

Grade 09

Year End Test - 2019

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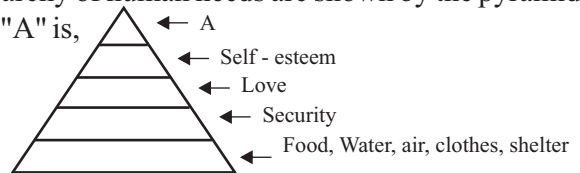
Health & Physical Education

Time 2 Hours

Name / Index No:

* Answer All Questions.

01. Abraham Maslow a psychologist who described the hierarchy of human needs are shown by the pyramid given in below. The suitable answer which represents by letter "A" is,



1. Protection
2. Self - actualization
3. Quick thinking
4. Mental Stress.

02. The nutrients that the body needs to prevent from diseases.

1. Vitamin and Protein
2. Carbohydrates and Fat
3. Vitamin and Minerals
4. Protein and Minerals

03. The factors that affect the nutritional quality of the food and the absorption of nutrients,

1. Preparing green gram and cowpea after sprouting.
2. Soaking gram prior to cooking
3. Preparing a dish combining different types of food
4. Drinking / having tea and coffee after or before meals.

04. Nutritional needs also vary according to the different situations people encounter. The category of people who do not need special nutritional need is,

1. Breast feeding mothers
2. Clerks
3. Sports persons
4. Sick persons

05. The disability that shown in the figure below is,

1. Excessive lumbar lordosis
2. Scoliosis
3. Kyphosis
4. Flatback



Normal Condition Abnormal Condition

06. According the law has been enacted in Sri Lanka , the minimum age of a person to be married is,

1. 16 years
2. 18 years
3. 20 years
4. 22 years

07. Statement - Eating big fish instead of small fish gives you more nutrition.

Reason - Minerals such as calcium, iron, zinc are becoming more common as small fish eat with bones.

The truth of the above statement and reason is,

1. Both statement and reason are true.
2. Both statement and reason are false.
3. Statement is true and reason is false
4. Statement is false and reason is correct.

08. Obesity

Cholesterol

Eye disease

a- Reduce taking food rich in fat.

b- Add more fruits and vegetables to the diet.

c- Reduce the intake of food rich in carbohydrates , protein and lipids.

The correct answer when the causes of the above diseases are aligned.

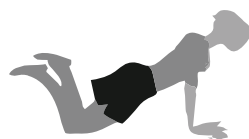
1. a, b and c
2. b, a and c
3. c, a and b
4. c, b and a

09. A contagious disease caused by contaminated food and water.

1. Dengue.
2. Leptospirosis
3. Tuberculosis
4. Typhoid

10. A disorder caused by congenital factors,
 1. defects due to Genetic conditions. 3. defects due to use of incorrect postures.
 2. defects due to nutritional deficiencies. 4. defects due to disease conditions.

11. A food that can not be prepared in an open place.
 1. Watalappan. 2. Rotee. 3. Bread/ Biscuit. 4. Rice.



Boys posture

Girls posture

The fitness quality that is going to measure using pushups test that show figures giving above is,
 1. Cardiovascular endurance 2. Muscular strength 3. Muscular endurance 4. Flexibility

13. It is not a contagious mode of infecting HIV/AIDS
 1. Unsafe sexual behaviour 3. Transfusion of infected blood
 2. Kissing and hugging an infected person. 4. From an infected mother to the child.

14. The most suitable baton changing method for a 4x 100m relay race that runs in a 400m track is
 1. Inside pass 2. outside pass 3. Mixed pass 4. Visual pass

15. Which is considered as a successful attempt in a long - jump event,
 1. After announcing the competitive number, jumper will start the attempt within one minute.
 2. Making somersaults when jumping.
 3. Touching the ground beyond the take - off line with any part of the jumper's body.
 4. Taking - off by both legs.

16. Most suitable technique that can be used to display maximum performance in high jump.
 1. Straddle method 2. Scissor Jump 3. Western roll 4. Fosbury flop method

17. Take a tennis ball and place it on the neck, below the ear and under the jaw. Then release the ball from your hand as you turn forward while coming to the position that show in the given figure.



The event going to practice using above activity is.

1. Discus throw 2. shot - put 3. Javelin throw 4. Hammer throw

18. The largest organ in the human body is,
 1. Stomach 2. Large intestine 3. Skin 4. Heart

19. Disaster that is directly related with human activities.
 1. Environmental Pollution 2. Lightning 3. Tsunami 4. Cyclones.

20. Which one has been named as the national game of Sri Lanka.
 1. Cricket 2. Foot ball 3. Rugger 4. Volleyball (20 Marks)

- If the following statements are correct, put a (✓) right mark and if the statements are incorrect, put a (✗) Wrong mark in the boxes given in front.

- 21) Power position is the phase, immediately before releasing the equipment in throwing event. ☐

- 22) Increasing the fat content in the body reduces the risk of contracting non-communicable diseases. ☐

- 23) Reduce frequently use of mobile phones and hearing aids will help to maintain health of the ears. ☐
- 24) The feature called " diphodont" is a unique feature of teeth of man. ☐
- 25) Power grip is special feature in the human fingers. Because of that we can hold an object or doing a task. ☐

● **Fill the blanks using words given in the brackets.**

(Stress, Libero, Throw - in, Penalty pass or shot, regulations in sports)

- 26) In football, a goal cannot be scored directly from a
- 27) is awarded for the infringements that are committed by the opposing players within the goal circle.
- 28) A special player who has been well trained in the field of play when playing back-court in volleyball is called as
- 29) The general principles used for the existence of sports is called
- 30) is the mental and physical response to the challenging situation. (20 Marks)

Part II

***Question no 01 is compulsory**

*** Select 04 other questions and write answers for five questions**

01. Under the health and physical education subject, we learn the skills that are needed to be a good citizen of the country from grade 06

Being aware of correct life style, rules and regulations in sports, ethics, nutrition, maintaining of physical fitness, correct posture, facing challenges and sports are learnt theoretically and practically.

This will give you an opportunity to be a totally healthy person while contributing to health promotion. It is a pleasure that we are able to build a healthy society through this

- i. Name 02 main sections that belong to total health
- ii. Mention 02 aspects of environmental pollution that human beings face
- iii. State 02 health policies that you propose to implement in your school under the themes of health promotion.
- iv. Write down 02 benefits of maintaining correct posture.
- v. Name 02 health related fitness factors.
- vi. Mention two qualities you should possess as a member of a sports team when dealing with other members
- vii. Name 02 diseases that spread through mosquitoes.
- viii. Write 02 games played on land using bat and ball.
- ix. Name 02 types of bonfires that are used in bonfire displays.
- x. State 02 advantages of engaging in sports.

(2X10=20 Marks)

02. The man who has been adapted to live in the natural environment is abandoning the natural environment as a result of industrialization. However you can enable to spend a healthy life by developing physical, psycho - social and life skills through the outdoor activities using the natural environment.

- i. Write 02 activities related to outdoor education, that you have learnt. (02 Marks)
- ii. Name 02 types of knots and lashings that are used in outdoor activities. (02 Marks)
- iii. Mention 03 qualities that you can be developed by engaging in outdoor activities (03 Marks)
- iv. State 03 factors that should be taken in to consider action when making a bonfire (03 Marks)

03. A balanced diet consists of right amounts of each nutrient the body needs. Diseases caused by ignorance, negligence and lack of proper living habits are major challenges for Sri Lankans today.

- i. Name 02 Macronutrients and 02 Micronutrients in the food we eat. (04 Marks)
- ii. Explain, why adolescents should be more concerned about nutrition than other life stages? (02 Marks)
- iii. Write how to find the body mass index that is determine of body composition. (02 Marks)
- iv. Write down 02 diseases caused by avoiding correct food habits. (02 Marks)

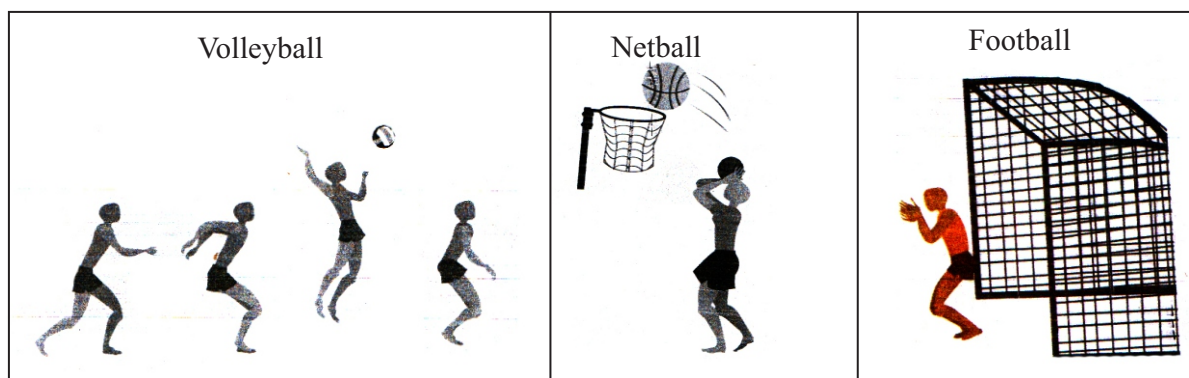
04. Today, men and women are so concerned about their appearance. They face many challenges to the health in their skin, nails, teeth, hair and eyes. Children like you, specially in adolescence, may use different synthetic cosmetics. Because of that the exterior features such as hair and skin that we have inherited, can change their identity later.

- i. Write down 02 main functions of the skin (02 Marks)
- ii. Mention 02 healthy habits that you can maintain to keep healthy hair (02 Marks)
- iii. Name an infection in eyes and ears. (02 Marks)
- iv. Write down the 04 main types of teeth in a grown person (02 Marks)

05. Due to the large number of spectators and the overwhelming persons at there, The students who participated in the athletic events on the Inter - house sports meet in this year, competed in the most competitive manner and showed their best performance. Even the baton change was more successful than the other year.

- i. Name 02 relay races that you participated in Inter - house sports meet (02 Marks)
- ii. Name a horizontal jump and a vertical jump (02 Marks)
- iii. Explain a suitable activity that can be used to practice the long jump (03 Marks)
- iv. Name 03 general rules related to throwing events (02 Marks)

(06)



- i. Name 02 skills besides spiking in volleyball (02 Marks)
- ii. Explain one activity that can be used to practice a skill mentioned above (02 Marks)
- iii. State 02 skills in Netball apart from shooting (02 Marks)
- iv. Write 02 skills in football other than Goal keeping (02 Marks)
- v. Explain one activity that can be used to practice Goal keeping (02 Marks)
- (Describe a suitable activity to practice the goal keeping)

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