Nimal's diet.
2. What type of nutritional condition of Piyal according to his food pasterns.
3. Write two other diseases that Piyal could get, part from the disease mentioned in the paragraph.
4. Write two methods could be used to overcome stress, by Piyal.
5. Between Nimal and Piyal, who is having more interpersonal relationship Justify your answer.
6. What is the time duration to engage in exercises for an adult. (Nimal)
7. Explain what is physical fitness.
8. Write two features of organized games.
9. Write the first aid given by Nimal in order.
10. Write 2 sportsmanship qualities of Nimal.

(2x10=20mark)

(02) The nearly appointed principal of Rahula College wants to make this school Health promotion school. He got the support from the grade 11 students.

1. Write two policies you would introduce to promote the Health of the school.
2. Write 3 ways to develop the mental environment of the students.
3. Explain an activity to stop the addiction of smoking and drugs of the students. (10M)

(03) I am a system that bears your body, help you in the movement.

1. Write two other systems help to make movements. (2M)
2. Write two other activities done by me. (3M)
3. a) Accidents may caused damage to the fascination of my function, Write two other causes that harm me. (2M)
- b) Write 3 actions to safe guard me. (3M)

(04) Explain how you face the following challenges.

1. Your friend insists you to take liquor to have fun.
2. Your sister who could not pass the scholarship exam worrying over it.
3. You come to know about a family that was affected by an Earthslip.
4. One of your friends suffers from obesity, how do you advice her / him.
5. Your father who is an alcoholic one day he comes home without consuming alcohol. you have a chance to speak with him. (5x2 = 10 mark)

Select only 2 questions

- (5) 1. At the inter house sports meet athlete number 15 and 20 used the following techniques.
 No 15 - Hitch kick
 No 20 - Fosbury flop
 Write the events participated by the two athletes seperatley.
2. The following chart show the result of a high jump event.

Athlete	The height				failu...	vepeated		place
	1.76	1.84	1.88	1.91		1.89	1.91	
52	O	XO	O	XXX	2	O	X	
64	-	XO	-	XXX	2	O	O	
76	-	X	XO	XXX	2	X		
88	-	XO	XO	XXX	3			

O - successful jump.

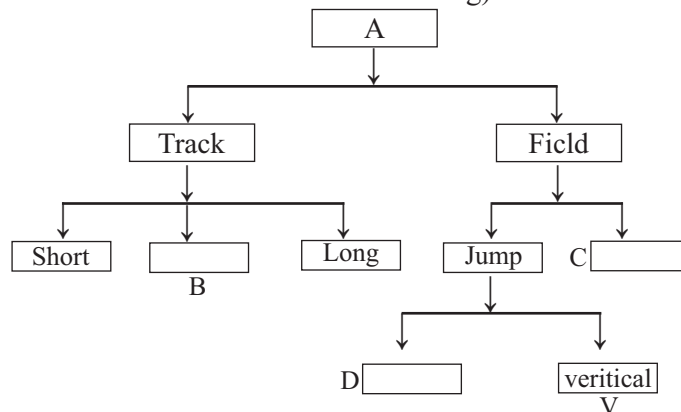
X - failiures - did not jump.

Select the 1st 2nd and the 3rd place.

3. You ware given a playground and the following equipment. you ware asked to train athletes for hurdling. Create two activities.

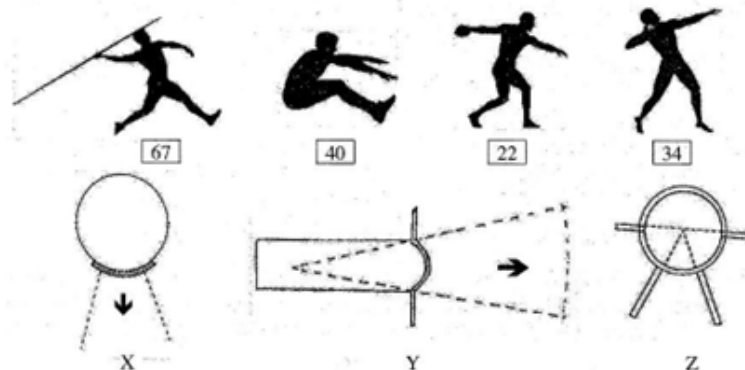
- x Line to mark the area.
- x Some cardboard boxes.
- x 3m lengthy ropes.

(6) I. Fill in the following blanks of the classification of the athletic events from the words given in the bracket (Middle - horizontal - Track & field - Throwing)



(3 Mark)

II. Write the relevant number of the athletes and the fields that have to use.



(3 mark)

III. The three athletes finished the 100m running event at the some time, by the finished line.

Athlete No	The body part touched
63	Head
84	Neck
90	Torso

1. Select the winner of the above event. Explain the following incidents.

2. a) - The athlete left from the back side of the throwing circle after throwing the put shot.

b) - The athlete who participated in the long jump event. took more than a minute to perform.

(7) Select one question from A,B and C

(A) At the volleyball match between the Rantharu and the Dilenatharu team, The player number 15 of the

Rantharu team spiked the ball. The player number 13 of the Dilenatharu team tried to block it.

While

blocking the ball slipped from his hand , before the ball touching the ground spiked the ball it fell near the opponent's net.

1. What would be your decision if you are the referee (1 mark)
2. Explain the act of the player number 13 of Dilenatharu team. (2 mark)
3. Write two faults that could be happen during blocking. (2 mark)
4. Explain 3 activities to train blocking with diagrams. (5 mark)

(B) At the Netball match between blue and the red team, White the G A (Gall attack) of the red team shooting in the goal area, The ball was touched by the goal defense (G D) Who tried to defend the ball by being 3 feet distance the ball went trough the ring.

1. a) What would be your decision if you are the referee. (1 mark)
b) Justify your answer. (3 mark)
2. Write two faults could happen by the goal defend (G D) of the blue team. (2 mark)
3. Explain 3 activities to practice shooting with diagrams. (5 mark)

(C) At the Foot ball match between the Gemunu and the Perakum team. The player number 13 of Gemunu team kicked the ball in the goal area, the ball touched the leg of the No 12 defended and went through the goal line by touching the hand of the goal keeper.

1. a) What would be your decision as a referee. (1 mark)
b) Justify your answer. (2 mark)
2. Write two faults could happen during defending. (2 mark)
3. Explain 3 activities to train goal keeping with degrees. (5 mark)





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