

Grade 9

First Term Test - 2019

86

E

Health & Physical Education

Time : 2 hours

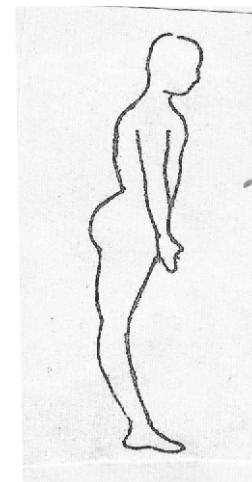
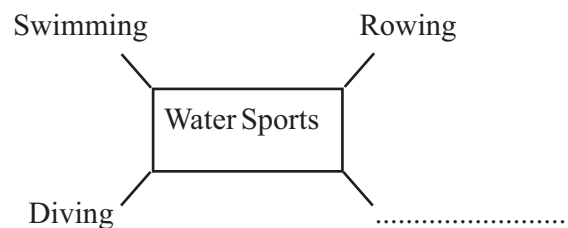
Important : • Answer all questions

Name/ Index No

Part I

• Fill in the blanks using the correct word given in the bracket for question no 1 - 10

- Maintaining good interpersonal relationship with the people around us is known as wellbeing. (mental / spiritual / social)
- causes rickets. (vitamin A deficiency / vitamin D deficiency / vitamin B deficiency)
- Hearing difficulties occur due to (air pollution / water pollution / sound pollution)
- The suitable sport for blank of this diagram, (Para jumps / wind surfing / aerobics)
- Number of methods of "defending the player" in netball is (4, 3, 5)
- feet minimum distance should be maintained in between the player who with the ball and the defending player. (2, 4, 3)
- is an example for sport that is done without equipments. (Kabadi / Rugby / Elle)
- Maintaining interpersonal relationship quantitatively develops. (sharing knowledge / moral development / conflicts)
- is transmitted from one person to another. (Dengue / Cancer / Tuberculosis)
- This diagram shows (Lordosis / Kyphosis / Scoliosis)



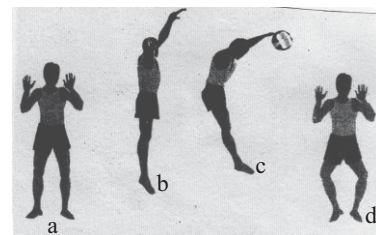
• **Underline the correct answer for question no. 11 - 15.**

11. Health of an individual is a state of being free of diseases and disabilities and,
 1. physical, mental, spiritual, wellbeing 2. physical, mental, social, wellbeing
 3. physical, mental, social and spiritual wellbeing 4. physical, social, spiritual wellbeing
12. A thing we should follow to prevent the incorrect postures of the body related to environmental factors,
 1. Take medicines properly 2. Get enough sleep
 3. Imitate noble characters 4. Follow correct postures
13. An activity related to camping techniques,
 1. Finding directions 2. Fire sports
 3. Making of fireplaces 4. climbing of trees
14. A psycho - social benefit that you can gain by engaging in organized and outdoor activities,
 1. Able to being free of diseases 2. Following rules and regulations
 3. Development of physical fitness 4. Above all

15. This diagram shows the technique of blocking in volleyball.

The letter 'b' shows,

- | | |
|-------------------------|-------------|
| 1. Approaching the ball | 2. Take off |
| 3. Preparation | 4. Landing |



• **Read the question no. 16 - 20 and mark (✓) if correct and mark (×) if incorrect.**

16. Maintaining good interpersonal relationship qualitatively, develops healthy ways of thinking. (.....)
17. Being strict and dedication only for own improvement is a quality of self-actualized person. (.....)
18. Spending time and effort for reducing the incorrect postures is an ineffective action. (.....)
19. Defending player can shake the netball post by means of interrupting for shooting in netball. (.....)
20. Only front players can block the ball in volleyball. (.....)

(2 x 20 = 40 marks)

Part - II

Answer 05 questions including the question No. 01.

01. Following programmes were implemented by the students' committee of health promotion during the School Health Promotion Week.
- Physical fitness programme.
 - Dengue prevention programme with the community.
 - Lecture on the awareness of human needs, correct postures, harmful effects of using drugs and health promotion for students and parents.
 - Practical session on organized games.
- i. Write 02 community related programmes that are not mentioned in the passage.
 - ii. What is meant by "health promotion"?
 - iii. Write 02 benefits of maintaining correct postures as described during the lecture.
 - iv. Write 02 major reasons which may affect harmfully for correct postures and having of other physical deformities.
 - v. Write 02 organized games which may be done with the ball during above sports programme.
 - vi. Which of game has a 'libero player'?
 - vii. Write 02 benefits that students can gain through participating of physical fitness programme.
 - viii. Write 02 self defense sports according to the classification of sports.
 - ix. Write 02 indoor games that can be done to minimize physical fatigue.
 - x. Write 02 actions that can be taken to eradicate drug menace from the society. (2x10=20 marks)
02. Activities of people and natural phenomena may affect on social health.
- i. Write 02 natural disasters that may affect on social health. (02 m)
 - ii. Write 02 principles that are related to health promotion. (04 m)
 - iii. Write 05 features of health promoted society. (04 m)
03. Awareness about the need of self actualization since school age causes to the success in future.
- i. Describe the word "self actualization"? (02m)
 - ii. Name 02 skills that you should develop in you to reach the level of self actualization? (04 m)
 - iii. Write 04 qualities that a person should have to reach self actualization. (04 m)
04. Correct postures are very important to make a individual who has a good personality.
- i. What is a correct posture? (02 m)
 - ii. Write 02 facts that affect incorrect postures? (04 m)
 - iii. Write 4 ways that you should act to overcome the harmful effects of incorrect postures (04 m)
05. Organized games and outdoor activities provide a special contribution to improve the efficiency of an individual.
- i. Mention 02 characteristics of organized games. (02 m)
 - ii. Name 03 activities that can be done under "exploration and recreational activities". (03 m)

iii. Write the group of sports that the following sports are belong to, according to the classification of organized games.

a - Race walking

b - Diving

c - Para jumps

d - Road race

e - Table tennis

(05 m)

06. Volleyball is very competitive and an attractive game among organized games.

i. Name 04 skills of volleyball except spiking and blocking

(02 m)

ii. What is attacking hit? Mention 03 fouls committed related to attacking hit.

(03 m)

iii. Briefly describe an activity that can be done in practising of blocking in volleyball by joining with a friend.

(05m)

07. Netball is very popular among women.

i. What is the penalty given when an opponent player pushing intentionally during a netball match?

(02 m)

ii. Mention 03 facts to be considered when attacking in netball.

(03 m)

iii. Briefly explain a suitable activity to practice shooting.

(05 m)

First Term Test - 2019

Health and Physical Education (Answer)

Grade 09

Part - I

- | | | | | | | |
|-----------------------|--------------------------|---------------------|------------------|-------|-------|------------|
| 01. Social | 02. Vitamin D deficiency | 03. Sound pollution | 04. Wind surfing | 05. 4 | 06. 3 | 07. Kabadi |
| 08. Sharing knowledge | 09. Cancer | 10. Lordosis | 11. 3 | 12. 4 | 13. 2 | 14. 2 |
| 15. 1 | 16. ✓ | | | | | |
| 17. ✗ | 18. ✗ | 19. ✗ | 20. ✓ | | | |

Part - II

01. i. Holding health camps / Implementing shramadana campaign / Getting support from the health related institutes / Implementing disease prevention programmes etc.
- ii. Empowering individual that have the ability to minimize the health problems of the individual as well as the community.
- iii. less energy expenditure / increasing the efficiency / prevention of accidents and disabilities / reducing physical ailments (pains) / free of diseases
- iv. Congenital factors, environmental factors
- v. Volleyball, netball, football, basketball, rugby, cricket, table tennis, elle
- vi. Volleyball
- vii. Improving physical fitness, Being active, Being free of diseases, cooperativeness, Improving rhythm etc...
- viii. Karate, Judo, Boxing, Wrestling, Wushu
- ix. Games which improve the mental skills like carrom, chess, checkers
- x. Making awareness about the harmful effects of drugs/Enforcing laws/Be aware of media portrayals/Rehabilitate the users of drugs/Engaging in aesthetic activities and sports/Engaging in religious activities (2x10 = 20 marks)
02. i. Tsunami, Floods, Draught, Earth slips etc... (02m)
- ii. Healthy policies/Developing knowledge and skills/Healthy environment/community participation /Reorganization of health services (04 m)
- iii. Building up an attractive environment /Minimal tendency of diseases like Dengue/Formation of a pleasing environment/Gaining economic benefits/Minimizing conflicts/Widening the social relationships/Reducing the cost of health/Improving the activeness/Ability to use the time maximum and efficiently/Improving the quality of life etc. (04 m)
03. i. Self-actualization is to use our creative abilities to serve the society to the maximum and lead a satisfying, righteous and peaceful life (02 m)
- ii. Physical skills, mental skills, aesthetic skills, social skills or being a master in the field of sports, arts, dancing, music, announcing, new creations, profession... (04 m)
- iii. Use talents for the betterment of the society/Be satisfied with what you have /Be a law abiding person/Respect other/Have good principles/Be a master in that field/ Use other resources tactfully/Having a fair occupation/Living in a distress free environment /Arranging lifestyle in according to the income etc... (04 m)
04. i. Correct postures are monitoring the body accurately as doing day to day activities without discomfort and less of effort (02 m)
- ii. Having an overloaded workout/Inadequate rest/Inadequate exercises/ Inadequate sleep / Unawareness /Carelessness/Use of wrong medicines etc.. (04 m)
- iii. Directing to the hospitals/Following the series of exercises /Minimizing the carelessness and unnecessary fatigue/ Following good habits / Following suitable food patterns/ Following correct postures regularly etc... (04 m)
05. i. Having accepted rules and regulations / Having standard playgrounds / Using standard equipments / Having fixed number of players (02 m)
- ii. Jungle explorations / Forest explorations / Cycling / Swimming / Rowing / Fishing / Using compass (03 m)
- iii. a - Athletics b - Water sports c - Air sports d - Athletics e - Indoor sports (05 m)
06. i. Serving, receiving, setting, court defending (02 m)
- ii. Any action which directs the ball towards the opponent except for serving and blocking is known as spiking (01 m)
- Faults of attack hit**
 1. A player hits to an opponent's ball.
 2. A player hits the ball 'out'
 3. A back - row player completes the attacking hit from the front zone, if at the moment if the ball is entirely higher than the top level of the net.
 4. Libero player completes the attacking hit...
 5. A back - row player completes the attacking hit etc...
(02 m)
- iii. Give marks for correct answer/Give marks for diagrams (05 m)
07. i. Penalty pass or penalty shoot. (02 m)
- ii. Get free from defending players /Run by changing directions/ Bring the ball to the shooting post/ Receive the ball with stretched hands. (03 m)
- iii. Give marks for correct answers / Give marks for diagrams (05 m)