



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

## SECOND TERM TEST - 2019

Grade 07 **Health and Physical Education**

Two Hours

Name / Index No. :

### Part - I

- Answer all questions.
- Underline the most suitable answer for the questions from 01 to 05.

01 A feature of a mental environment is,

- (i) safety and protection
- (ii) enough space
- (iii) working as a team

02 An activity that can be done for promoting health in the family is,

- (i) assigning household activities to mother
- (ii) giving priority to food that father likes
- (iii) spending leisure time effectively

03 A person who can love and protect you is,

- (i) police officer
- (ii) head prefect
- (iii) driver of the school bus

04 The instant mental condition which may cause changes in our mind or external body is known as,

- (i) education
- (ii) diseases
- (iii) emotion

05 A respond that can be caused due to a bad emotion is,

- (i) crying
- (ii) blaming
- (iii) all of the above.

● **Match the parts 'A' and 'B' for questions No. 6 - 10.**

A	B
06 Porapolgsima	Football
07 Service	Netball
08 Angampora	Volleyball
09 Ball controlling	Adventurous games
10 Shooting	Games associated with religion

● **Put a tick "✓" or a cross "✗" in the given brackets before the statements from No. 11 - 15.**

- 11 Crook sitting is a posture of sitting. (     )
- 12 Walking is not used as an athletic event. (     )
- 13 Lying is a static posture. (     )
- 14 There are three stages of a jumping event. (     )
- 15 Different kinds of postures are used in throwing events. (     )

● **Choose the most suitable answers for the questions from 16 to 20.**

**( Kidney / Vitamin / Artery / Alveoli / Protein / Large intestine )**

- 16 ..... is a macron utrient.
- 17 ..... is a micro nutrient.
- 18 ..... of the excretory system filters urine.
- 19 ..... absorbs the amount of water of the undigested food.
- 20 Blood is carried away from the heart by .....

(Total 2 × 20 = 40)

## Part - II

- Answer only 05 questions including the question No. 01.

01 Malisha is a child of an extended family and she is being loved and protected well. She likes to engage in folk games as it is a way of keeping emotional balance. She has read an article on "nutritious food and digestive system and also her family has given priority to traditional food. So, they work to promote health of their family.

- (i) Name four of the members that could be in Malisha's family. (02 m.)
- (ii) Write bad effects of lacking love and protection. (02 m.)
- (iii) Write 02 factors that may affect emotional balance. (02 m.)
- (iv) Name two good emotions. (02 m.)
- (v) Write 02 folk games that Malisha might have engaged in. (02 m.)
- (vi) Write 02 advantages of engaging in folk games. (02 m.)
- (vii) Name two traditional food items mentioned in the newspaper article. (02 m.)
- (viii) Write 02 ways that you can use to get nutritious food. (02 m.)
- (ix) Write 02 functions of the small intestine of the system mentioned in the passage. (02 m.)
- (x) Write 02 good habits that can be taken to protect the above system. (02 m.)

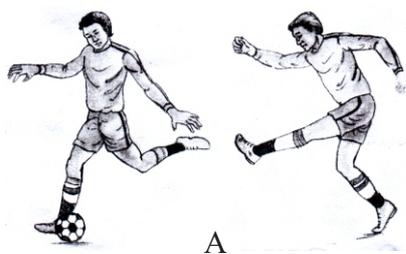
(Total 2 x 10 = 20 m.)

02 Making the environment healthy, making policies of health and getting other's help are important in promoting health of a family.

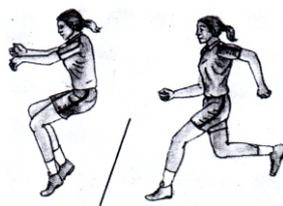
- (i) Write two physical features of the house. (02 m.)
- (ii) Write 04 policies that can be followed to keep health of the family. (04 m.)
- (iii) Name 04 institutes that may help in promoting health. (04 m.)

(Total 20 m.)

03 Answer the following questions using the diagrams given below.



A



B



C

- (i) What is the activity depicted by the diagram 'A'. (02 m.)

- (ii) The diagram 'B' depicts an activity you learnt at school. Describe it? (04 m.)
- (iii) Describe an activity that can be used to practise the skill depicted by the diagram at 'C'(02 m.)

04 It is very important to keep the day to day postures as, sitting, walking, lying in the correct manner.

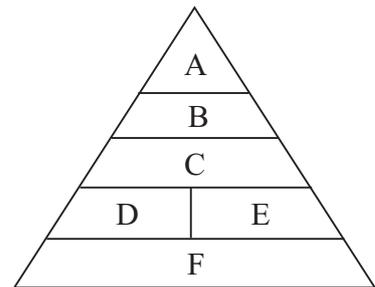
- (i) Write two instances in which the posture of sitting is being used in our day to day life. (02 m.)
  - (ii) Write four ways of walking that you have learnt in the school. (04 m.)
  - (iii) Write four advantages of using correct posture of lying. (04 m.)
- (Total 10 m.)

05 Creative activities can be used to practice the skills of running, jumping and throwing.

- (i) Write 02 features that can be seen in a correct running. (02 m.)
  - (ii) Write 04, instances in which throwing is used in sports. (04 m.)
  - (iii) Describe an activity that can be used for practicing jumping. (04 m.)
- (Total 10 m.)

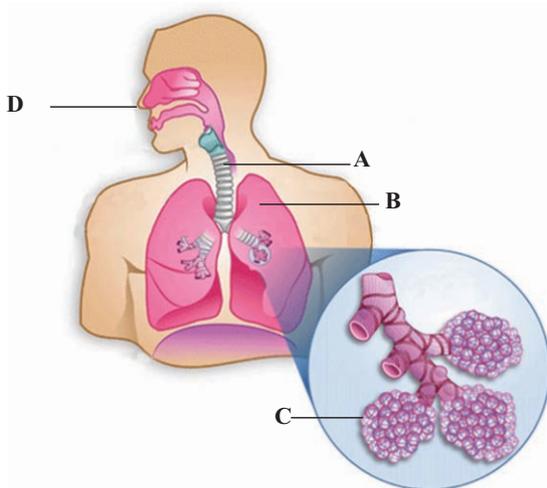
06 Following is a diagram of the food pyramid.

- (i) Name two food items that could be in the part 'A' of the above pyramid. (02 m.)
- (ii) Name B, C, D, E of the above diagram. (04 m.)
- (iii) Name 04 diseases that could be caused as a result of not following the food pyramid when preparing the daily meal. (04 m.)



(Total 10 m.)

07 The following system helps to transport oxygen from the atmosphere into blood and release carbon - dioxide from blood into the atmosphere.



- (i) What is the system depicted by the above diagram? (02 m.)
- (ii) Name the parts 'A', 'B', 'C', 'D' and 'E'(04 m.)
- (iii) Write 04 favourable habits that can be taken to keep that system healthy. (04 m.)

(Total 10 m.)

## Answer Paper - Part I

- (01) i (02) iii (03) ii (04) iii (05) iii (06) Folkgames Associated with religion  
 (07) Volley ball (08) Adventurous folk games (09) Foot ball (10) Net ball  
 (11) ✓ (12) ✗ (13) ✗ (14) ✓ (15) ✓ (16) Protein (17) Vitamin  
 (18) Kidneys (19) Large intestine (20) Artery (2 x 20 = 40)

## Part - II

- 01 (i) ● Grand father , mother , father ● Grand mother ● Uncle ● Aunty etc..... (02 m.)  
 (ii) ★ Dislike of school ★ Disruption of education (02 m.)  
 ★ Getting addicted to bed habits etc..... (02 m.)  
 (iii) ● Situation ● Understanding ● Age limit etc.... (02 m.)  
 (iv) ● Happiness ● Kindness ● Sympathy etc... (02 m.)  
 (v) ★ Pancha demima ★ Olindakeliya ★ Nerenchi edima etc.... (02 m.)  
 (vi) ● Reducing mental stress ● Building cooperation (02 m.)  
 ● Being enjoyable (02 m.)  
 (vii) ● "Hathmaluwa" ● Mixed melluma ● Munkiribath (02 m.)  
 (viii) ● Consuming food prepared at home ● Being careful when choosing packet food.  
 ● G i v i n g p r i o r i t y t o n a t u r a l f o o d . (02 m.)  
 (ix) ★ Digesting food ★ Absorbing nutrients (02 m.)  
 (x) ● Taking food at the proper time ● Being free from drugs (02 m.)  
 ● Taking fibrous food (02 m.)  
 02 (i) ★ Clean water ★ Clean air ★ Sanitary facilities (02 m.)  
 (ii) ● Minimizing use of polythene ● Saving electricity (02 m.)  
 ● Minimizing consumption of sugar and salt etc..... (02 m.)  
 ● Detecting waste properly ● Consuming natural food (04 m.)  
 (iii) ★ Police, Divisional secretariat / MOH office, forest office, hospital etc.... (04 m.)  
 03 (i) Kicking with the instep of the foot (02 m.)  
 (ii) Landing on both feet after taking off over a marked line by running forward. (04 m.)  
 (iii) Describe an activity that can be used to practise under arm service (04 m.)  
 04 (i) ● When we are free ● at situation like function in religion activities. (02 m.)  
 (ii) ★ Walking with toes, ★ walking with the heel (04 m.)  
 ★ walking to a side ★ walking backward (04 m.)  
 (iii) ● Less tiring, Strength is not wasted ● unnecessarily, having a sound sleeping (04 m.)  
 ● minimizing ailment of the back bone. (04 m.)  
 05 (i) ★ Bending the leg back word ★ Raising the thigh parallel to the ground  
 ★ B r i n g i n g t h e l e g f o r w a r d e t c . . . . . (02 m.)  
 (ii) ● Throwing the ball in cricket ● Throwing the ball in netball (04 m.)  
 ● Throwing the shot ● Throwing the Javeline ● Throwing the disc etc..... (04 m.)  
 (iii) Give marks to a suitable activity (04 m.)  
 06 (i) Sugary and fatty food. (02 m.)  
 (ii) B - Milk and food rich in milk C - Meat, fish, eggs (04 m.)  
 D - Vegetables E - Fruits (04 m.)  
 (iii) ● Over nutrition ● diabetes ● malnutrition ● Highblood presure ● Cancer etc. (04 m.)  
 07 (i) Respiratory system (02 m.)  
 (ii) A - Trachea B - Lung C - Alveoli D - Nose (04 m.)  
 (iii) Preventing from smoking / Engaging in exercising / Being away from those who are suffering /  
 from respiratory diseases. / Not to breath from the mouth / wearing mask where necessary (04 m.)