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Southern Provincial Department of Education

Year End Test - 2018

Health and Physical Education

Grade 9

Name / Index No.

Time - 2 hours

Part I

Answer all the questions.

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

(01) When developing health promotion, formulation of health policies is one of the main tasks. One of the personal health policy is,

- | | |
|---------------------------------|-----------------------------------|
| (1) Organizing shramadana | (2) Receiving love and protection |
| (3) Engaging in exercises daily | (4) Holding medical clinics |

(02) A quality needed for self-actualization is

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|--|--|
| (1) Engage in social work expecting popularity | (2) Not being a master in the area studied |
| (3) Getting used to a complex life style | (4) Being satisfied with what you have |

(03) The age limit of childhood is

- | | |
|----------------------------|----------------------------|
| (1) From birth to 5 years | (2) From 1 year to 9 years |
| (3) From birth to 10 years | (4) From 1 year to 5 years |

(04) The first set of teeth is called 'Milk teeth' or 'Temporary teeth' Milk teeth begins to grow

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|------------------------|--------------------------------------|
| (1) between 2-5 months | (2) between 6-9 months |
| (3) between 4-8 weeks | (4) After the completion of one year |

(05) According to the classification of games and sports the one that is played without equipment is

- | | | | |
|------------|------------|-------------|-----------------|
| (1) Squash | (2) Boxing | (3) Kho kho | (4) Basket ball |
|------------|------------|-------------|-----------------|

(06) A Consumption of nutritious food with calcium and minerals

- B Use of coarse items such as charcoal sand ... etc
- C Use of a tooth brush with a small head and flexible bristles
- D Use of a toothpaste with high flouride content

The statements that are relevant to dental hygiene are

- | | |
|------------------|------------------|
| (1) A and B only | (2) B and C only |
| (3) C and D only | (4) A and C only |

(07) In the modern society there is a great tendency of increasing non-communicable diseases. The option that contains only non-communicable diseases are

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|---|---|
| (1) Diabetes / Cancer / Mental stress | (2) Diabetes / Dysentery / Mental Stress |
| (3) Mental stress / Malaria / Dysentery | (4) Tuberculosis / Leptospirosis / Filariasis |

(08) Which of the following is not a technique used in long jump event

- | | |
|-----------------------|--------------------------|
| (1) Hang method | (2) Sail Method |
| (3) Hitch-kick method | (4) Perry-O-Brian method |

(09) A psycho-social benefit of engaging in outdoor activities

- | | |
|--|---|
| (1) Development of physical fitness | (2) Learning to spend the leisure effectively |
| (3) Strengthening of bones and muscles | (4) Improving nerve - muscle coordination |

(10) The game conducted in a rectangular court, having 11 players in a team and played for a period of 90 minutes is,

- | | | | |
|----------------|--------------|--------------|-------------|
| (1) volleyball | (2) Baseball | (3) football | (4) netball |
|----------------|--------------|--------------|-------------|

(11) The baton change method of 'visual change' is used in

- | | | | |
|------------|------------|------------|-----------|
| (1) 400x4m | (2) 200x4m | (3) 100x4m | (4) 50x4m |
|------------|------------|------------|-----------|

(12) During the first six months after birth, the baby gets nutrition only from breast milk. The amount of breast milk produced by a breast feeding mother per day is,

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|-----------|-----------|-----------|-----------|
| (1) 850ml | (2) 750ml | (3) 500ml | (4) 250ml |
|-----------|-----------|-----------|-----------|

(13) • Take-off should be taken from one foot

- After three consecutive failures, the jumper is removed from the competition
- After calling the number if the jumper does not make the jump in the given time, it is considered as a failure

According to the above rules and regulations the event is

- | | |
|------------------|---------------|
| (1) Hurdles | (2) Shot-put |
| (3) Hammer Throw | (4) High jump |

(14) Behaviour of spectators is one of the main strategy to maintain enthusiasm in the game. A quality that should not be found in spectators is

- | |
|---|
| (1) Appreciate the skills and performance of all teams |
| (2) Criticize, Humiliate and annoy the defeated teams |
| (3) Avoid the use of harsh or inappropriate words |
| (4) Prevent from making an excessive noise which can be a hindrance to the game |

(15) A disease caused due to lack of vitamin D

- (1) High blood pressure (2) Rickets (3) Tuberculosis (4) Malaria

(16) Select the incorrect statement

- (1) Biologically gender is determined by the genes of both parents
(2) Irresponsible sexual behavior is a cause for the decline in education achievement in adolescence.
(3) Social norms regarding responsibility, behaviours and roles contribute to the social concept of gender.
(4) The minimum age at marriage in Sri Lanka is 16 years of age.

(17) The type of sport played on snow is

- (1) Ski jumping (2) Para jumps (3) Ski Diving (4) Ice skating

(18) Not a skill of volleyball

- (1) Serving (2) Spike (3) Footwork (4) Court defending

(19) According to Athletic classification a horizontal jump

- (1) Long jump (2) High Jump (3) Hurdles (4) Pole vault

(20) Football champions in 2018 is

- (1) Brazil (2) Croatia (3) France (4) Germany

(2 x 20 = 40 marks)

Part II

- The first question is compulsory. Answer 04 more questions.

(01) The programme of 'Health week' organized by Nildiyagama Junior school is given below.

- Dental clinic
- 'Let's protect our body' - speech delivered by a professional
- Shramadana programme - clearing the tank in the village and its surrounding
- Meditation programme and Bodhi Pooja
- Tree plantation programme and beautifying the school premises
- Friendly volleyball and Netball tournaments among other schools in the area
- Camp fire on the last day

This programme is organized by the Health club of the school and it was patronaged by government institutions, private co-operations as well as villagers in the area.

(i) Write two areas of health that can be developed by the above programme.

(02 marks)

- (ii) One whole day of the programme is cleaning the polluted tank in the river. Name three diseases that can be caused by water pollution. (03 marks)
- (iii) Write 3 activities done in the above programme with the community participation. (03 marks)
- (iv) Write two types knots and lashings that can be used in Shramadana programme. (02 marks)
- (v) Name two organized games other than the ones mentioned here. (02 marks)
- (vi) What is the main reason for discolouration of teeth? (02 marks)
- (vii) Write 3 diseases that can be caused to skin. (03 marks)
- (viii) Name 3 bonfires that can be made in a camp fire. (03 marks)

(02) One of the main needs of man is food and it contains a number of nutrients. The amount of nutrients needed for the body differs from person to person. When the required amount of nutrients are not consumed we have to face various diseases.

- (i) Food can be divided into six groups depending on the nutrients it supplies. Name 3 food groups. (03 marks)
- (ii) Write three consequences of bad food habits during adolescence. (03 marks)
- (iii) Nutritional needs change with the different situations in our life. Name two such persons in special situations. (02 marks)
- (iv) Name two nutrients included in macro-nutrients category. (02 marks)

(03) Relays are one of the most important Athletic events.

- (i) What are the types of baton change based on the side of the body from which the receiver receives the baton? (03 marks)
- (ii) Write three occasions which are considered as failures in a long jump event. (03 marks)
- (iii) Write 3 techniques of high jump. (03 marks)

(04) There are many social challenges which affect our well-being. Modern technology, diseases, accidents, environmental changes... etc are some of them.

- (i) (a) Write 3 modes of spread of communicable diseases.
- (b) Write ways to prevent from communicable diseases. (03 marks)
- (ii) (a) Write 3 disasters caused by climate change.
- (b) Write 3 harms caused to man by those disasters. (03 marks)
- (iii) (a) Write two negative consequences of technological development. (02 marks)
- (b) Give two positive use of technological development. (02 marks)

(05) Health related physical fitness factors directly affect our health. To measure those factors various tests can be done.

- (i) Write 3 main health related physical fitness factors. (03 marks)
- (ii) What is the formula to measure waist to height ratio? (02 marks)
- (iii) Write two main reasons of deformities which prevent good posture and mention 3 diseases that can be caused by the above reasons. (05 marks)

(06) Volleyball is the national game in Sri Lanka but netball is very popular among women. The most popular game in the world is football.

- (i) Write two faults that can be caused when throwing in the ball in football. (03 marks)
- (ii) Write two things to consider for a successful block in volleyball. (03 marks)
- (iii) Write two activities to be done in the court to practise shooting skill in Netball. (04 marks)



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