

Grade 07

Year End Team Test - 2019

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Health And Physical Education

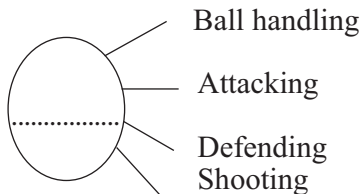
2 Hours

Name / Index No:

Answer all questions

Underline the correct answer

- What we call , if an environment free of violence and impunity for those who recognize their potential & face. The challenges of everyday life effectively.
  - Physical environment.
  - Mental environment.
  - Spiritual environment.
  - Healthy environment.
- Not a characteristic of a healthy social environment.
  - Fulfilment of duties & responsibilities.
  - Respecting each other.
  - Respect the law.
  - Think about only himself.
- The outsiders who give us love and protection.
  - Peer groups.
  - Mother.
  - Brothers.
  - Grand father.
- Which one of the following states about our, secondary need of love & protection.
  - Love deserves us only at childhood.
  - Love and protection is our physical need.
  - Love and protection can be given to all free of charge.
  - Love is given to us only by family members.
- The outdoor folk game is,
  - Gini Pagima (fire walking)
  - Dan edima
  - Olinda Keliya
  - Galpelima



What is the game suitable for the above skills,

- Netball.
  - Volleyball.
  - Football.
  - Cricket.
- what is the most world popular game ?
    - Rugby
    - Football
    - Cricket.
    - Basketball
  - Body should be kept straight
    - Feet should be placed with the toes facing the direction of walking
    - Legs should move rhythmically forward and backward at the hip.

**Select the correct posture with the points given above.**

    - Correct lying down.
    - Correct sitting.
    - Correct walking.
    - none of the above
  - Choose the correct food group which is containing macro nutrients foods,
    - Rice, dhal, meat, cashew
    - Rice, pumpkin, yolk of eggs
    - Milk, foods, fruit, cereals.
    - Cheese, green leaves, fruits, cereals.
  - According to the food pyramid what is the food group to be taken 3-5 servings per day,
    - Grain with fats.
    - Milk and milk products
    - Fruits
    - Vegetables & cereals
  - Which one of the following is not a factor that affect for emotional balance.
    - situation.
    - Understanding
    - Aggressive.
    - Personality

12. Amal is the student in your class always scolds to you what you need to do?
  - i) attack him.
  - ii) Blame faster than him.
  - iii) Getting into conflict with friends.
  - iv) Be quite and find the reason, why he was scold.
13. We called it as stormy period as well as transitional period of life, but it is the most sweetest phase in our life
  - i) Childhood.                      ii) Adolescence.                      iii) Youth.                      iv) Middle age.
14. Adhering to the rules & regulation & ethics of sports is not to your advantage.
  - i) to be a law abiding citizen.                      ii) To develop ones personality.
  - iii) Will insult & punish.                      iv) become a sociable individual.
15. The National game of Sri Lanka.
  - i) Football.                      ii) Volleyball.                      iii) Netball.                      iv) Cricket.

**State whether question number 16-20 are true (✓) or false (X).**

16. Correct posture is help to lead a healthy life and pleasant appearance. ( )
17. Studying folk games will increase your national interest ( )
18. Garlic has antibiotic & anti - cancer properties. ( )
19. Breaking the tail is an organized game. ( )
20. It is advisable to consume foods rich in sugar and oils during consumotion ( )

## Part II

**\* Question No; 01 is compulsory.**

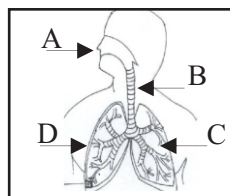
**\* Answer five questions including the question no 01 and four other questions.**

**Read the following paragraph and answer the questions.**

Although Kokila Badda Maha Vidyalaya is a small school student in beautiful village. It is more beautiful because of channel pour down through rich field in the middle of village. There are about 400 students in this school & having lots of curriculum & extra curricular activities. Kasun & Ravi the students studying in grade 7 ate most talented athletes in province. In this provincial meet Kasun won 1<sup>st</sup> place in long jump and gave glory to the school Kasun's father suffer from heart attack so Kasun should helps to the home. Somehow help of the teachers & neighbours Kasun done his education, Sport & village common work more efficiently Kasun's mother earns money by sending dry jack & bread fruit packets to the market.

- i) Write down two characteristic that contribute to the pleasing beauty of Kokila Bedda Vidyalaya
- ii) Write down two advantages of having sports activities for your school students. (2 Marks)
- iii) According to the paragraph, name two people who gives love and protection to kasun. (2 Marks)
- iv) Write two reason, Why Kasun's father suffered from above mentioned disease. (2 Marks)
- v) Write down two nutrients that Ravi needs most to do the event. (2 Marks)
- vi) Write two food preservation that Kasun's mother has used. (2 Marks)
- vii) The rules & regulations have helped Kasun and Ravi to win. Write two reasons why sports rules & regulations are necessary? (2 Marks)
- viii) Write down two advantages Kasun has gained by following sports rules & regulations. (2 Marks)
- ix) Mention two correct life styles that Kasun & Ravi have been followed to improve their physical health. (2 Marks)
- x) Write down two benefits that you can get by helping others. (2 Marks)

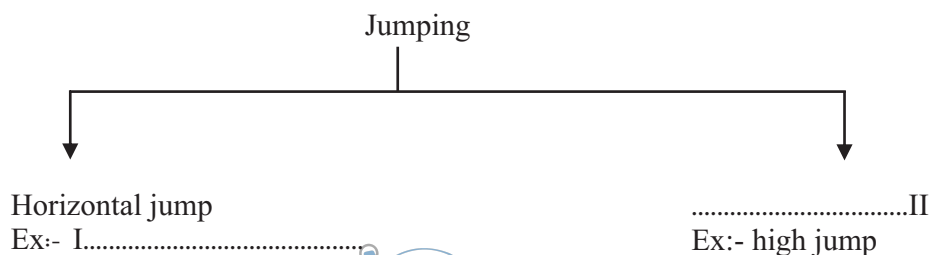
02. We have to face many challenges in our life. Out of those challenges communicable and non -communicable diseases are prominent. The factors such as eating habits and bad life styles can be affect for those challenges.
- Write two infectious diseases (2 Marks)
  - Non -communicable diseases can be divided into two categories: thrive and chronic write two examples of each. (4 Marks)
  - Name two factors affect for non -communicable disease out of the factors mentioned in the paragraph (2 Marks)
  - Write two ways in which you prevent non -communicable diseases. (2 Marks)
03. To be healthy. We must maintain physical, mental and social fitness. Sports activities improve physical fitness such as speed and strength, The above fitness factors can be enhanced by engaging in sports activities & aesthetics, activities .
- Name three fitness factors expect the fitness factors mentioned above . (3 Marks)
  - Write fitness factor for each that necessary for athletics, volleyball & football respectively (3 Marks)
  - Wrie two fitness tests that measure speed and strength (2 Marks)
  - Speed =  $\frac{\text{Distance}}{\text{Time}}$  What is the fitness factor can be calculated using this formula.(2 Marks)
04. You reach the age of 10-19 years after childhood. With the emergence of secondary sexual characteristics, psychosocial changes take place during this time.
- Wrie down two physical and mental characteristics for girls and boys of the above age group. (3 Marks)
  - Write two types of male and female hormones that affect for these symptoms. (2 Marks)
  - Write two factors that influence reproductive health. (2 Marks)
  - Name three sexually transmitted diseases (3 Marks)
05. A multitude of different organs combine to form a system. A number of systems work in function with the body .
- Name three systems in our body. (3 Marks)
  - Name the following system components. (2 Marks)



- A -  
B -  
C -  
D -

Respiratory system

- III Name two diseases associated with the above system. (2 Marks)
- iv) Write three methods that you can get to prevent the illness you mentioned. (3 Marks)
06. When we are doing daily activities, we will meet various types of jumps & throws.
- Fill in the blanks in the following jump classifications. (2 Marks)



- There are there main stages in the jumping. Name them. (3 Marks)
- Name three throwing events used in athletics. (3 Marks)
- Write two throwing & jumping that you will perform in day tody life. (2 Marks)