

HEALTH & PHYSICAL EDUCATION SELF-STUDY BOOK

**GRADE
09**

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ZONAL EDUCATION OFFICE ~ KALMUNAI

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01. Where does a child spend most of his time?

- ❖ Family and School

02. What is a community consist of?

- ❖ People around us, and the environment.

03. Write 04 differences among members of the community?

Age

Economic Status

Religions

Occupations

04. Give 02 factors that can affect the health community?

- ❖ Health Standard
- ❖ The balance in the environment

05. Write 04 qualities to be developed to form a healthy community?

Healthy Attitude

Being Ethical

Obeying rules

Caring the environment

06. What is health?

- ❖ Health is a state of being free of disease of disability, and having physical, mental, social and spiritual wellbeing.

07. Define all 4 types of health (physical, mental, social and spiritual)?

- ❖ **Physical health:** The state of being free from disease and being physically fit.
- ❖ **Mentally health:** The ability to face challenges successfully and be a productive and happy member of the society.
- ❖ **Social health** : The ability maintains healthy relationship.
- ❖ **Spiritual health:** To have a meaning in life, and be able to maintain healthy relationships.



08. List 04 quantitative benefits of maintaining good interpersonal relationships?

- ❖ Reduces loneliness
- ❖ Better security
- ❖ Able to share knowledge
- ❖ Widens social network

09. List 04 qualitative benefits of maintaining interpersonal relationship?

- ❖ Moral development
- ❖ Engages in religious activities
- ❖ Engages in social welfare
- ❖ Develops healthy way of thinking

10. What you meant by “ Community health problems”?

- ❖ The obstacles that have the healthy state of an individual and balance of nature.

11. Give 05 community health problems?

- ❖ Environmental pollution
- ❖ Communicable and non-communicable diseases
- ❖ Use of alcohol, tobacco and other drugs
- ❖ Accidents and disasters



12. What is environmental pollution?

- ❖ It is defined as the process which makes our environment unsuitable for living of humans and animals.

13. Who cause environmental pollution?

- ❖ By Human actions

14. Write 04 aspects of environmental pollution?

- ❖ Air pollution
- ❖ Water pollution
- ❖ Land/soil pollution
- ❖ Noise pollution

15. What is air pollution?

- ❖ Air pollution is the change in the atmospheric composition due to contamination with toxic or harmful substances.

16. What are results of air pollution?

- ❖ Cancers
- ❖ Skin problems
- ❖ Diseases of the respiratory tract



17. What is water pollution?

- ❖ Water pollution is the change in the natural composition of water due to contamination by toxic or harmful substances.

18. Give 04 health problems caused by water pollution?

- ❖ Cholera
- ❖ Diarrhoea
- ❖ Skin problems
- ❖ cancer



19. What is land pollution?

- ❖ It's the degradation of land so that so that it is no longer useable.

20. Give 04 effects of land pollution?

- ❖ Breeding of mosquitos and flies
- ❖ Spread of disease
- ❖ Lose of soil nutrients
- ❖ Landslides and other natural disaster

21. What is sound pollution?

- ❖ Sound pollution is the emission of sound at harmful intensities.

22. Write the results of sound pollution?

- ❖ Hearing problems
- ❖ Stress
- ❖ Loss of tranquillity
- ❖ Difficulty ion concentration

23. Give 04 causes of environmental pollution?

- ❖ Destruction of forest
- ❖ Improper disposal of garbage
- ❖ Large scale, unregulated construction
- ❖ Burning coal, fossil fuels, plastic and polythene

24. Give 04 preventive methods of environmental pollution?

- ❖ Preservation of forest
- ❖ Proper management of garbage
- ❖ Enacting laws to prevent environmental pollution
- ❖ Following proper standards in the use of agrochemicals



25. What is communicable disease?

- ❖ Those diseases can be spread from one infected person to another person.

26. List 04 communicable diseases which can be seen in the society?

- ❖ Dengue
- ❖ Malaria
- ❖ Diarrhoea
- ❖ Tuberculosis

27. What is non communicable disease?

- ❖ Diseases that can't be transmitted from one person to another person.

28. List 04 non communicable diseases?

- ❖ Hypertension
- ❖ Mental illness
- ❖ Cancer
- ❖ stroke

29. Give 04 problems caused by illness?

- ❖ Disability
- ❖ Reduction in level of activity
- ❖ Reduction in life span
- ❖ Mental distress



30. Write 04 methods to prevent illness?

- ❖ Maintain good hygiene
- ❖ Immunization
- ❖ Keep environment clean
- ❖ Adopt to healthy life style

31. Write 04 issues caused by using tobacco and drugs?

- ❖ Crimes
- ❖ Heart disease, respiratory illness, cancer
- ❖ Conflicts
- ❖ Anti-social behaviour

32. Write 04 actions can be taken to minimize drug use in the society?

- ❖ Enforce laws
- ❖ Be aware of media portrayals
- ❖ Rehabilitate users
- ❖ Engage in sports and cultural activities

33. Give 04 accidents you know.

Home accident

Road accident

Animal attack

Food poison

34. Give 04 disasters.

- ❖ Floods
- ❖ Drought
- ❖ Tsunami
- ❖ war

35. What can be caused by accidents and disasters?

- ❖ Injury
- ❖ Illness
- ❖ Mental distress
- ❖ Damage to property



36. How can you prevent accidents and disasters?

- ❖ Learning about the causes of accidents and disasters
- ❖ Enforcing law
- ❖ Following rules
- ❖ Organizing awareness programs

37. Define 'abuse'?

- ❖ Its defined as behaviours which harm someone, against accepted social morals.

38. Define 'coercion'?

- ❖ Coercion is to encourage someone by using force or threat to engage in anti-social activities.

39. List some abuse and coercions which can be seen in the society?

- ❖ Sexual abuse
- ❖ Verbal abuse
- ❖ Employing under aged children
- ❖ Rejecting or neglecting their needs

40. Give 04 harmful results of abuse and coercions?

- ❖ Common disease
- ❖ Unwanted pregnancies
- ❖ Depression
- ❖ Endanger the life

41. Name 02 institutions which helps abused or coerced person?

- ❖ Department of probation and child care
- ❖ Children and women's bureau desks in police station

42. What is 'community health promotion'?

- ❖ It is providing individual with the skill to improve the state of social and health conditions.

43. Write 04 advantages of community health promotion?

- ❖ Prevent environmental pollution
- ❖ Prevent diseases
- ❖ Prevent Drugs abuse
- ❖ Prevent smoke

44. Give the 05 themes used to promote the health of family, school, and community?

- ❖ Create a healthy environment
- ❖ Get help from community
- ❖ Re-orientate and make optimal use of health services
- ❖ Develop policies which promote health
- ❖ Improve knowledge and skills

45. Give 04 policies to be developed which promote health?

- ❖ Daily exercising
- ❖ Maintain a healthy canteen
- ❖ Proving subsidies
- ❖ Adding iodine to salt and maintaining food standards



46. Write 04 ways to improve knowledge and skills help in health promotion?

- ❖ Conducting sports competition
- ❖ Aesthetic activities
- ❖ Health and education workshops
- ❖ Distributing books which contain information about health

47. Give 04 needs which can be provided by a healthy environment?

- ❖ Basic needs
- ❖ Love and protection
- ❖ Facilities for sports
- ❖ Medical facilities

48. Give 04 institutions contribute to community health promotion?

- ❖ Family
- ❖ School
- ❖ Work places
- ❖ temples

49. List 04 activities which can be done to promote healthy community?

- ❖ Replanting forest
- ❖ Conducting of health camps
- ❖ Dengue prevention activities
- ❖ Shramadana activities

50. How can the public get optimal use of health services? Give 2 examples.

- ❖ Identifying shortcomings in hospitals
- ❖ Mobile health facilities
- ❖ Counselling services
- ❖ Ensuring availability of investigation

51. Give 04 advantages of health promotion?

- ❖ Reduction of health care expenditure
- ❖ Ensuring a pleasant environment
- ❖ Developing good social relationships
- ❖ Minimizing quality of life



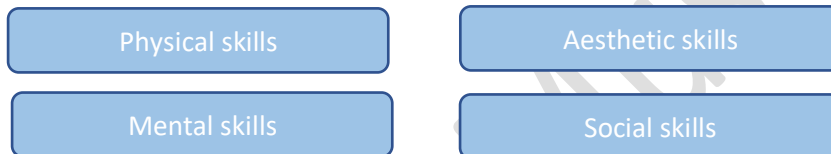
01. Who did a lot of experiments on human needs?

- ❖ Abraham Maslow

02. Describe the hierarchy of human needs that Abraham Maslow created.



03. Write 04 skills found among us.



04. Write 04 highest positions you can attain by using these abilities.

- ❖ Professional singer
- ❖ Professional Artist
- ❖ Professional dancer
- ❖ Professional sportsman

05. Describe 'self-actualization'.

- ❖ "Self actualization is to use our creative abilities to serve the society to the maximum and lead a satisfying, righteous and peaceful life.

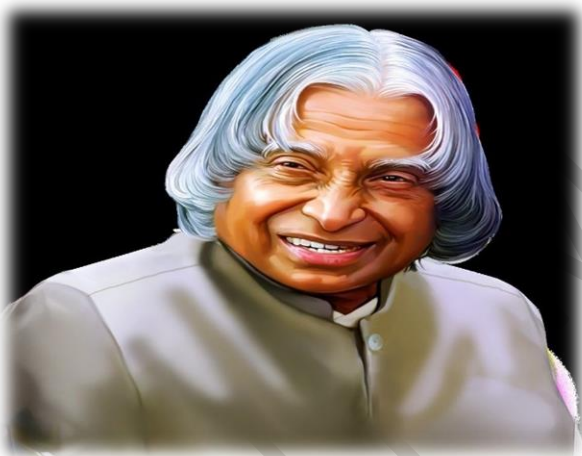
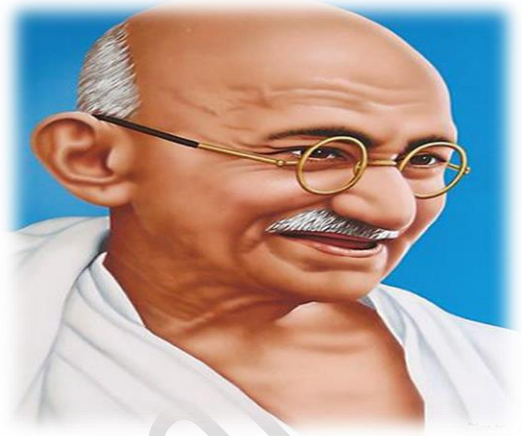
06. Give 04 qualities one should have to reach self-actualization.

- ❖ Be a master in the area we studied
- ❖ Be a law-abiding student
- ❖ Respect others
- ❖ Good time management



07. Name 04 persons who have reached self-actualization.

- ❖ Mahathma ghandi
- ❖ Mother Theresa
- ❖ Arthur C Clarke
- ❖ Abraham Lincoln



03 Let us identify physical deformities which prevent good posture

01. Write 02 facts that affect incorrect posture?

- ❖ Illness
- ❖ Bad habits

02. Write 02 results of maintaining a bad posture?

- ❖ Injury
- ❖ Physical deformity

03. What is correct posture?

- ❖ It is the proper alignment of the body during a movement or in a still position.

04. Write 04 benefits of maintaining correct posture?

- ❖ Reducing bodily pain
- ❖ Become healthy
- ❖ Prevent illness and injury
- ❖ Looks pleasant and attractive

05. What are the deformities which affects correct posture?

- ❖ Congenital factors
- ❖ Environmental factors

06. What you understand by 'congenital deformities'?

- ❖ The deformities caused by genetic defects which affect the foetus.

07. Write 02 effects caused by congenital deformities?

- ❖ Abnormal growth in muscle and bones
- ❖ Spinal deformity

08. Write 03 deformities caused by environmental factors?

- ❖ Nutritional deficiency
- ❖ Diseases affecting bones and muscles
- ❖ Improper postures

09. What is the deformity caused by Vitamin D.?

- ❖ rickets

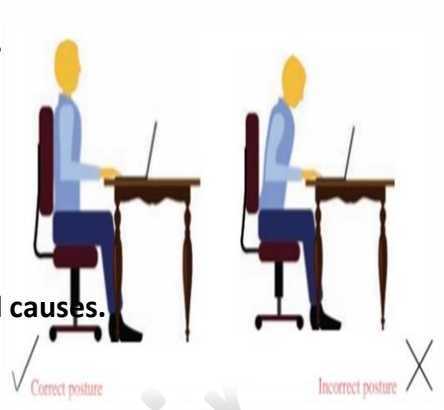
10. What is the deformity caused by Calcium?

- ❖ Osteoporosis



11. Write 04 incorrect postures that can cause physical deformities.

- ❖ Lifting heavy things with wrong posture
- ❖ Usage of inappropriate shoes and cloths
- ❖ Usage of unsuitable equipment
- ❖ Engaging in sports activities without proper guidance

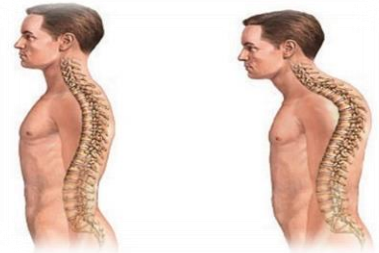


12. Mention 06 abnormalities due to congenital and environmental causes.

- ❖ Kyphosis
- ❖ Excessive lumbar lordosis
- ❖ Scoliosis
- ❖ Flat back
- ❖ Bow legs and knock knees

13. Explain each Abnormalities due to congenital and environmental causes with pictures.

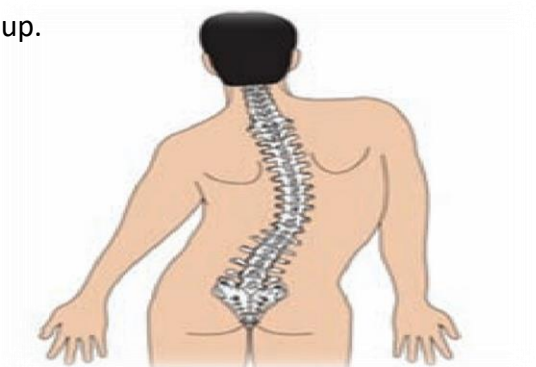
- ❖ **Kyphosis:** excessive curvature of the upper back (thoracic region.) This could be congenital or occur later in life due to environmental factors.



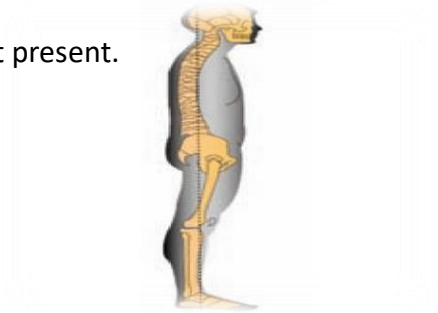
- ❖ **Excessive lumbar lordosis:** occur due to the excessive curvature of the lumbar region (lower region) of the spine. The hips are pushed back, the abdomen protrudes forward and the head moves forwards.



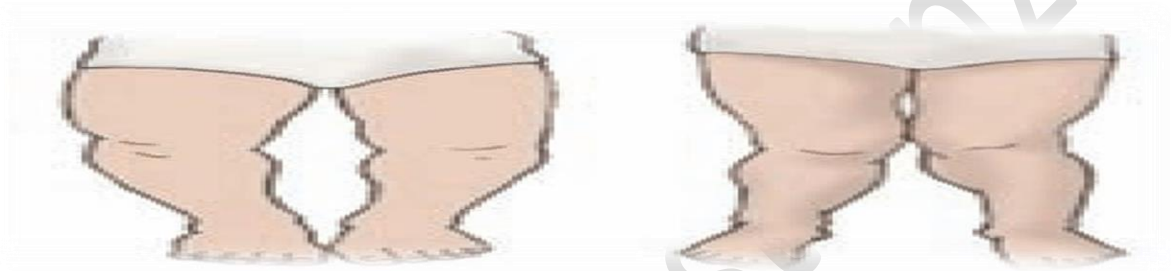
- ❖ **Scoliosis:** the spine is curved to the side. Because of this, the shoulder on one side drops down and the hip on the opposite side goes up.



- ❖ **Flat back:** The normal curvature of the lower back is not present.



- ❖ **Bow legs and knock knees:** **Bow legs** is a condition where the knees are wide apart when the person stands with the feet together. **Knock knees** the knees are angled in and touching each other when standing.



14. Write 04 healthy habits to avoid deformities that can be caused by wrong posture.

- ❖ Taking a balanced diet
- ❖ Exercising daily
- ❖ Getting adequate sleep and rest
- ❖ Maintaining good mental health



01. Write 04 benefits of participating sports?

- ❖ Physical fitness
- ❖ Improve physical, mental and social well-being
- ❖ Develop your personality
- ❖ activeness

02. What are organized games?

- ❖ The sports activities that are performed with or without instruments in a playground under rules and regulation.

03. Write 04 common features of organized games?

- ❖ Accepted rules and regulations
- ❖ Standard equipment is used
- ❖ Number of players are limited
- ❖ Playground with standard measurements

04. Classify the sports based on the places they are played.

- ❖ Water sports
- ❖ Sports played on ice
- ❖ Winder sports (sports played on snow)
- ❖ Air sports
- ❖ Sports played on land

**05. Name some sports played in water.**

- ❖ Swimming
- ❖ Water ballet
- ❖ Wind surfing
- ❖ Diving
- ❖ Boat races



06. Name some sports played on ice.

- ❖ Ice hockey
- ❖ Ice skating



07. Name some sports played on snow.

- ❖ Dancing on snow
- ❖ Snow skating
- ❖ Sledging
- ❖ Ski jumping



08. Name some sports played in Air.

- ❖ Aerobatics
- ❖ Para jumping
- ❖ Sky diving



09. Name the types of sports played in land with examples.

Bat-and-ball games	Ball games	Athletics
1. Cricket	1. Netball	1. Track and field events
2. Elle	2. Volleyball	2. Road races
3. Hockey	3. Football	3. Race walking
4. Tennis	4. Basketball	4. Cross-country running
Indoor games	Sports played without using equipment	Self-defence games
1. Basketball	1. Kabadi	1. Karate
2. Table tennis	2. Kho kho	2. Judo
3. Carom		3. Boxing
4. Chess		4. Wrestling
5. Draughts		5. Wushu
6. Squash		

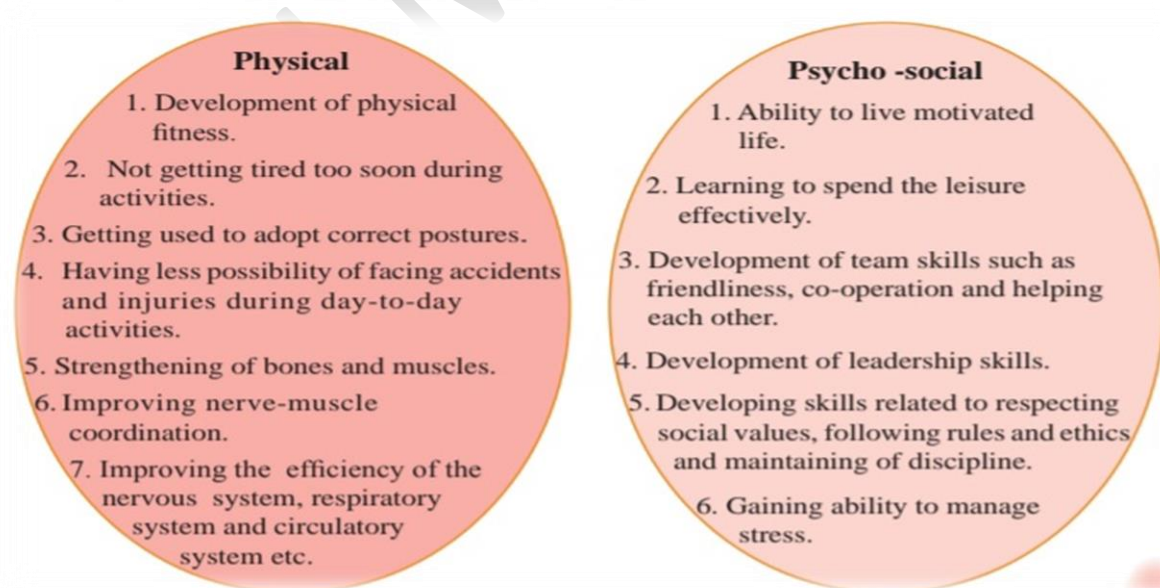
10. What is outdoor education?

- ❖ Providing opportunity to learn the nature of environment and adopting the lifestyle accordingly.

11. Write 04 experiences gain by engaging in outdoor activities.

- ❖ Learning to work as a team
- ❖ Learning to the leadership
- ❖ Motivating to protect the environment
- ❖ To feel happiness by appreciating nature

12. Write 04 physical skills and psycho-social that can be developed by outdoor activities?



14. Explain through a table how outdoor educational activities can be classified.



01. What is the National game of Sri Lanka?

- ❖ Volleyball

02. When was Volleyball introduced in Sri Lanka? By Whom?

- ❖ 1916- Robert Walter Camack

03. When was Volleyball introduced in the World? By Whom?

- ❖ 1895- William G Morgan

04. Write the skills of Volleyball?

Serving

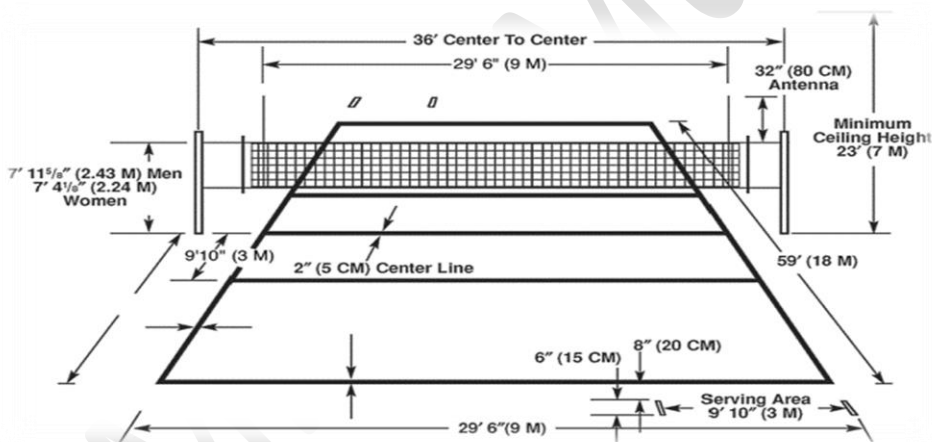
Receiving

setting

spiking

blocking

Court defending

**05. Draw the Volleyball court with measurement.****06. What you meant by Spiking?**

- ❖ Hitting the ball that is above the net so that goes straight over the net on to the opposite side.

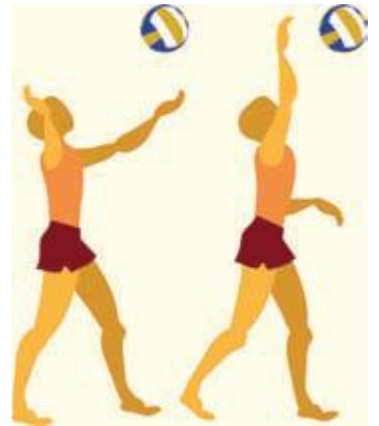
07. Write the techniques of spiking?

- ❖ Approach
- ❖ Take-off
- ❖ Hitting the ball
- ❖ Landing



08. Describe 02 activities to practise spiking with picture.

- 1> Take a volleyball.
 - › Toss the ball up with the non-dominant hand.
 - › Hit the upper part of the tossed ball hard with the dominant hand.
 - › Do this activity as many times as possible.
- 2> Toss the ball up with both hands.
 - › After tossing the ball, jump and hit it hard.



- 3> Fix a net in the playground so that the net lies above the level of your raised hands.
 - › Now take a volleyball and throw it up above the net.
 - › Now jump up and hit the ball so that it lands on the opposite side of the court.
 - › Continue practising this activity, gradually increasing the height of the net.



09. Write 04 factors that should be taken into consideration when spiking?

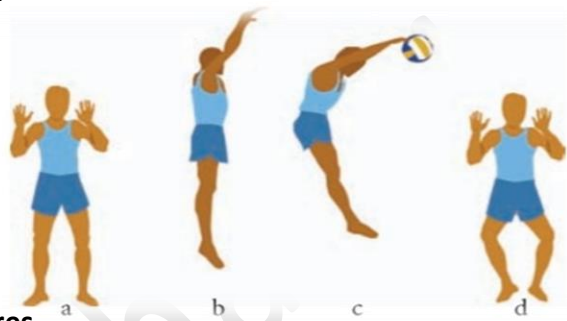
- ❖ While spiking, the ball should not be caught or thrown.
- ❖ Should not hit the ball while the ball is in the opponent's side.
- ❖ After hitting the ball should land on the opposite side of the court.
- ❖ A back-row player can hit the ball at any height, from the back zone.

10. What is blocking?

- ❖ Obstructing the ball coming from the opposite side, when it is above the net, by a front-row player, before it enters their side.

11. Write the techniques of blocking?

- ❖ Preparation
- ❖ Approaching the ball
- ❖ Taking off and touching the ball
- ❖ landing



12. Write 02 activates to practise blocking with pictures.

- 1> Take a volleyball and go to a playground or an open place.
 - › Stand with your legs a shoulder-width apart.
 - › Hold the ball with both hands and raise the hands with the ball.
 - › Now bend the hands at the wrist and make the ball fall fast on to the ground close to your feet.
 - › Do this activity as many times as possible.



- 2> Join with a friend who is of different height from yours.
 - › The taller one should hold the ball in one hand and keep that hand raised from a side.
 - › The other should jump up a little and make the ball fall on the ground in the same way it was done in the previous activity.
 - › Do this activity as many times as possible.



13. Write 03 factors to be considered for effective blocking?

- ❖ A blocker should not touch the ball that is in the opponent's side before an opponent hit the ball.
- ❖ Blocker's hands should not be placed over the top level of the net before the ball has been spiked by an opponent.
- ❖ Blocking Cannot be done by a back-row player or libero player.



01. When was netball introduced in Sri Lanka? By Whom?

- ❖ 1921- Jenny Green

02. When was netball introduced in the World? By Whom?

- ❖ 1891- Jams Smith -U.S.A

03. Write the skills of netball?

Ball control

Foot working

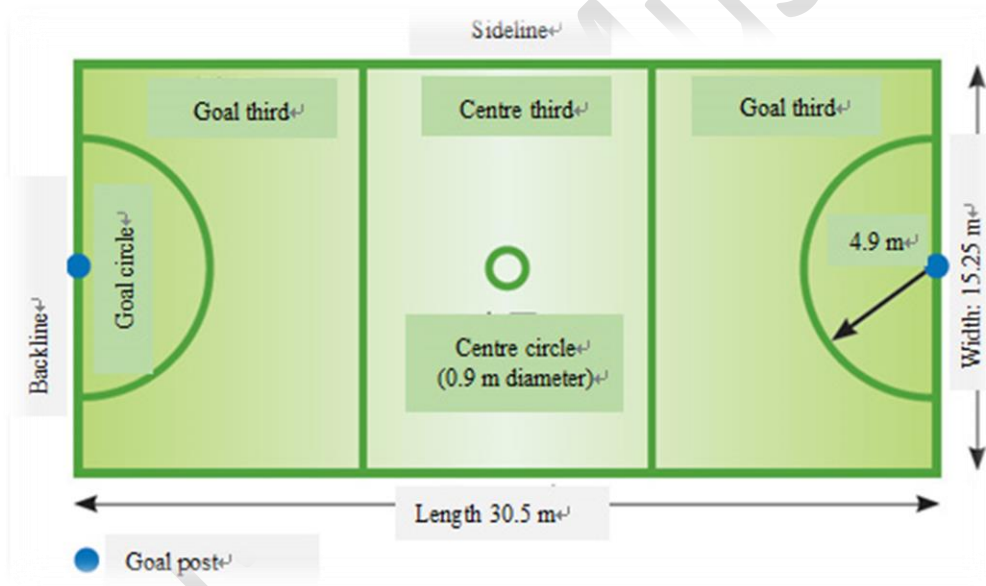
attacking

defending

shooting



04. Draw the netball court with measurement.



05. Explain the skill of attacking.

- ❖ Passing the ball among the players of a team strategically avoiding the opposing team and shooting it into goal.

06. Explain the skills of Defending.

- ❖ To minimize the chances of the opposite team getting points through passing ball among them.

07. Write the methods of Defending.

- ❖ Defending the player
- ❖ Defending the ball
- ❖ Defending the position

08. Explain the defending methods briefly.

1. Defending the player

Preventing the attacker from catching the ball is called as defending the player. This can be done in four methods.

- Standing in front of the attacker
- Standing behind the attacker
- Standing beside the attacker
- Standing opposite the attacker



2. Defending the ball

When defending the ball, the defender should identify the landed foot of the player who has received the ball and should prevent the ball from being thrown by standing face to face with the ball 3 feet away from that landed foot of the player with the ball. The defender should obstruct throwing of the ball by the attacker by extending her hands according to the throwing direction. As the attacker is throwing the ball, the defender can jump up and catch the ball as it is released from the hand of the attacker.



3. Defending the position

After passing the ball to another player of the own team, the attacker moves to a free place. Preventing the attacking player from moving in this manner is called defending the position.



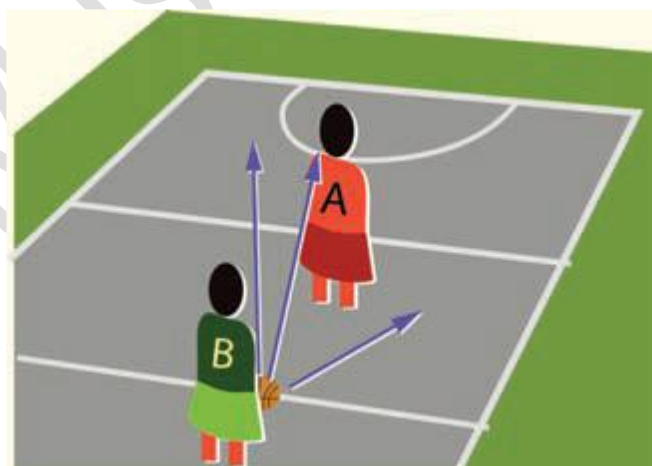
09. Write 02 activities to practise attacking and defending skills.

- **Avoiding the defending player**



- › Get into several groups so that each group stands in a line.
- › Place two marks as mark 1 and mark 2 in front of each line so that there is a gap of two feet between the two marks.
- › At a given signal, the student standing at the front of each line should place the right foot on mark 1 and should bend the body to the right.
- › Then they should raise the body and come back to the former position.
- › After that, the left foot of the students should be placed on mark 2 and the body should be bent to the left.
- › Next the student should come to the former position.
- › After completing these actions, the students should go to the back of their lines.
- › When doing this activity body posture of the students should be changed instantly and very fast.

- **Activities with pairs**



- › Two students should stand in the playground as shown in figure 6.7.
- › One student should act as defender and the other should act as attacker in carrying out the activities.
- › Initially practise the activities without the ball.
- › Then practise the same activities using the ball.

10. Write an activity to practise shooting skill.

1. Shooting the ball from different points that have been marked on the goal circle.
2. Draw circles with varying radii inside the goal circle and shoot the ball from each of the circles.
3. Catch the ball sent from outside the court close to the netball post and shoot the ball immediately after catching it.



11. Write 04 fouls committed when attacking, defending and shooting.

- ❖ Holding the opposing player either accidentally or intentionally.
- ❖ Placing the hand on the ball or shaking the netball post.
- ❖ Defending the ball by stretching the hand sideways.
- ❖ Obstructing the player with the ball in less than 3 feet.

01. Who name the game as football? When?

❖ William Ellis – 1846

02. Write the skills of football?

Dribbling

Heading the ball

Kicking

Throw-in

Controlling the ball

Defending

Goal Keeping

03. When was football introduced in Sri Lanka?

❖ The game was started in 1911 in Sri Lanka.

04. Explain the throw-in briefly.

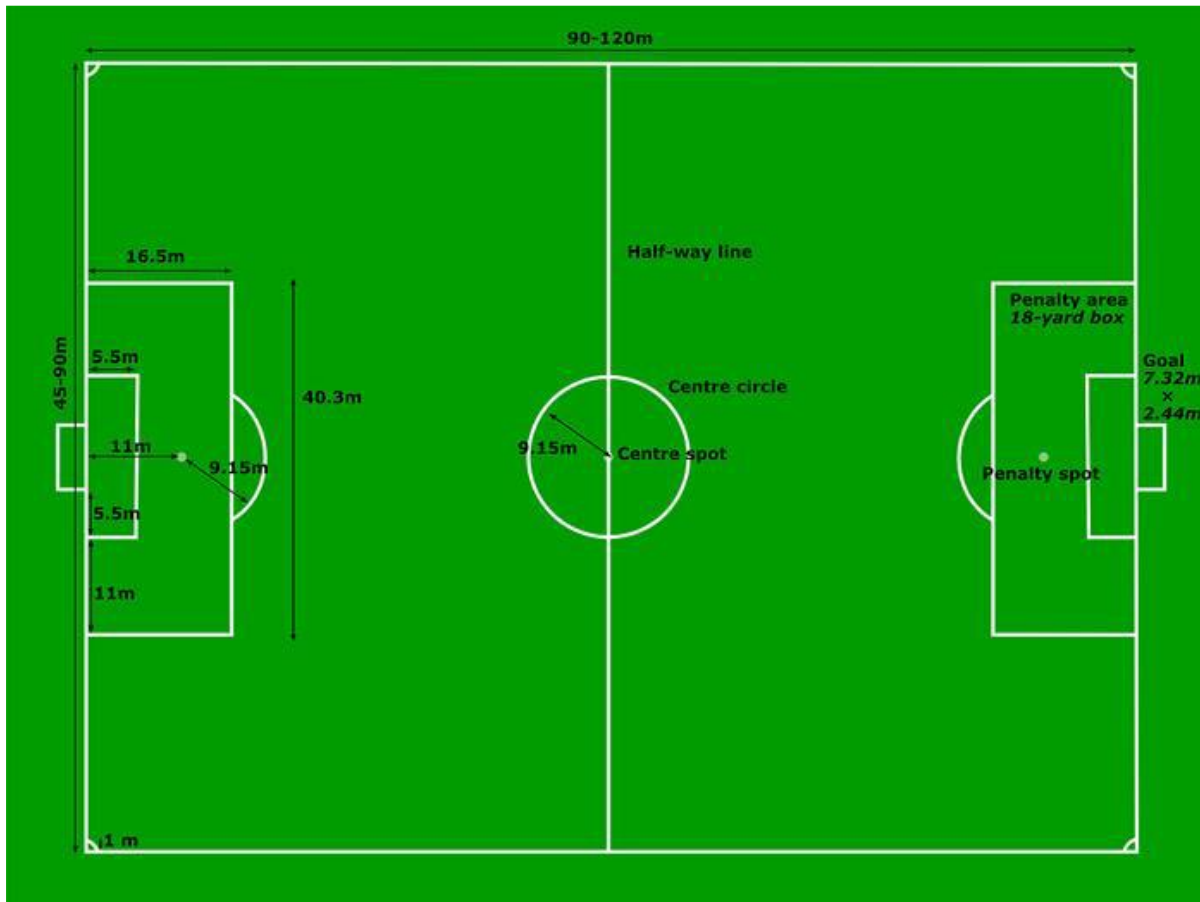
- In football, throw-in is a method of restarting play.
- When a football match is being played, a throw-in is used to bring the ball back to the court when the ball has gone out of the court across the side line.
- The opponents of the player who last touched the ball before it crossed the side line get the opportunity for the throw-in from the place where the ball crossed the side line.
- A goal cannot be scored directly from a throw-in.
- The ball should always be thrown-in from outside the court. The opponents must stand not less than 2 meters from the point at where the throw-in is taken. After the ball is released, the thrower should not touch the ball again until it has touched another player.



05. Write 04 techniques of Throw-in.

- The thrower should be facing the field of play at the moment the ball is released.
- Both feet of the thrower should be behind the side line, with one foot behind or apart.
- The ball should be held in both hands and thrown from behind over the head.
- The body should be bent backwards and as the body is straightened again, the hands should be brought forwards and the ball should be released

06. Draw the football court with measurement.



07. What is Goal keeping?

- ❖ Winning team is decided by goals. It means blocking the ball without letting it enter the goal post.

08. Write 05 methods of Goal keeping with picture.

1. Keeping of the ball that is coming along the ground from the front.



2. Keeping of the ball that is coming along the ground from a side.



3. Keeping of the ball reaching at chest level or abdominal level.



4. Keeping of the ball reaching above head.



5. Keeping of the ball by jumping to a side or by changing the direction of the ball.



09. Write 04 techniques of goal keeping.

- The goal keeper should stand on the goal line with legs about shoulder-width apart maintaining body balance.
- Hands should be bent at the elbows and should be positioned on the sides of the body above shoulder level.
- The knees should be bent bringing the body downwards and bending the body slightly forwards.
- The goal keeper should stand on the balls of the feet so that it is easy to move.
- When the goal keeper is in this position, he can easily move to the left, to the right, forwards or backwards.

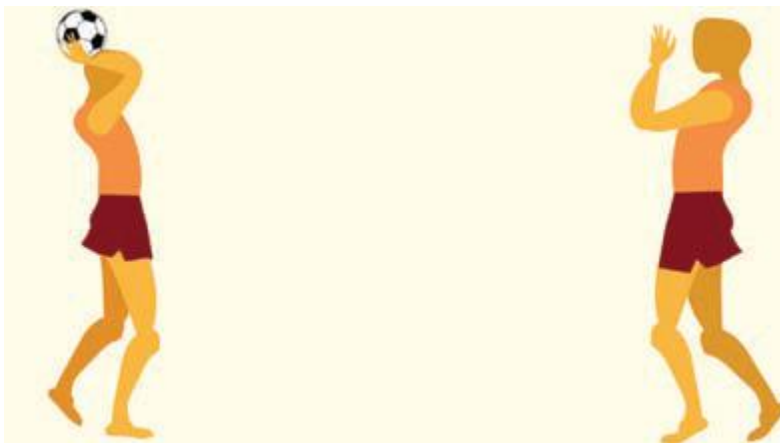


10. Describe 02 activities to practise Throw-in with pictures.

- 1> Hold the ball correctly and throw it to some distance from over the head.



- 2> Get into pairs. Hold the ball correctly and pass it to each other from above the head.



11. Describe 02 activities for goal keeping with pictures.

Practising keeping the ball that is coming along the ground

- 1' > Bounce the ball on a wall so that the ball goes in different directions.
> Stand in the correct position and keep the ball.



2' › Get into pairs.

› One should kick the ball so that it moves in different directions along the ground.

› The other should keep that ball following the correct technique.

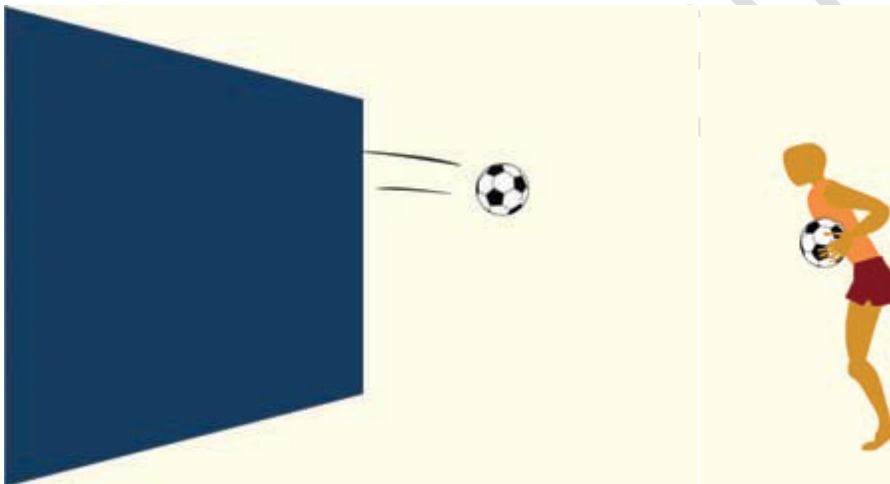
› Now the next pair should practise doing the activity.



Keeping the ball that is reaching at chest level

1' › Take a football and bounce it on a wall from chest level so that the ball moves in different directions.

› Now be in the correct position and catch the ball.

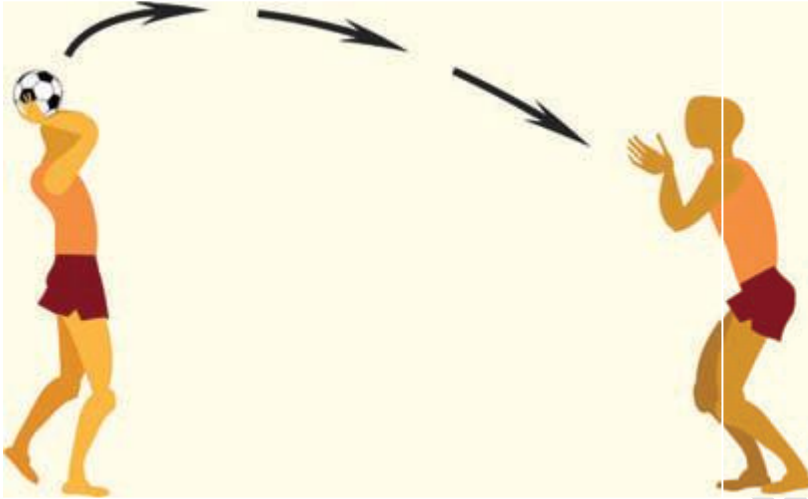


2' › Get into pairs.

› One should throw the ball to the left, to the right, forwards and backwards from shoulder level.

› The other should stand in the correct position and catch the ball.

› Then the next pair should practise doing this activity.

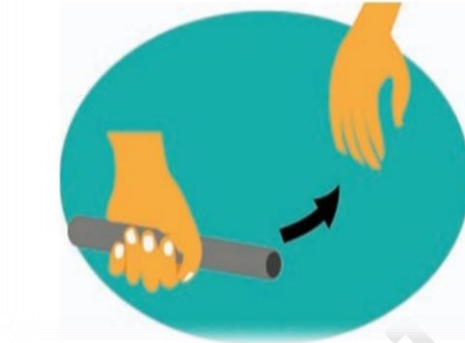


01. Write the techniques of Baton change.

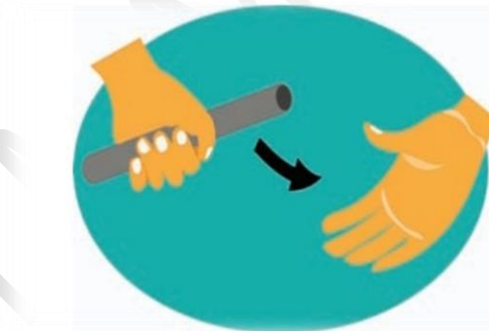
- ❖ Upsweep technique
- ❖ Downsweep technique

02. Explain the Upsweep technique with picture.

- ❖ The baton is swept upwards by the giver. The receiver stretches the hand behind so that the palm faces downwards and gets hold of the baton.

**03. Explain the Downsweep technique with picture.**

- ❖ The giver sweeps the baton down. The receiver stretches his hand behind turning the palms of the hand upwards and gets hold of the baton.

**04. What are the methods of receiving Baton?**

- ❖ Inside pass
- ❖ Outside pass
- ❖ Mixed pass

05. Explain inside pass with picture.

- ❖ The receiver receives the baton in his/her left hand (on the inside of track). The giver carries the baton in his/her right hand.



06. Explain outside pass with picture.

- ❖ The receiver receives the baton in his/her right hand (on the outside of track). The giver carries the baton in his/her left hand.



07. Explain mixed pass.

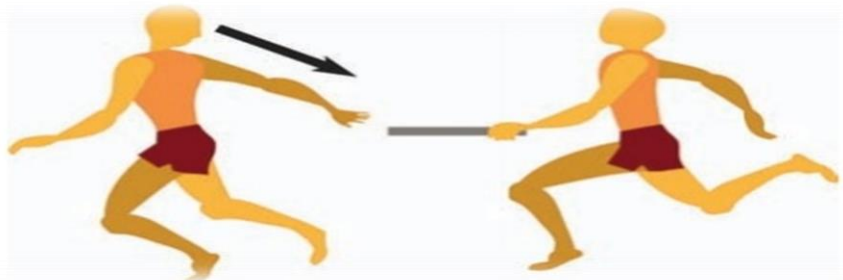
- ❖ In a relay race changing the baton both with the inside pass and the outside pass in turns is called mixed pass. The mixed pass is suitable for a 4 x 100m relay race run in a 400m track.

08. Baton change can be classified into 2 types accordance with the distance. What are they?

- ❖ Visual pass
- ❖ Non-visual pass

09. Explain Visual pass with picture.

- ❖ The receiver looks back and receives the baton from the giver. It is used in 4 x 400m races.



10. Explain Non-visual pass with picture.

- ❖ In this method the receiver gets the baton without looking back while stretching his hand backwards and running forward. This method is used in 4 x 100m races.



11. Write an activity for practising the baton change.

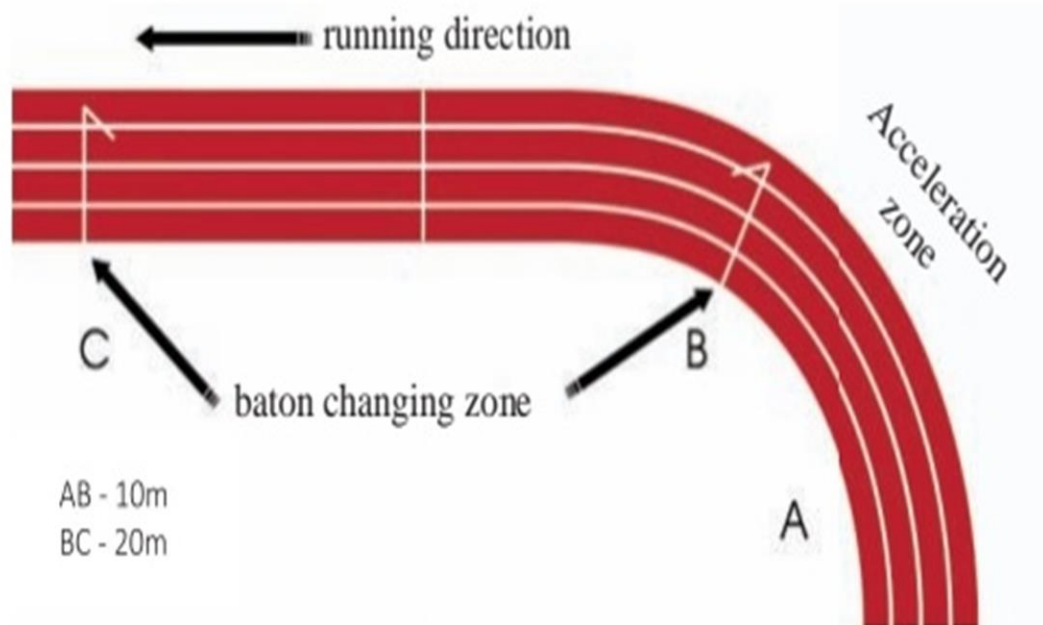
- The following activities can be used to practise the upsweep technique, downsweep technique, inside pass, outside pass and the mixed pass.
 - › Get into groups of four and stand in lines as shown in the figure 8.7 so that there is sufficient gap between two students in each line to change the baton.
 - › Begin from the student in the back of the line who gives the baton to the third student in it, the third to the second and then the second to the first in the front.
 - › Practise doing these activities, first standing in the same place, then walking, next running slowly and finally running fast.



12. Write 04 rules of baton change.

1. The baton should be exchanged directly from hand to hand. It should not be thrown.
2. If the baton slips and falls down while it is being exchanged, the runner who handed over the baton should pick it up and give it to the receiver. The receiver should not pick up the baton.
3. Before or after the baton has been exchanged, lanes should not be obstructed so that the other runners are disturbed.
4. The baton should be carried in the hand throughout the race.
5. The baton should be exchanged only within the baton exchange zones

13. Draw the baton change zone.



01. Write 03 factors that help to gain victory in long jump event.

- ❖ Speed
- ❖ Strength
- ❖ coordination

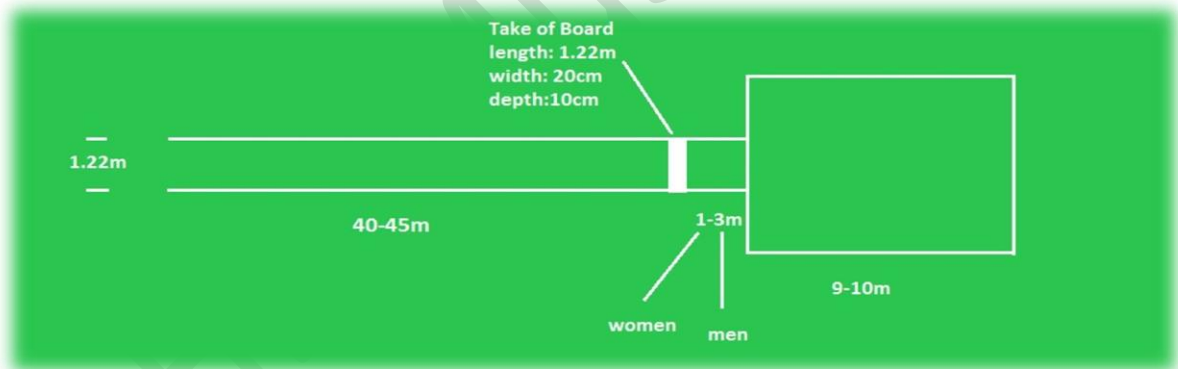
02. Write the techniques of long jump.

- ❖ Hang technique
- ❖ Sail technique
- ❖ Hitch-kick technique

03. Write the phases of long jump.

- ❖ Approach run
- ❖ Take off
- ❖ Flight
- ❖ landing

04. Draw the long jump court.



05. Explain the hang technique of long jump.

- This technique is called the hang technique because the jumper, after taking off, makes the flight with his/her hands raised as if he/she is raising hands to hang on a support that is lying above.
- When the long jump is made according to this technique, a very fast and rhythmic approach run should be made up to the take-off board lifting the knees high.
- The take-off foot should be placed correctly on the take-off board and the take off should be made properly in order to make the flight.
- Then the two feet should be brought forwards and upwards, and the two hands that were at the back should be brought forwards.
- Then the body is bent forwards and the landing is done.
- As the two feet touch the landing area, the knees are bent and the body is pushed forward along the ground in a sitting position.



06. Write 02 activities to practise long jump.

1. › Walk forward.
› Take off from one foot and jump over a small obstacle, on the walk.



2. › Run slowly.
› Take off from one foot and jump over a small obstacle on the run.



3. › On slow run, take off from the dominant foot at the mark placed on the ground.
› Jump over the obstacle placed in front of the mark and land with both feet.



07. What are considered as fault jumps in long jump?

- Touching the ground beyond the take-off line with any part of the jumper's body while taking off for the long jump.
- Taking off by placing the take-off foot on the ground outside the two sides of the take-off board.
- Making somersaults while running or while jumping.
- Not starting to attempt jumping before the lapse of one minute after the number of the jumper has been announced.
- After landing, walking back towards the take-off board along the landing area.

01. Write 04 functions of food.

- ❖ Protecting from diseases.
- ❖ Producing energy to bodily function.
- ❖ Reforming cells which are damaged.
- ❖ To growth our body.

02. Write the main nutrients important for our body.

- ❖ Carbohydrate
- ❖ Proteins
- ❖ Lipids
- ❖ Vitamins
- ❖ Minerals

**03. Food can be categorized on the basis of nutrients in it. What are they?**

- ❖ Grains and yams
- ❖ Vegetables
- ❖ Fruits
- ❖ Meat, fish and eggs
- ❖ Pulses and seeds
- ❖ Milk and milk products

04. What you meant by 'Balance diet'?

- ❖ A single food that contains all the nutrients in the needed level.

05. What are the different stages during which nutritional needs change?

Age	Stage
Birth to one year	Infant
1 year - 9 years	Childhood
10 years - 19 years	Adolescence
20 years - 59 years	Youth and middle age
60 years and above	Old age

06. Write the nutritional needs of infant.

- ❖ Carbohydrate
- ❖ Proteins
- ❖ Fats
- ❖ Vitamins
- ❖ Minerals- Calcium, iron, zinc

07. Write 05 food items with nutrients that can be given after 6 months.

Food	Nutrients
Rice, green gram, cowpea, chick pea	Carbohydrates and proteins
Green leaves	Minerals and vitamins
Fish, meat, milk, eggs	Proteins, minerals, vitamins, iron, lipids
Fruits	Vitamins, minerals
Oil, butter, margarine	Lipids

08. What are the diseases caused by unhealthy eating habits during childhood?

- ❖ Diabetes
- ❖ obesity

09. Write 04 child and maternal health programs to reduce malnutrition in childhood.

- ❖ Promotion of breastfeeding
- ❖ Monitoring growth
- ❖ Giving advice to mothers on nutrition
- ❖ Providing worm treatment

10. What are the nutrients needed for the rapid growth of adolescence.

- ❖ Protein
- ❖ Iron
- ❖ Iodine
- ❖ Calcium
- ❖ vitamins

11. Write 04 bad eating habits of adolescence.

- ❖ Missing the breakfast
- ❖ Eating junk food and fast food
- ❖ Consuming sweetened fizzy drinks
- ❖ Consuming alcohol

12. Write 04 bad effects of bad food habits.

- ❖ Overweight and Obesity
- ❖ Deficiency of micronutrients
- ❖ Affect on future babies
- ❖ Delay in puberty for girls



13. Write 04 consequences of bad food habits in youth and middle age.

- ❖ Diabetes due to consumption of food with high sugar content
- ❖ High blood pressure and heart problems due to consumption of food with increased salt.
- ❖ Obesity, heart attacks and strokes due to consumption of food with high fat content.
- ❖ Obesity due to consumption of foods with high carbohydrate content.

14. Write 04 changes in old age.

- ❖ Growth drops
- ❖ Becomes less active
- ❖ Digestion gets weak
- ❖ Reduction in appetite.

15. Mention 04 ways of ensuring good nutrition during old age.

- ❖ Eating food that increases appetite.
- ❖ Eating food that generate energy.
- ❖ Increase water intake.
- ❖ Take fibre rich food regularly.

16. Name some solid, semi-solid and liquid food items suitable for the latter part of adulthood.

Solid food	Semisolid and liquid food
Pulses	Porridge
Vegetables	Soups
Fruits	Fruit juice
	Milk
	Barley
	Semolina

17. Write 04 people who are in needs of special; nutritional needs.

- ❖ Pregnant mothers
- ❖ Breast feeding mothers
- ❖ Sportspersons
- ❖ Sick persons

18. What you meant by gestational period?

The period a foetus is in the uterus of a mother. It is approximately 280 days.

19. Who is in charge for pregnant mother?

- ❖ midwife



20. Write 04 importance of breast milk.

- ❖ Provides natural immunization
- ❖ Reduces allergies
- ❖ Free of germs
- ❖ Necessary amount of water is provided

21. Write 04 advantages for a sportsman when getting nourishment.

- ❖ Helps to perform optimally
- ❖ Body will become stronger
- ❖ Will be healthy
- ❖ Good control of weight

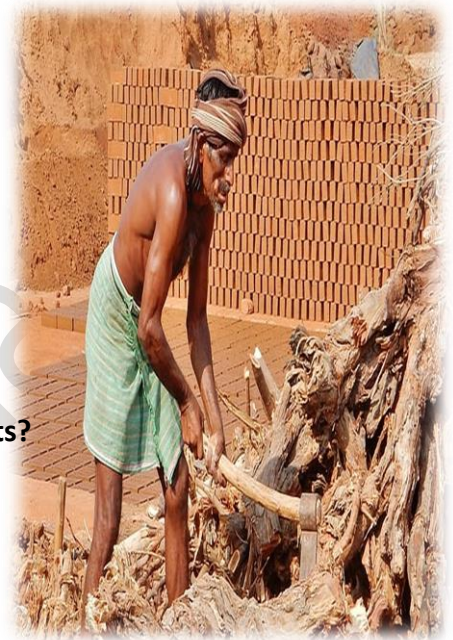
22. Write some different menus are used for different illnesses.

- ❖ Patient with diabetes- food that has less sugar
- ❖ Patient with heart attack- food with less oil
- ❖ Patient with high blood pressure- diet with less salt

23. How does a vegetarian fulfil his calcium and protein requirements?

- ❖ Drinking milk
- ❖ Cheese, paneer, curd, yoghurt
- ❖ Coconut milk, oats, soya milk

24. Write 04 Myths and fact regarding nutrition?



Myth	Fact
All the expensive food for sale in the shops have a very high nutritional value.	The nutritional value of the food cannot be estimated by the price. The nutritional value depends on the nutrients, freshness, cleanliness and hygiene of the food. Due to the addition of artificial flavours and preservatives sometimes the nutritional value of expensive food can be reduced.
Meat based food provide all the nutrients needed for the body.	Proteins, minerals, vitamins, amino acids can be found in vegetables too. eg: grains, mushrooms, tofu, leafy vegetables
Breast milk secreted initially should be cast aside. It is the milk secreted after this that should be given to the baby.	It is very important that the baby gets the initial secretion of mother's milk known as colostrum as it is very nutritious and gives immunity to the baby.
Fruits that are big are more nutritious	The nutritional level is not high due to the size of the fruit which could have extra water or more cells for the size.

Jambu and mandarins should not be given to small children	These should be given as they have a lot of vitamin C and minerals
A large body indicates good nutrition	Having a large body does not mean the person is healthy. In diseases as well as due to unnecessary nutrition the body can be large.
Big fish have more nutritional value than small fish	Flesh of small fish is as nutritious as big fish. In addition all of small fish are also consumed when eating small fish. Therefore we can get more of micronutrients such as calcium, iron, zinc. Bones of large fish are not consumed, so the nutritional value is less.
Most food items are known to cause phlegm, gall or wind. These food make you sick	Certain foods can be allergic only to some people. Therefore food cannot be commonly labelled as unsuitable.
Green leafy vegetables should not be eaten in the night	No matter what time of the day you eat the green leafy vegetables the notorious value remains high
Pregnant mothers should not eat small fish	Small fish contain protein as well as a large amount of micronutrients. The unborn baby in the mother's womb gets the nutrition through the umbilical cord.

25. Write 04 fact should be considered when selecting foods.

- ❖ Buying food to suit each individual
- ❖ Choose natural foods over artificial or processed food
- ❖ Avoiding food items near its expiry date
- ❖ Do not purchase fruits, green leaves and vegetables that are withered



11 Let us protect the features which affect our appearance

01. Write 05 sensory organs.

- ❖ Ears
- ❖ Nose
- ❖ Skin
- ❖ Eyes
- ❖ Digestive system

02. What is the largest organ of our body?

- ❖ Skin

03. Write the types of skin.

- ❖ Dry
- ❖ Oily
- ❖ normal

04. Write 04 functions of skin.

- ❖ Protects the internal organs
- ❖ Gives an external appearance to the body
- ❖ Helps in producing Vitamin D from sunlight
- ❖ Controlling body temperature

05. Write 04 skin related diseases.

Pityriasis

Skin Cancers

Scabies

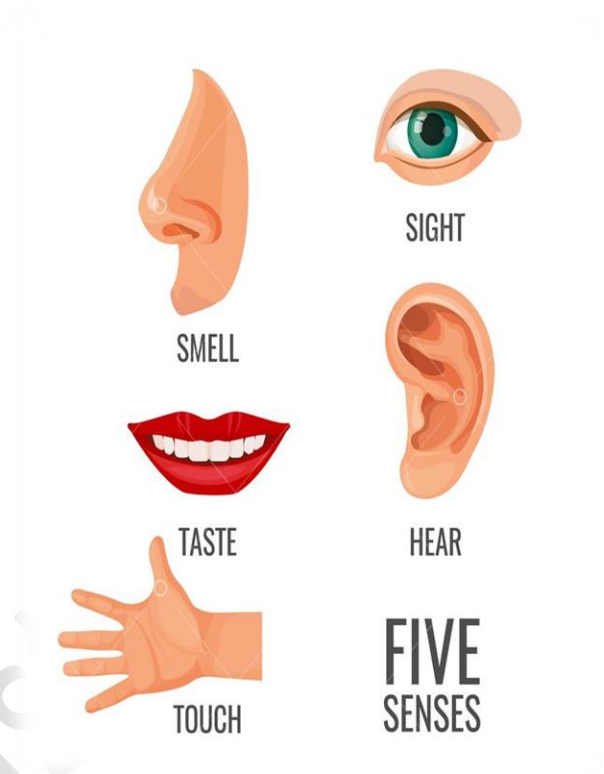
Sweat rash

06. Write 04 healthy ways of preventing skin diseases.

- ❖ Take nutritious food
- ❖ Drinking enough water
- ❖ Keeping the skin clean
- ❖ Avoiding accidents

07. Write a function of hair.

- ❖ It gives protection to the head and gives additional protection to the brain.



08. Write 04 diseases related to hair.

Dandruff

Tinea capitis

Psoriasis

Head lice

09. Write 04 healthy habits to prevent illnesses related to hair.

- ❖ Use standard hair protects
- ❖ Wash hair well after using a cleaner
- ❖ Prevent doing artificial hair styles
- ❖ Using recommended hair oil

10. Write a function of nail.

- ❖ Nails are formed to protect finger tips and toes as they are constantly in friction when performing various tasks.

11. Write some diseases associated with nails.

- ❖ Fungal diseases
- ❖ Blisters
- ❖ Nailbed infection

12. Write 04 healthy habits to protect nails.

- ❖ Consuming healthy foods
- ❖ Avoid biting nails
- ❖ Protecting nails from accidents
- ❖ Keep nails clean

13. Write the functions of lips.

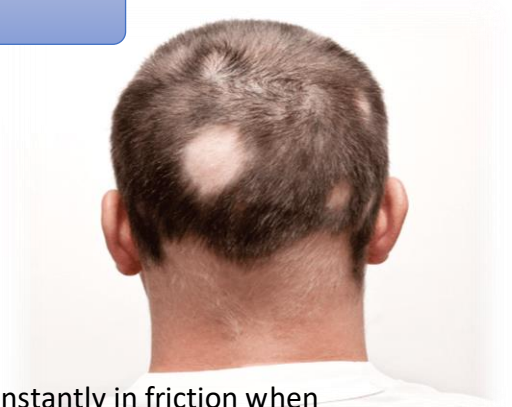
- ❖ Lips help for the appearance of the face, to control expression, to talk and pronounce.

14. Write 04 diseases related to lip.

- ❖ Cancers of lip
- ❖ Inflammation of lips
- ❖ Cleft lips
- ❖ Injuries to the lips

15. Write 04 health practises related to lips.

- ❖ Consume nutritious food
- ❖ Consume adequate water
- ❖ Avoid eating and drinking hot or very cold foods and drinks
- ❖ Avoiding alcohol and smoking



16. Write some functions of teeth.

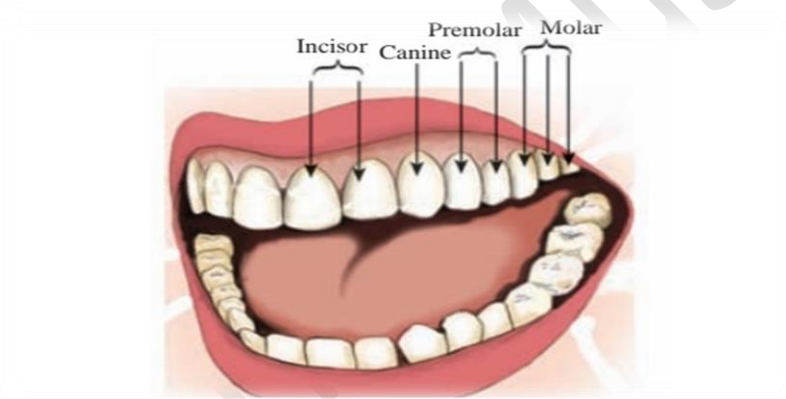
- ❖ Eating foods
- ❖ Easy digestion
- ❖ Pronouncing words
- ❖ Giving shapely face

17. Write a short note about teeth.





- Teeth are helpful when having food, to break food into particles for easy digestion, for the shape and fullness of the face, when pronouncing sounds and for the personality.
- Teeth start to erupt after about 6-9 months of a child's birth. These first teeth are known as milk teeth or deciduous teeth. From 6-12 years of age these teeth fall off and new teeth erupt in place. The new teeth that erupt are known as permanent teeth. The teeth erupting at two different times is a unique feature of man. This is known as diphyodont. Man has a set of 32 permanent teeth with 16 each in the upper and the lower jaws. This is known as dentition...

Incisor $\frac{2}{2}$	Canine $\frac{1}{1}$	Premolar $\frac{2}{2}$	Molar $\frac{3}{3}$
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18. Draw the teeth and mention the names.



19. Write down 04 kinds of teeth and their functions with pictures.

Incisor  To cut food	Canine  Grasp and tear food	Premolar  Grind and chew food	Molar  Grind food
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20. Write 04 diseases related to teeth.

- ❖ Decaying of teeth
- ❖ Tooth wear
- ❖ Gum disease
- ❖ Crooked teeth

21. Write 04 healthy ways of looking after your teeth.

- ❖ Consume food rich in minerals and calcium
- ❖ Avoid excess food other than main meals
- ❖ Avoid eating sweet and sticky food
- ❖ Avoid eating very cold or hot food

22. What you meant by binocular vision?

- ❖ The fact that we can see an object at once with both eyes.

23. Write a short note about eye.

- ❖ Sensory organ that helps us to see.
- ❖ The eye brows and the lashes are placed to protect the eyes from foreign bodies or germs. The eye brows are placed above the eye and slightly forwards.
- ❖ If a foreign body enters the eyes the eye lashes start blinking very fast and works towards getting it out. If the object is still present the tear glands start to secrete tears and the object comes out.
- ❖ If an object is about to strike the eye, instantly the eye closes and it reduces any injuries to the eye.

24. Write 04 diseases related to eye.

- ❖ Red eye, secretion, sties
- ❖ Cataract
- ❖ Colour blindness, night blindness
- ❖ Short sightedness, long sightedness, blindness

25. Write 04 healthy practices to protect the eyes.

- ❖ Use protective sunglasses
- ❖ Protect the eyes from accidents
- ❖ Take regular breaks when working with computers
- ❖ Prevent chemicals and harmful rays from entering the eyes.



26. Write a short note about ears.

- The eardrum which is an important organ is placed in somewhat internally
- The pinna or external portion of the ear is protruding outwards to be able to catch the sounds and direct them to the inside of the ear
- The internal ear and the throat are connected by the Eustachian tube. This tube makes the pressure in the atmosphere and the internal ear equal
- Wax is made internally to protect the ear. Wax is made from the secretions in the external ear.
- It Helps in maintaining the balance



27. Write 03 diseases related to the ears.

- ❖ Infection of the external ear
- ❖ Due to middle ear infection the ear drum can get affected.
- ❖ Infection of the inner ear and as the result nerves get affected and hearing power get affected.

28. Write 04 good practises to maintain health of the ears.

- ❖ Do not get exposed to very loud noises
- ❖ Do not use mobile phones or earphones for a long period
- ❖ Avoid external elements entering into the ears
- ❖ Consult a ENT doctor if there is any disease into ear

29. What you meant by power grip?

- ❖ The ability to hold firmly using the large muscles of the hand

30. What you meant by precision grip?

- ❖ Helps in holding an object or doing a task and is done using the small muscles of the hand.

31. Write 03 instances where the fingers get injured.

- ❖ When using the knife or sharp objects
- ❖ When fingers and toes are caught in machines
- ❖ When using the hammer

32. Write 03 ways of protecting the fingers and toes.

- ❖ Keep your fingers, toes and nails clean
- ❖ Do not wear gloves, shoes and boots for longer period
- ❖ Pay attention and take care when using knives, hammers and scissors

01. What is physical fitness?

- ❖ Ability to perform physical activities effectively

02. Write the types of physical fitness.

- ❖ Skill related physical fitness
- ❖ Health related physical fitness

03. Write the 5 types of health-related physical fitness.

- ❖ Cardiovascular endurance
- ❖ Muscular endurance
- ❖ Muscular strength
- ❖ Flexibility
- ❖ Body composition

04. Write the process of physical fitness test.

- ❖ Preparation for test
- ❖ Carrying out test
- ❖ Analysis after test

05. Write 03 things to be considered during the physical fitness test.

- ❖ Prepare the field so that accident and injuries are minimized.
- ❖ Prior to the test make sure the participants do warm up exercises.
- ❖ After the test make sure they do exercises to warm down.

06. What you meant by cardiovascular endurance? Give an example with picture.

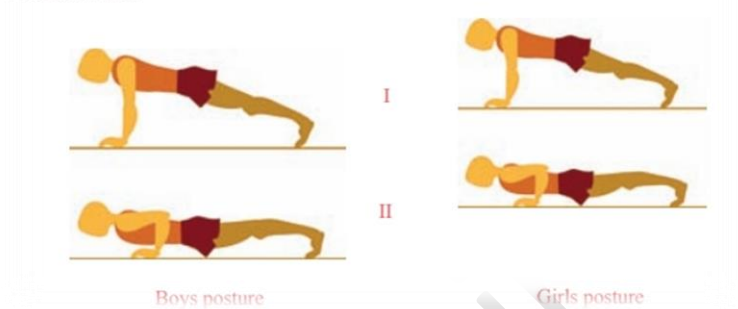
- ❖ Ability of the heart and respiratory system to function properly and supply adequate amount of oxygen to the muscles.
- ❖ Ex. Continuous running (boys 800m and girls 600m)



07. What you meant by muscular endurance? Give an example with picture.

- ❖ Ability of the muscles to work for a long time without getting fatigued.
- ❖ Ex. Push up test

Procedure



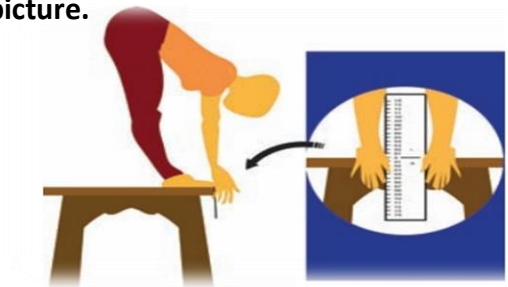
08. What you meant by muscular strength? Give an example with picture.

- ❖ Ability of a muscle to generate force when doing some work.
- ❖ Ex. Standing long jump test



09. What you meant by flexibility? Give an example with picture.

- ❖ Ability to move or stretch through the joints.
- ❖ Ex. Stand and reach test



10. What you meant by composition? Give an example.

- Body composition is the components which make up the body. The composition of the body can be divided into two main components as fat component and fat free component. If the body composition has too much fat there is a higher chance of getting non-communicable diseases later in life.
- ❖ Ex. Measuring Body mass index (BMI)
- ❖ Ex. Measuring waist to height ratio.

11. Write the formula of BMI.

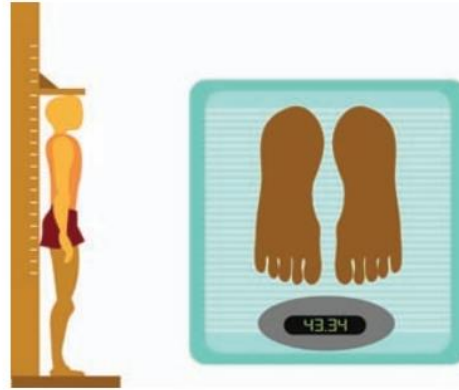


Figure 12.5

- Measure the height and weight of the students.
- Calculate the BMI according to the formula given below.

$$\text{Body mass index (BMI)} = \frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

12. Write the formula of Waist circumference.

Procedure



Figure 12.6

- Measure the circumference of your waist and your height. (You have learnt in grade 6 how to take these measurements correctly).
- Use it in the formula given below and get the waist to height ratio.

$$\text{Waist to height ratio} = \frac{\text{Circumference of waist (cm)}}{\text{Height (cm)}}$$

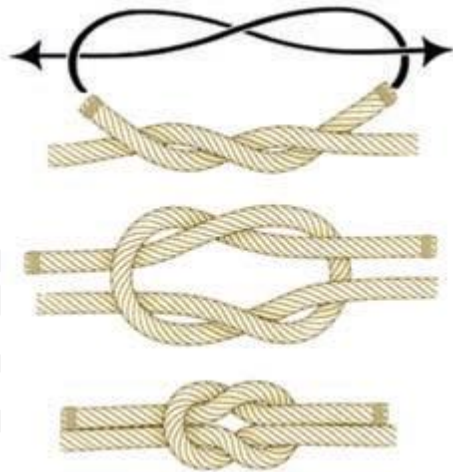
Try to maintain this value at 0.5 or less by engaging in relevant exercises.

01. What are the special features found in a knot?

- ❖ It should be suitable and able to stand the weight or pull of the required task.
- ❖ It should be able to be undone easily.

02. Write 06 different types of commonly used knots and lashings? And draw the pictures with uses of That knots.**1. Reef knot**

- Reef knot can be used to tie together two pieces of ropes of similar type. Reef knot is also used when putting a shoulder sling. Being able to tighten quickly, being able to undo quickly, and having a flat nature are the characteristics of the reef knot

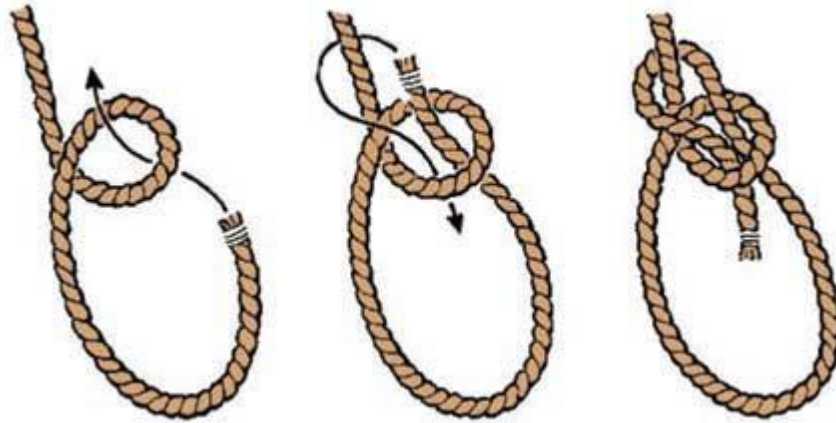
**2. Sheet bend**

- Sheet bend is very useful to join ropes with different thicknesses.



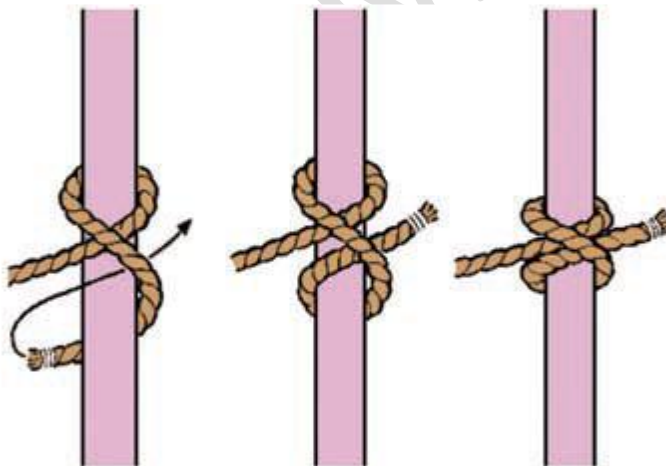
3. Bowline knot

- When engaged in tasks that involve a risk to life, bowline knot is used to keep the body tied to a safe place in order to ensure the safety of life. For example, this knot is used when a person climbs to the top of a very tall tree to cut down its branches. When a certain object has to be kept pulled hard and tied to something, the bowline knot is used for that, too. For example, this knot can be used to tie a clothes line.



4. Clove hitch

- The clove hitch is used to tie a rope tightly on to a log. What is important about this knot is that the knot does not slip on the log. The more you pull the rope, the further this knot gets tightened. Clove hitch is used to tie a rope to the handle of a bucket and to tie poles of scaffoldings together.



5. Square lashing

- Square lashing is used to tie two poles that are put together crosswise. In day-today life, square lashing can be used in activities such as making a kite or making a Vesak lantern



6. Shear lashing

- Shear lashing is a type of knot that can be used to tie together two poles as shown in the figure



01. Write 04 occasions where a bonfire is made.

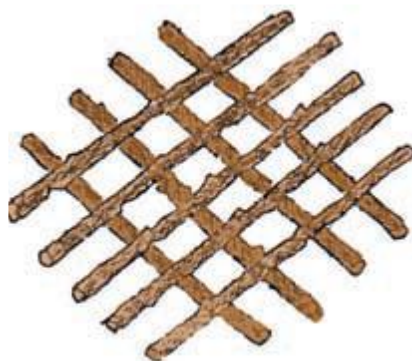
- ❖ During outdoor activities
- ❖ In night camps
- ❖ In scouting camps
- ❖ During excursion

02. Write 04 factors that should be taken into consideration when building a bonfire.

- ❖ Safety of all the participants should be ensured
- ❖ The bonfire should not be large
- ❖ Climatical conditions should be considered
- ❖ People in the are should be informed about the bonfire.

03. How a bonfire should be made correctly.

- Clear the area where the bonfire is planned to put-up.
- If there is grass in the place where the bonfire is made, sods of turfs should be cut off from the ground and placed aside.
- Put up a safety wall around the fire using big logs.
- Make an entrance using wood as shown in the figure 14.1 leaving space to go near the fire.
- After that, take some pieces of wood and lay them on the ground in the centre of the area surrounded by the safety wall as shown in the figure 14.2.
- Lay some sawdust, hay, dried grass, wood shavings, or thinly torn pieces of dried coconut sheaf on the pieces of wood laid on the ground.
- Then pile up the firewood properly on the pieces of wood that have been arranged on the ground. When piling up the firewood, enough space should be left between pieces of wood.



04. Write the types of bonfires with pictures.

'A' fire

- An 'A' bonfire is built by placing three logs of firewood either horizontally or vertically as shown in the figure and then by piling up pieces of firewood on them.



Reflector fire

- To build a reflector fire, two poles are held in vertical position and logs of firewood are tied to the poles as shown in the figure. Then, three logs are placed on the ground with the two poles forming a rectangular shape. The bonfire is built by piling firewood inside the rectangular shape. This bonfire can also be built by placing granite or some other shiny stones around it so that heat and light is reflected. Reflector bonfires can be used to keep the food hot and also to keep the campsite hot.



Rectangular fire

- Rectangular bonfire is built by placing pieces of firewood inside a structure that is made by placing logs in a rectangular shape as shown in the figure.



Pyramid fire

- To build the pyramid fire, a few pieces of firewood are placed on the ground parallel to one another and then another tier is made on them by placing pieces of firewood across them. In this manner several tiers of firewood are placed one on top of the other changing directions. Use shorter pieces of firewood to make upper tiers, so that a pyramid shape is created.



04. Write 04 benefits of making bonfires.

- ❖ To provide light
- ❖ To minimize the cold or to generate heat
- ❖ To be used as a signal
- ❖ To plan future works

01. Write 04 benefits by engaging in pre-planned activities during the outdoor camp?

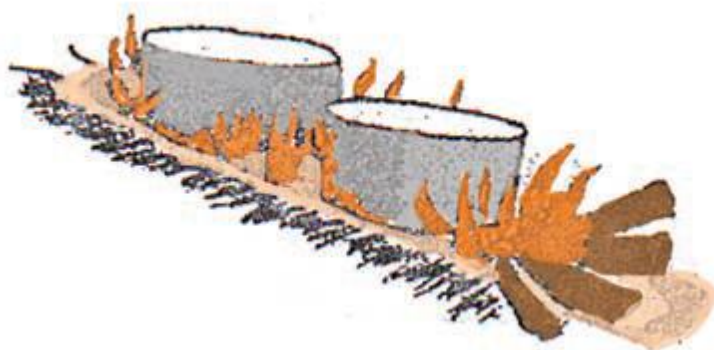
- ❖ Providing with a small gas stove if needed
- ❖ Getting enough food items according to the number of participants and days of the outdoor camps
- ❖ Selecting a suitable location to cook food within the camp site
- ❖ Identifying food items that can be cooked easily and kept in outdoor for long time.

02. Write the types of fireplaces that are used to cook food outdoor cooks? And draw the pictures.**Carter's fireplace or three-stone fireplace**

- Carter's fireplace or the three-stone fireplace can be used to cook food even for a large group and any kind of food can be cooked using it. What is special about this type of fireplace is that it can be made easily within a short period of time using any kind of stone such as granite, bricks, cabook blocks or cement blocks so that any type of cooking pot available at the time can be placed on them.

**Ditch fire**

- Ditch fire is prepared by digging a ditch in a flat land so that cooking pots can be placed on it. The width of the ditch should be decided according to the diameter of the cooking pot. A special advantage of this pot is that several cooking pots can be placed on this at the same time.



Unit fire

- The unit fire is made by standing a pole with a strong fork on the ground and placing another pole across the fork so that the cooking pot can be hung on that pole. A fire is made below the pot. This can also be used to roast certain types of food. This cannot be used to cook food for a large group. Newly cut, fresh poles should be used for this.



Double-fork fire

- Double-fork fire is made by standing two poles of similar length with strong forks on flat land and placing another pole on the two forks. Cooking pots are hung on the pole and a fire is made below the pots. Double fork fire, too, cannot be used to cook food for a large group. Newly cut, fresh poles should be used for this.



Flat-rock fire

- A flat-rock fire can be made by placing a fairly large, flat rock on a few stones. This can be used to bake food items like rotee. Instead of the flat rock, a metal plate can also be used over the fire to bake food.



Tin can stove

- A tin can stove can be made by removing the lid of a tin and cutting out a square shape from the lid side as shown in the figure so that firewood can be inserted through the cutting. This can be used for tasks such as baking rotee.



03. Write the 02 factors to be considered while lighting fire?

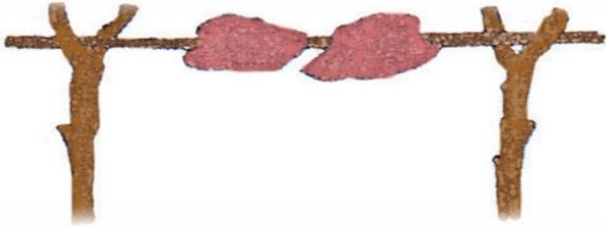
- Direction of the wind – When cooking close to buildings or in forest areas, fire should be lighted from the direction that is opposite to the direction of the wind as flames can be blown away by the wind and cause fires.
- Materials like pebbles, turfs and dried matter such as dried leaves available at fireplace should be removed.

04. Draw diagrams of the food items that can be cooked in outdoor.

❖ Baking rotee



❖ Boiling or roasting meat, fish and vegetable

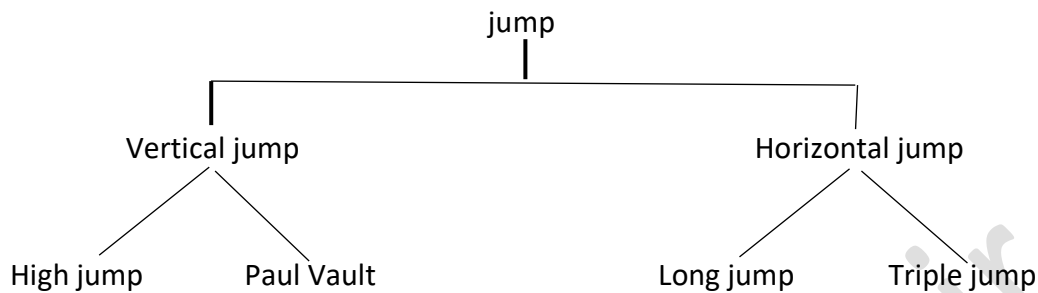


❖ Making bread/biscuit



❖ Cooking rice



01. Draw the events of jump.**02. Write a short note about high jump.**

- According to the classification of athletic events, high jump can be described as a vertical jump that comes under field events. In high jump events, jumpers can display maximum skills by maintaining the different factors of physical fitness such as strength, flexibility and coordination at highest levels and by adopting the correct technique.

03. Write the techniques of high jump.

- ❖ Scissor jump
- ❖ Eastern cut-off
- ❖ Western roll
- ❖ Straddle
- ❖ Fosbury flop

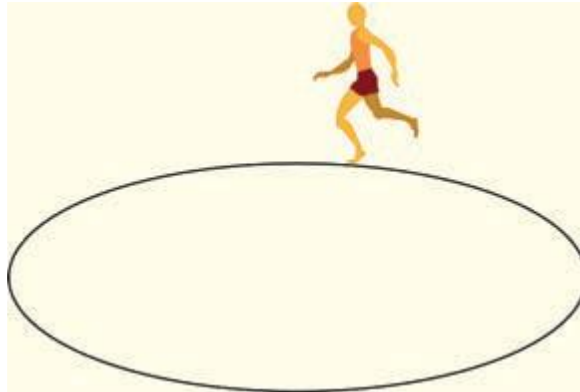
04. Write the 04 phases of high jump.

- ❖ Approach run
- ❖ Take-off
- ❖ Bar clearance
- ❖ Landing



05. Write an activity to practise the approach run according to Fosbury flop method.

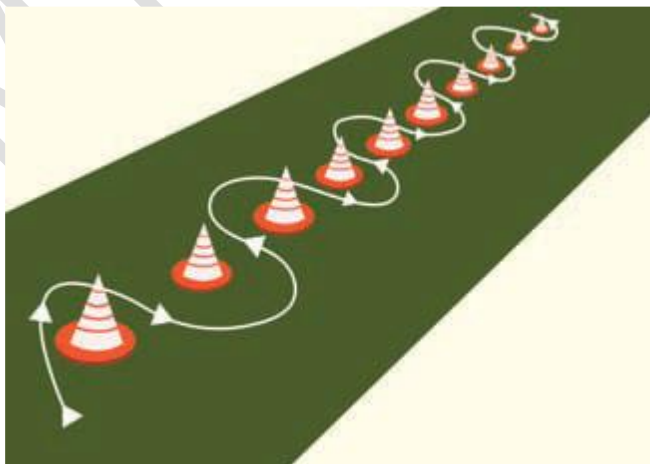
1. › Draw a circle with a radius of about three meters on the ground.
- › Run along the circle leaning the body towards the curve.



2. › Draw the shape of figure 8 with a length of about 16 meters.
- › Run along the circle very fast.
- › Reduce the speed when entering the second circle.



3. › Place on a line some obstacles with a gaps of about 4-5 meters between them and run along curved paths between the obstacles as shown in the following figure



06. Write an activity to practise take-off according to Fosbury flop technique.

- › Lay on the ground a high-jump mattress and stand about two steps away from the mattress turning the back towards the mattress.
- › Take off with both feet and jump up backwards.
- › When landing, raise the legs upwards from the front.

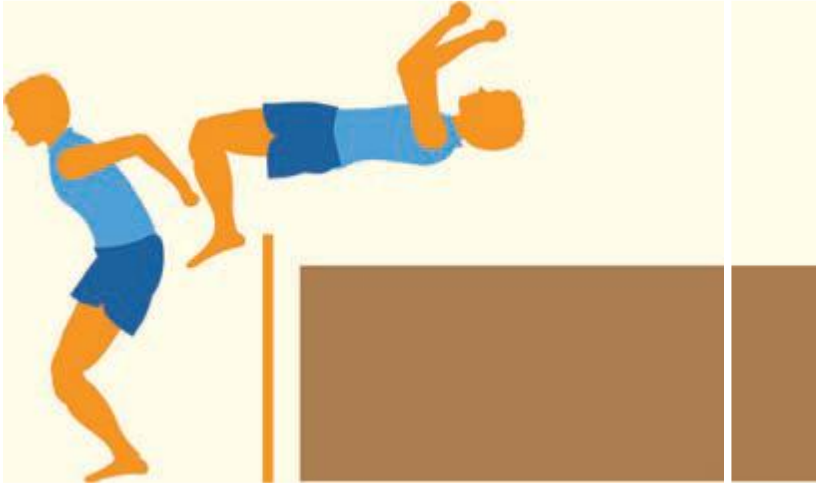


07. Write an activity to practise bar clearance and landing according to Fosbury flop technique.

1. › Stand close to the mattress turning the back to the mattress as shown in the figure.
- › Take off with both feet and bend the body well backwards.
- › Fall on to the mattress so that the upper body hits the mattress first and the hands hit next.



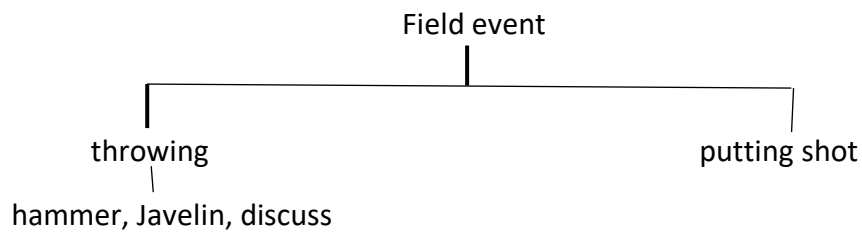
2. › First fall on to the mattress freely.
› Then use a plastic or rubber tape as the crossbar so that it will not cause any injury and fall on to the mattress jumping over the tape.



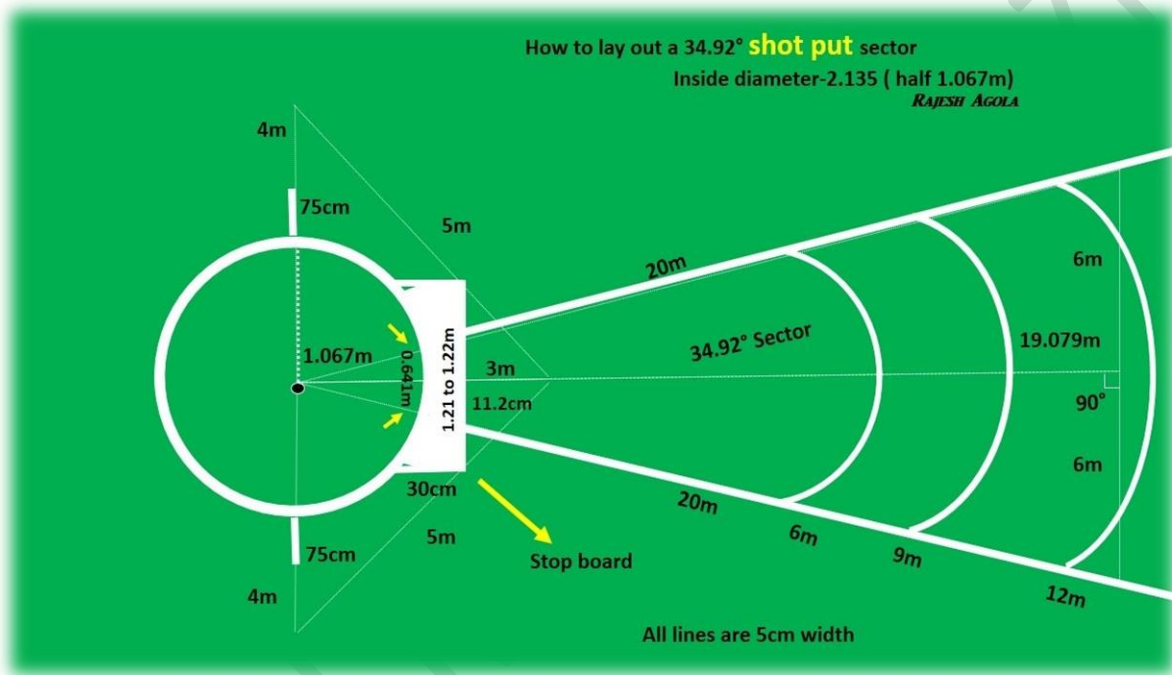
08. Write 04 rules related to high jump.

- ❖ After 03 consecutive failures the athlete should remove from competition.
- ❖ Take off should be made with one foot.
- ❖ If the cross bar falls due to the action of the athlete it is considered a failure.
- ❖ If the athlete touches any area on the other side of the bar by any part of the body it is considered to be a failure.

02. Draw the diagram of put shot with correct measurement.

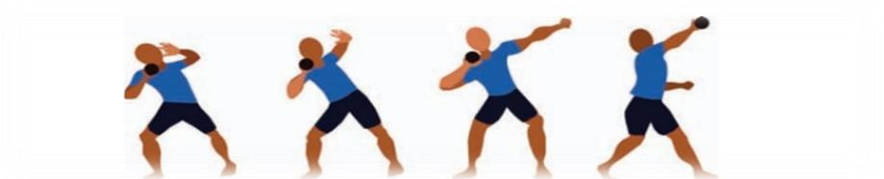


02. Draw the diagram of put shot with correct measurement.

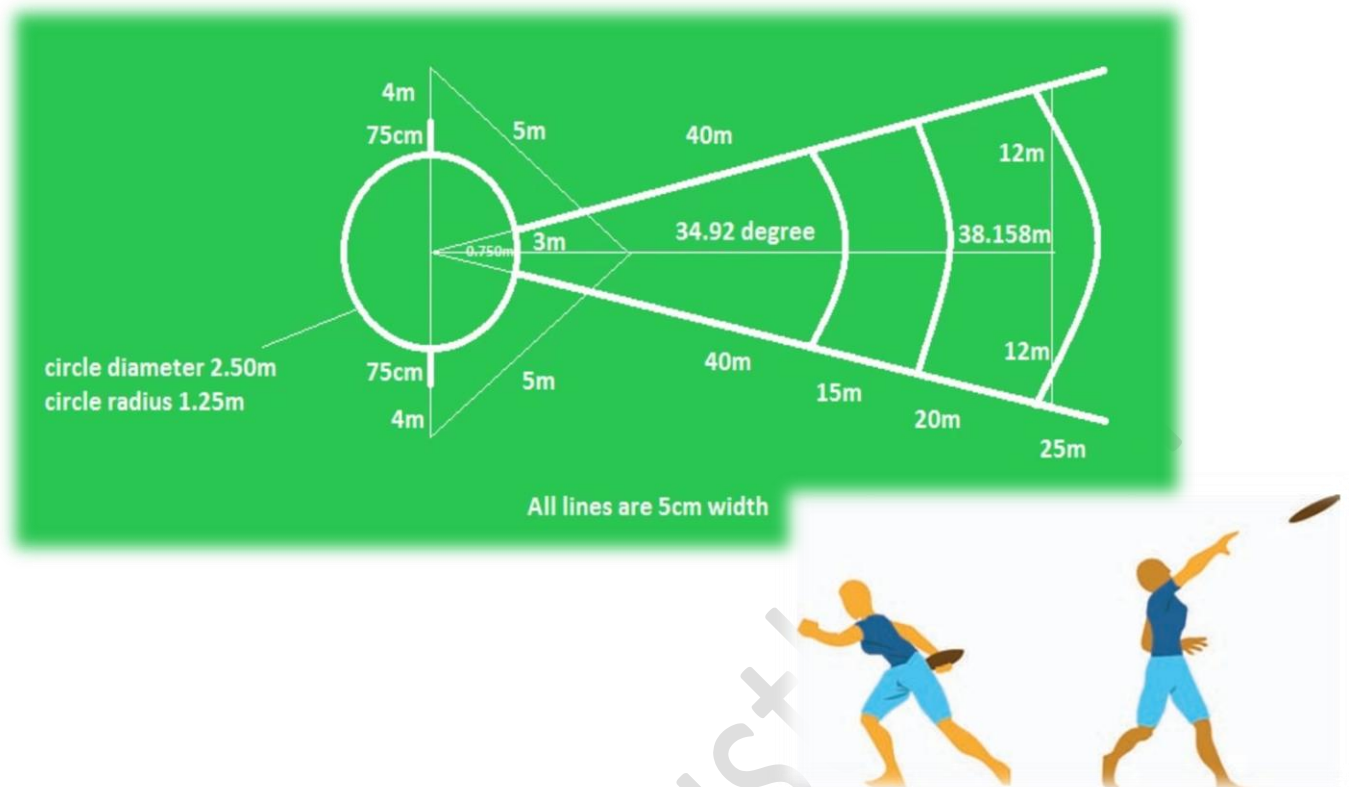


- ❖ Starting position
- ❖ Speed building position
- ❖ Power position
- ❖ Release position

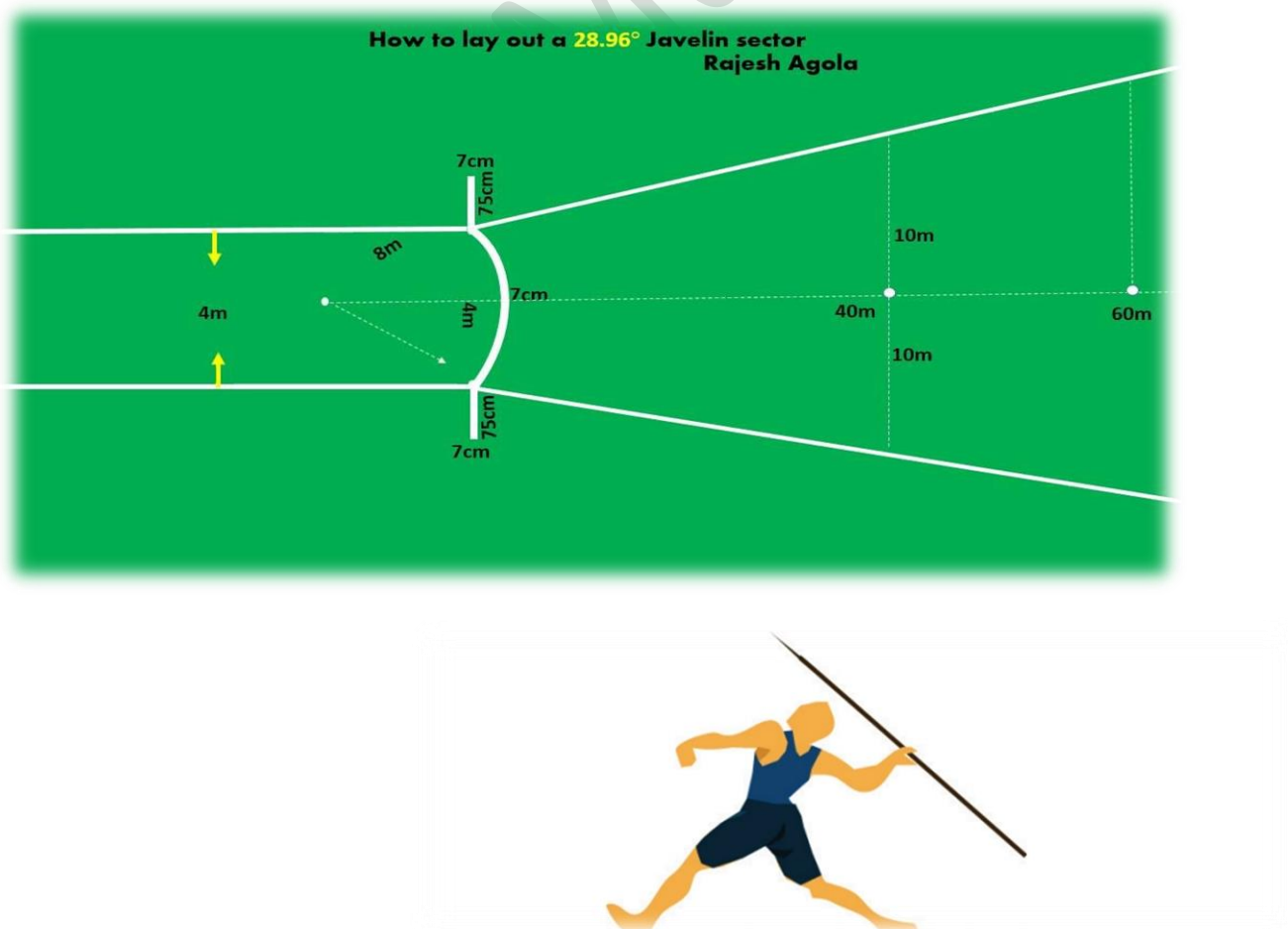
- ❖ The immediately before throwing equipment is called.



05. Draw the diagram of discus with correct measurement.



06. Draw the diagram of javelin with correct measurement.



07. Write 02 activities to practise shot put.

1. › Take a tennis ball and place it on the neck below the ear and under the jaw.
› Stand with the legs shoulder-width apart and release the tennis ball.



2. › Keep the tennis ball in the same position as described in (1) above.
› Now stand with your body turned backwards and release the ball from your hand as you turn forwards.



08. Write 02 activities to practise discus.

1. › Stand with the legs slightly apart and throw a ring forwards being in the standing position.



2. › Take a ring in your hand and stand turning your body towards the back.
› Now, turn forwards as shown in the figure and throw the ring.



09. Write 02 activities to practise javelin.

1. › Take a leather ball, a tennis ball or a rubber ball.
› Stand with the legs slightly apart, extend the hand backwards and throw the ball forwards from the standing position.



2. › Hold the ball in your dominant hand.
› Run to a place that has been marked on the ground and throw the ball forwards from that place with the hand extended well towards the back.



10. Write 04 rules of throwing events.

1. Throwers should start attempting the throw within one minute after his / her name has been announced.
2. Throwers are not allowed to wear gloves.
3. The shot and the discus should be thrown from inside the throwing circle.
4. The shot, the discus or the head of the javelin should land in the area between the lines marked.
5. The thrower should not leave the circle or the runway until the throwing equipment has landed.
6. After putting the shot or after throwing the discus, the thrower should leave the circle from the back half of the circle. After throwing the javelin, the thrower should leave the runway from the back of the runway without crossing the side lines.
7. After a competition has started, no athlete is allowed to engage in practice activities in the playground or in the area where equipment lands.
8. The eight athletes who display the best performance in the first three rounds will get three more trials

01. What is the objective of sports?

- ❖ Physical and mental well-being and learning to obey rules and regulation.

02. As a student what are the sport competition you can take part.

- ❖ Minor games and lead-up games
- ❖ Inter house sports competition
- ❖ Friendly matches among classes
- ❖ Divisional sports competition
- ❖ Provincial sports competition
- ❖ All island sports competition

**03. What is known as rules? Mention examples.**

- ❖ The rules of sports are accepted principles to be followed in the game.
Ex. Specification of equipment, number of players in each team

04. What is regulation? Mention examples.

- ❖ Regulations of the sports are terms and conditions within the frame of rules.
Ex. Outfits specified for each sport.

05. What is known as ethic of sports? Mention examples.

- ❖ The traditions, sportsmanship and good conduct are known as the ethic of sports.
Ex. At the end of the game both teams shake hands with each other's as well as with the umpires/ referees.

06. What are the adverse effects for the athlete and the team by acting against the rules and regulation of the games?

- ❖ Getting dismissed from the game.
- ❖ To face disgrace
- ❖ To face criticism
- ❖ Getting neglected by others

07. Why is it important to act accordance with rules and regulation in the society?

- ❖ Learning to act united
- ❖ Getting practice to work as team
- ❖ Mental and physical development
- ❖ Productive way of spending leisure time



08. Write 04 advantages we gain through sports?

- ❖ Being active
- ❖ Be sociable
- ❖ Organizational abilities
- ❖ Decision making abilities

09. Write 04 qualities that should be developed to gain victory?

- ❖ Being flexible
- ❖ Considering of opposing views
- ❖ Showing respect to the team leaders
- ❖ Participating actively in team work

10. Write 04 good qualities that should be followed while working with opponents' group?

- ❖ Appreciate and congratulate any outstanding skills of the opposing team.
- ❖ Point out courteously any breakage of rules by the opposing team.
- ❖ Avoid arrogance in the event of victory and refrain from giving excuses for defeat.
- ❖ If an opposing team member meets with an accident or an emergency help him.

11. Write 04 qualities needed in maintaining good relationship with the referees or umpires.

- ❖ Respect the judgement
- ❖ Avoid arguing with the umpire
- ❖ Do not directly question the umpire on his decision
- ❖ Avoid exchange of harsh words with the umpire

12. Write 04 qualities needed in maintaining good relationship with spectators.

- ❖ Ignore spectators jokes
- ❖ Appreciate good responses from spectators
- ❖ Maintain cordial relationships with the spectators
- ❖ Do not keep room for fights with the spectators

13. Write 04 qualities that should be found among spectators.

- ❖ Avoid taking liquor, drugs or smoking in the field
- ❖ Encourage team in both victory and defeat
- ❖ Harsh or inappropriate words must be avoided
- ❖ Avoid criticizing, humiliating, or annoying the teams.



01. Write 04 challenges.

- ❖ Disease
- ❖ Examination
- ❖ Natural disasters
- ❖ accidents

02. Why is mental and social fitness important?

- ❖ To face all challenges in life
- ❖ To take proper decision
- ❖ To make use of one's experience in a positive way
- ❖ Overcome challenges

03. Write 04 skills will help to improve our mental and social fitness.

- ❖ Creative and exploratory thinking
- ❖ Ability to solve problems
- ❖ Acting with responsibility
- ❖ Coping effectively with stress

**04. What is known as creative and exploratory thinking?**

- ❖ Ability to use our knowledge and creativity to generate options which are novel

05. How can we develop creative and exploratory thinking?

- ❖ Reading different types of books
- ❖ Thinking logically about what is learnt
- ❖ Engaging games such as chess or draughts
- ❖ Engaging in debates

**06. Write 04 ways of handling problems?**

- ❖ Understand the nature of the problem
- ❖ Be positive that the problem can be solved
- ❖ Be creative and generate alternatives to solve the problems
- ❖ Select the most appreciate solution and implement it

07. What is stress?

- ❖ Stress is the physical and psychological reaction to a challenge

08. Mention 04 stressful situation you are facing as a student.

- ❖ Being late to school
- ❖ Becoming ill
- ❖ Facing exams
- ❖ Losing a friend

09. Write 04 good habits which help to handle stress?

- ❖ Good time management
- ❖ Engaging in hobbies
- ❖ Proper rest and sleep
- ❖ Engaging in religious activities



01. Write 02 main factors that affect identity as a male or female?

- ❖ The biological gender is determined genetically and through the action of hormones.
- ❖ Social norms regarding responsibility, behaviours and role contribute to the social concept of gender.

02. What is known as the biological gender?

- ❖ The child is assigned a gender based on the appearance of the external genitalia. The biological gender is determined genetically and through the actions of hormones.

03. What is known as social concept of gender?

- ❖ Social norms regarding responsibility, behaviours and roles is known

04. Write 04 factors that determine the social concept of gender.

- ❖ Economic status
- ❖ Culture
- ❖ Religion
- ❖ Political influences

05. Write 04 occasions influenced by the social concept of gender.

- ❖ Jobs
- ❖ Patterns of behaviour
- ❖ Clothing and fashion
- ❖ Position in the family and the society

**06. Write 04 conflicting and stressful situations that arise due to misunderstanding of gender****Socialization?**

- ❖ Abuse of women and children
- ❖ Depriving children of education
- ❖ Abuse of human rights
- ❖ Not proper place in the society

07. What is known as gender identity?

- ❖ From childhood, we identity our selves as male or female and behave accordingly. Gender identity is one's personal experience of one's own gender.



08. Write 04 adverse effects by irresponsible sexual behaviour?

- ❖ Unplanned pregnancies
- ❖ Sexually transmitted diseases
- ❖ Disruption of education
- ❖ Psychological problems

09. What a mother should do to ensure the birth of a healthy child?

- ❖ Consuming nutritious food
- ❖ Avoiding liquor and smoking
- ❖ Carry out daily activities and exercises
- ❖ Informing the public health midwife about the pregnancy and getting her service.



10. Write 04 responsibilities of the father regarding his pregnant wife?

- ❖ Attending clinic with wife
- ❖ Avoid alcohol and smoke
- ❖ Provide adequate love, care and security for the wife
- ❖ Provide food, clothing and other needs

11. Write 04 responsibilities of the parents towards their children?

- ❖ Provide adequate nutrition
- ❖ Provide love and protection
- ❖ Giving chances to them to express their ideas and views
- ❖ Provide suitable education



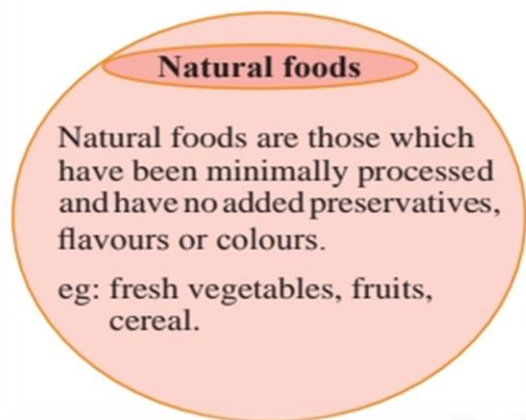
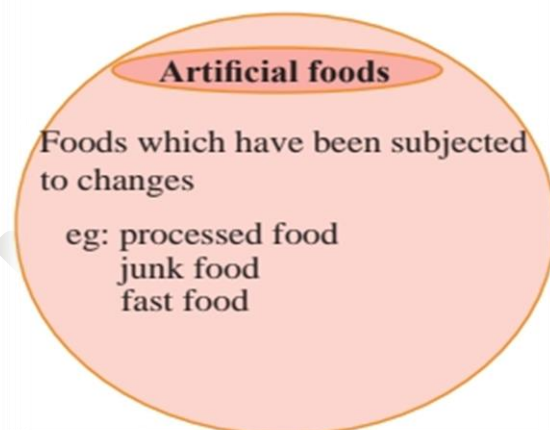
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01. Write 06 major social challenges?

- ❖ Unhealthy eating habits
- ❖ Diseases
- ❖ Conflicts
- ❖ Climate change and disasters

02. Write the types of food.

- ❖ Natural foods
- ❖ Artificial foods

03. What you meant by natural food? And give examples.**04. What you meant by artificial food? And give examples.****05. Write 04 aspects should be considered while selecting food?**

- Food which has been grown without using pesticides or chemical fertilizers
- Food with a thick outer covering
- Fresh food
- Foods which are in season

06. Write the types of artificial foods?

- ❖ Processes food
- ❖ Fast food
- ❖ Junk food

07. What you meant by processed food? And give examples.

- Processed foods are foods where the content has been changed physically or chemically to preserve it or to enable quick preparation. Preservatives or artificial flavours are added to processed food.
- eg: canned vegetables and fruits.
- Milk which has been pasteurized and par-boiled rice are not harmful to health.

08. What you meant by fast food? And give examples.

- Fast food can be prepared and consumed within a short time. Fast foods have less nutritional value
- eg: instant noodles, bacon, food made with wheat flour.

09. What you meant by junk food? And give examples.

- Junk food contains excessive sugar, fat and calories. They have less fiber, protein, vitamins and minerals.
- eg: potato chips, fried manioc chips, chocolate, fizzy drinks, rolls, pizza.

10. Why should be avoid artificial foods?

- Excess of sugar, fat or salt
- Less fiber
- Excessive calories
- Excess use of artificial flavours, colouring and preservatives

11. What are the bad effects by consuming artificial foods?

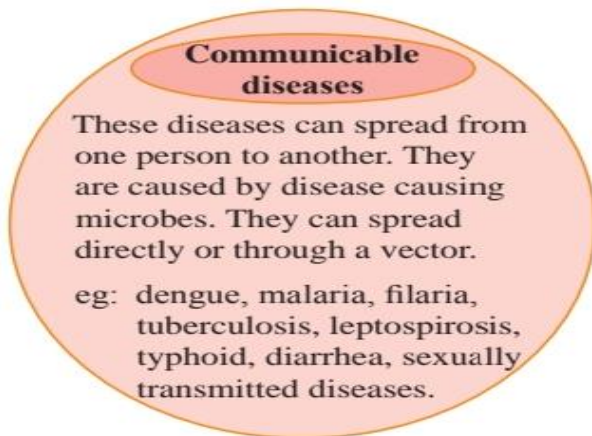
- Obesity, diabetes, hypertension, increased cholesterol
- Constipation, diseases of the gastro intestinal tract
- Nutritional deficiencies due to reduced appetite
- Cancers, allergies and poisoning

12. Write the types of diseases?

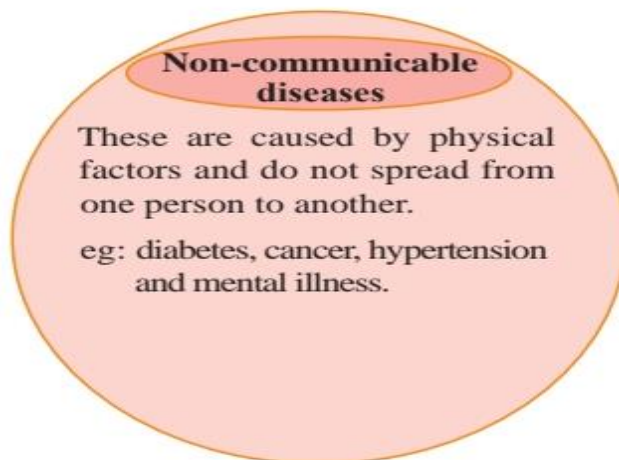
- ❖ Communicable diseases
- ❖ Non-communicable diseases



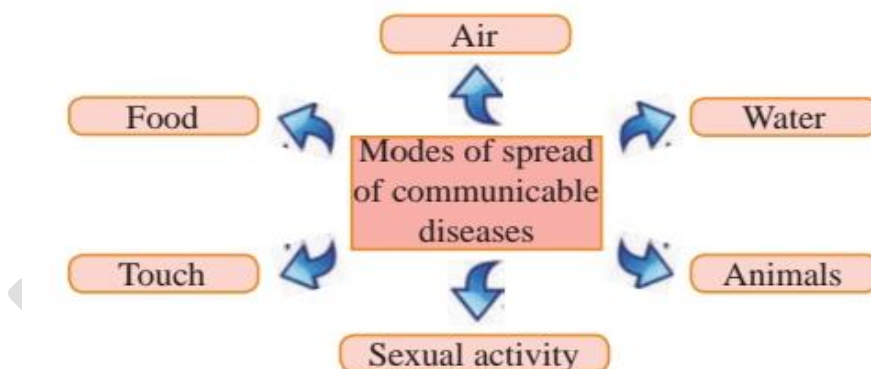
13. What you meant by Communicable disease? And give examples.



14. What you meant by non-communicable disease? And give examples.



15. How communicable disease spread?



16. Explain Dengue.

- Dengue is spread by 2 species of Aedes mosquitoes. Dengue has become a major health challenge because of the actions of humans.
- Dengue fever can result in complications such as dengue haemorrhagic fever. Because such conditions can be fatal we must prevent the illness and diagnose early with the help of investigations and treat adequately.

17. Write 04 symptoms of dengue.

- ✓ Fever which lasts more than 2 days
- ✓ Headache
- ✓ Eye pain
- ✓ Muscle and joint pain
- ✓ Nausea and vomiting
- ✓ Red spots which develop on the skin
- ✓ Bleeding

18. What should we do when these symptoms are present?

- Do not engage in strenuous activities. You must rest
- Use only paracetamol to control the fever
- Drink recommended amounts of fluid
- Do not consume food and drinks which are red or brown coloured
- Seek medical advice and carry out appropriate investigations

19. Explain Malaria.

- ✓ Malaria is spread by mosquitos. People travelling to countries with malaria should take medicines for malaria during that period. Tourists from these countries can spread the disease in Sri Lanka. Malaria can be diagnosed through a blood test.

20. Write 04 symptoms of Malaria.

- ✓ Fever with chills and rigors
- ✓ Poor appetite
- ✓ Joint pains
- ✓ Vomiting
- ✓ Headache

21. Explain Filaria.

- ✓ Filaria is spread through mosquitos. Filaria has been eliminated in Sri Lanka. Therefore we do not encounter it these days. Filaria can be diagnosed by a blood test.

22. Write 04 symptoms of Filaria.

- ✓ Muscle pain
- ✓ Fever
- ✓ Painful lumps under the skin
- ✓ Lymph node enlargement
- ✓ Swelling of infected limbs



23. Explain Tuberculosis.

- ✓ Cough is a common symptom. Cough which lasts more than 2 weeks should be investigated. The bacteria which causes tuberculosis can be identified by examining the sputum which is coughed out. Tuberculosis can be cured by treating for months.

24. Write 04 symptoms of Tuberculosis.

- ✓ Chronic cough
- ✓ Blood-stained sputum
- ✓ Fever
- ✓ Chest pain
- ✓ Unexplained loss of weight
- ✓ Excessive sweating at night

25. Describe Leptospirosis.

- ✓ The infective agent is transmitted through the urine of infected rats. The bacteria enter the body through open wounds and by drinking or bathing in contaminated water where the bacteria can enter through the mucosa in the mouth or eyes.
- ✓ In addition to rats, pets can also transmit these bacteria.
- ✓ Farmers in areas where this disease is present should contact the MOH office and obtain preventive medicines. Open wounds should not be exposed to contaminated water. Medical advice should be sought immediately in case of noticing following symptoms.

26. Write 04 symptoms of Leptospirosis.

- ✓ Fever
- ✓ Red and yellow eyes
- ✓ Headache
- ✓ Muscle pain

27. Describe Typhoid.

- ✓ This infection is transmitted through contaminated water and food. It can be prevented by consuming clean food and boiled water.

28. Write 04 symptoms of Typhoid.

- ✓ Fever
- ✓ Watery diarrhoea
- ✓ Abdominal pain
- ✓ Lethargy
- ✓ Poor appetite
- ✓ Headache

29. Describe diarrhoea.

- ✓ This is caused by a bacteria. It is transmitted through contaminated food and water.

30. Write 04 symptoms of diarrhoea.

- ✓ Fever
- ✓ Stools may contain blood and mucous
- ✓ Abdominal pain
- ✓ Loose stools
- ✓ Poor appetite

31. What you meant by sexual transmitted disease. And give examples.

- ✓ Sexually transmitted diseases are spread from one infected person to another through unsafe sexual behaviour.

eg: HIV AIDS, gonorrhoea, syphilis, genital warts and genital herpes.

HIV AIDS

- ✓ Infection with the HIV (human immunodeficiency virus) can result in AIDS (acquired immune deficiency syndrome) This suppresses the immunity provided by the white blood cells in blood and reduces our resistance against infection.
- ✓ The symptoms of AIDS appear after many years; therefore, the person can transmit this disease to others during this period. The HIV cannot survive on its own in the environment, it can only survive inside a live cell.
- ✓ HIV can be diagnosed by a blood test.

32. Write 04 ways of HIV Transmission.

- ✓ Unsafe sexual behaviour
- ✓ Transmission from an infected mother to the child
 - across the placenta during pregnancy
 - during child birth
 - through breast milk
- ✓ Transfusion of infected blood
- ✓ Transplant of organs or tissues of an infected person
- ✓ Syringes and other equipment which have been contaminated with blood from an infected person and has not been properly sterilized



33. Write 04 ways of HIV not transmission.

- ✓ Touch or shaking hand with an infected person
- ✓ Hugging an infected person
- ✓ Coughing or sneezing
- ✓ Through clothes, food, cups and plates used by an infected person
- ✓ Bites of mosquitos and other insects
- ✓ Swimming in a pool
- ✓ Toilet seats

34. Write 04 ways to prevent infectious disease.

- ❖ Maintain good personal hygiene
- ❖ Obtain recommended immunization
- ❖ Prevent environmental pollution
- ❖ Engage in healthy habits

35. How do non-communicable disease cause?

- ❖ Mental stress
- ❖ Genetic factors
- ❖ Unhealthy food habits
- ❖ Use of alcohol, tobacco and other drugs

36. Describe Diabetes.

- ✓ In diabetes the blood glucose level is increased. The excess glucose is eliminated in the urine.
- ✓ If the disease is not controlled it can lead to complications such as heart attacks, visual problems, kidney diseases and stroke.

37. Write 04 symptoms of Diabetes.

- ✓ Excessive weight loss
- ✓ Increased frequency and amount of urine
- ✓ Delayed wound healing
- ✓ Excessive thirst and dry mouth
- ✓ Poor vision, lack of energy, dizziness
- ✓ Tingling sensation in hands and feet

38. Describe hypertension (High blood pressure).

- ✓ In hypertension the blood pressure is more than normal. It can lead to complications.
- ✓ Therefore, blood pressure must be checked regularly and the person should take medicines to control it.

39. Write 04 symptoms of hypertension (High blood pressure).

- ✓ Headache, dizziness
- ✓ Nausea
- ✓ Excessive sweating
- ✓ Visual problems
- ✓ Chest pain, palpitations



40. Describe Heart disease.

- ✓ Ischaemic heart disease is caused by the narrowing the coronary arteries or because of a blood clot which block the coronary arteries which supply blood to the heart.

41. Write 04 symptoms of heart disease.

- ✓ Difficulty in breathing
- ✓ Chest pain
- ✓ Pain radiating down the left arm
- ✓ Lethargy and pallor

42. Describe cancer with examples.

✓ In cancer there is uncontrolled growth of cells in some areas of the body. This can happen in different organs. The cancer is named according to the organ it involves.
eg: oral cancer, breast cancer, cervical cancer.

✓ The symptoms vary according to the site of the cancer.
eg: Oral cancer-change in voice, chronic cough
Gastro intestinal system-alteration of bowel habits, passing of blood
Breast - Presence of a painless lump

- ✓ Cancer can be cured if diagnosed and treated early.

43. Describe kidney disease.

- ✓ Diseases of the kidney interfere with the process of filtration and production of urine which affects the elimination of waste from the body.

44. Write 04 symptoms of kidney disease.

- ✓ Swelling of the body
- ✓ Joint pain
- ✓ Reduced concentration
- ✓ Reduced production of urine
- ✓ Too much of sleep
- ✓ Itching of the body



45. What are the reasons for kidney disease.

- ✓ Use of medication without proper medical advice
- ✓ Consuming food and drugs which can harm the kidneys
- ✓ Consuming unfiltered water with heavy metals
- ✓ Stress
- ✓ Diabetes and hypertension

46. Describe mental illnesses.

- ✓ Mental illness can be precipitated by stress due to difficulties in decision making, problem solving and poor life skills.
- ✓ Like physical illness, mental illness can also pose a risk to life. Some mental illness may be difficult to diagnose during its early stages.
- ✓ The risk of mental illness is increased by the competitive life style which affects our wellbeing, poor stress management and lack of leisure activities

47. Write 04 symptoms of mental illnesses.

- ✓ Feeling of hopelessness
- ✓ Restlessness
- ✓ Isolated behaviour
- ✓ Hearing or seeing things which are not present
- ✓ Reduced speech or excessive speech
- ✓ Irritability
- ✓ Reduced concentration
- ✓ Poor memory



48. Write 04 prevention of non-communicable disease.

- ❖ Exercise daily
- ❖ Manage stress
- ❖ Maintain normal BMI
- ❖ Avoid consuming artificial foods

49. Write 04 challenges due to communicable and non-communicable diseases.

- ❖ Loss of life
- ❖ Affects the economy
- ❖ Weakness of body and reduced functioning
- ❖ Affects education and employment

50. Write 04 disasters.

- ❖ Tsunami
- ❖ Floods
- ❖ Landslide
- ❖ Earthquake

51. Write 04 harm caused by climate change and disasters.

- ❖ Spread of disease
- ❖ Loss of life
- ❖ Injury
- ❖ shock



52. Write 04 ways to prevent disasters and to minimize the damage.

- ❖ Develop good attitude
- ❖ Set laws and standard
- ❖ Be educated about first aid
- ❖ Prevent environmental pollution

53. Write 03 social problems of cultural influences.

- ❖ Discrimination in opportunities for education and employment
- ❖ Racial discrimination
- ❖ Social isolation and difficulty in meeting ones need because of inability to speak a language.

54. Write 04 negative consequences of technological development.

- Use of machinery instead of human labour has led to unemployment
- Manufacture of dangerous chemicals and nuclear weapons
- Reduced interpersonal relationships and social isolation
- Lack of life skills development due to excessive use of machinery
- Sedentary life style and as a result risk of contacting non-communicable diseases
- Children who cannot set limits on the use of mobile phones and social media may be led astray and be exploited

55. Write 04 positive use of technological development.

1. Communication can be carried out quickly and easily
2. Ability to obtain information and knowledge anytime, anywhere
3. Makes household work easier
4. Reduces stress by providing entertainment
5. Provides educational opportunities
6. Improves the quality of medicines and other treatment methods
7. Saves time and money
8. Supports inventions and creativeness

56. What is conflict?

- ❖ Conflicts arise due to mismatch or disagreement of ideas or preference. Conflicts can arise within us or within society.

57. With whom are conflict caused?

- Within us
- Between parents and children
- Between friends
- Between employers and employees

58. Write 04 negative consequences of conflict?

- Mental illness
- Disruption of education
- Loss of employment
- Financial problems
- Due to physical conflicts
- injury
- disability
- loss of life



59. Write 04 ways to prevent conflicts.

- ✓ Develop life skills
- ✓ Follow a simple life style
- ✓ Develop psychological and spiritual wellbeing
- ✓ Maintain good interpersonal relationships
- ✓ Develop healthy attitudes

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Purpose - I expect this Grade 09 self-study book is designed to learn their lessons easily to my beloved students.

I think it's an easy way to study your lessons.

Thank you....