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Department of Education, Southern Province

Third Term Test 2022 (2023)

Grade 7 **Health and Physical Education** **Two hours**

Part - I

- Underline the most suitable answer in questions numbering from 1-20.

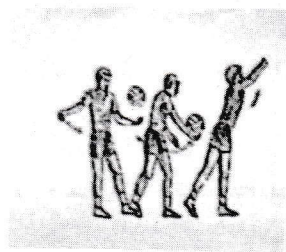
- A – Love B – Pure water C – Healthy food D – Rest

Out of the above A, B, C and D the factors that belong to mental environment is

(i) A (ii) B (iii) C (iv) D
- Being simple
–Less competitive
–Participation is easy

The above features are seen in

(i) Athletics (ii) folk games (iii) Volleyball (iv) Netball
- The picture below depicts

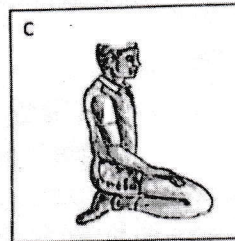
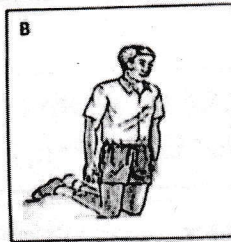
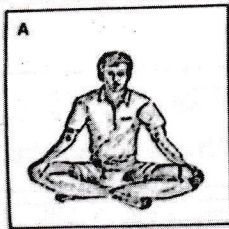


- (i) A skill in volleyball (iii) A skill in netball
(ii) A skill in Athletics (iv) A skill in football
- The number of stages in a horizontal or a vertical jump in athletics is

(i) 4 (ii) 3 (iii) 2 (iv) 1
 - The ability to complete any task within a short period of time is

(i) Flexibility (ii) strength (iii) speed (iv) endurance

6.



Out of the above sitting postures sitting on heels is shown by

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

7. A factor that does not affect the emotional balance is

- (i) Personality (iii) Life style
(ii) Behaviour of others (iv) lack of experience

8. An agreed set of conventions in accordance with which a sport has to be conducted is referred as

- (i) Moral values (iii) Good qualities
(ii) Rules and regulations (iv) Ethics

9. Which of the following is a micro-nutrient

- (i) Vitamins (ii) Starch (iii) lipids (iv) fats

10. One of the psychological features in adolescence is

- (i) Desire to associate with opposite sex
(ii) Desire to be involved in community service
(iii) Beginning to think logically
(iv) Interest in leadership

• Use the words given below to fill the blanks of the following.

(meditation / endurance / spiritual / food digestive system / respiratory system / strength)

11. Engage in daily religious activities help to improve development of the members.

12. Negative emotions can be reduced by the involvement in

13. means the ability to do work.

14. The ability to engage in an activity with ease for a long period of time is

15. Small intestine belongs to

• Mark (v) for the correct statements and (x) for the incorrect statements given below.

16. Fulfilling your responsibilities in the family helps to keep a healthy family environment. ()
17. In an extended family the number of members is less compared to nuclear family. ()
18. Respecting others is a duty of us. ()
19. The main features of a correct postures are minimizing discomfort and reducing tiredness. ()
20. By engaging in regular exercises we can maintain our blood circulatory and respiratory system healthy. ()

(2 × 20 = 40 marks)

Part - II

- Answer 5 questions including the first question.

01) For our existence we need to fulfill our basic needs as well as secondary needs. Nutrition is one of the basic needs and body systems play a very important role in maintaining our life. Sports and games help us to maintain those body systems.

- Name two food items in the lowest level of a food pyramid.
- Write two things to keep in mind when planning our meals.
- Give two measures to be taken to keep our blood circulatory system healthy.
- What can you do as a student to maintain a healthy family environment.
- Write two skills of football.
- Write two causes of developing wrong postures.
- Write two facts to consider when buying food.
- Write how water requirement per day is calculated.
- Write two benefits derived by the society by adhering to rules, regulations and ethics in sports.
- Name two traditional food items you know.

(2 x 10 = 20 marks)

02) Following was a part of a dialogue between Suseema and his sister Malini.

" No, malli, the head teacher is very good. Other teachers too love the children. If the children do something wrong only they will sometimes scold the children."

- Name two persons who give you love and protection other than the persons mentioned in the dialogue.
- Write 3 features of a good social environment.
- Write 5 duties and responsibilities of you as a good student.

(2 + 3 +5 = 10 marks)

03) Correct posture is important to lead a healthy life and to maintain a pleasant appearance.

- Which diagram below shows the correct sitting posture.



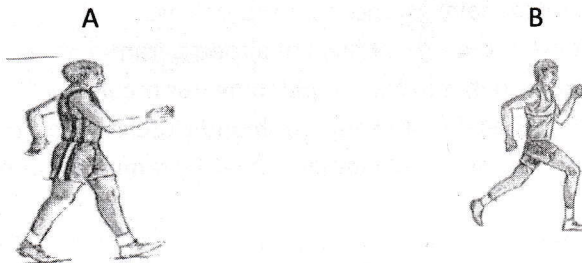
Figure A



Figure B

- Write 3 benefits of correct sitting posture.

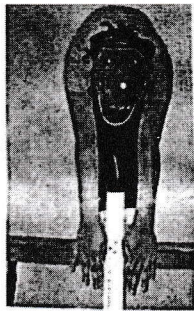
- III. What is the difference between the walking posture and running posture shown in the below two diagrams.



(2 + 3 + 5 = 10 marks)

04) For a person who leads a very busy life schedule needs physical fitness as well as psychological fitness too.

- I. The below given picture depicts how a certain physical fitness factor is measured. What is that factor?



- II. Write 3 physical fitness factors you practiced in school.
III. Name 2 minor games you can play at school and explain briefly how you can improve them .

(2 + 3 + 5 = 10 marks)

05) We always respect the rules, regulations and ethics in sports and abide by them.

- I. Explain briefly what ethics are.
II. Give 3 reasons why ethics are required in sports?
III. Write 5 sportsmanship qualities you can develop as a sportsman.

(2 + 3 + 5 = 10 marks)

06) Many different organs in the body work together to perform functions of a system. You should also pay attention to body system as an adolescent.

- I. Name 2 body systems in our body.
II. Write 3 social features in adolescence.
III. Write 5 precautions that can be taken to avoid from non-communicable diseases.

(2 + 3 + 5 = 10 marks)



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