

Grade 9

Health & Physical Education

Time - 2 hours

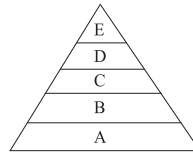
Name/Index No :

- * Note
- * Answer all the questions in the part - I
- * 2 marks are awarded for each question in the part - I
- * Answer five questions only, selecting question No.1 and 4 other questions for the part II.

Part - I

- * Underline the correct answer for the questions from 1 to 20.

01. By identifying the meaning of living, working comprehensively with good interpersonal relationships belongs to,
1. physical wellbeing
 2. spiritual wellbeing
 3. social wellbeing
 4. mental wellbeing
02. The emission of sound at harmful intensities is.
1. Sound pollution
 2. Air pollution
 3. Water pollution
 4. Land pollution
03. The process of empowering people to improve the health of the society by controlling the factors which influence health
1. total health
 2. health promotion
 3. individual health
 4. community health
04. 'A' indicates according to the hierarchy of human needs of Abraham Maslow,
1. self-esteem
 2. love
 3. food, water, air, clothes, shelter
 4. security



05. Which answer shows correct postures?



A



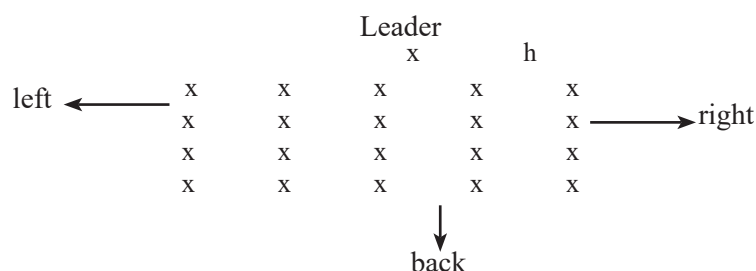
B



C

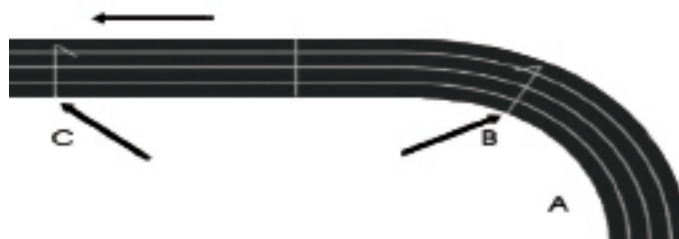
1. A and B
 2. A and C
 3. B and C
 4. A, B and C
06. A Psycho - social skill that could be developed by engaging in outdoor activities.
1. Strengthening of bones and muscles.
 2. Improving nerve-muscle coordination
 3. Getting used to adopt correct postures.
 4. Gaining ability to manage stress.

07. According to the given diagram, the skill you tried to learn by running to the left, right, front or back on receiving the signal given by the leader.



1. Defending of volleyball.
 2. Goal keeping of football.
 3. Shooting of netball.
 4. Attacking and defending of netball.
08. Which skill is used to bring the ball back to the court when the ball has gone out of the court across the side line when a football match is being played,
1. Throw-in
 2. kicking the ball
 3. shooting
 4. heading the ball

Use the following diagram to answer question no.9.



09. According to the above diagram, Baton exchange zone of a relay-race is.
1. B, C
 2. A, C
 3. A, B
 4. B, A
10. The diagram below shows the baton exchange between two players at a relay-race. The correct baton change is



1. Only A
 2. Only B
 3. Both A and B are correct.
 4. Both A and B are wrong.
11. At a long jump event
- A - After landing, walking back towards the take-off board along the landing area.
- B - Starting to attempt jumping before the lapse of one minute after the number of the jumper has been announced.
1. only A is wrong
 2. only B is wrong
 3. both A and B are wrong
 4. both A and B are correct
12. Micro nutrients needed in body
1. carbohydrates
 2. vitamins and minerals
 3. lipids
 4. proteins
13. Amount of kilo calories required for a man with a high level of activity.
1. 2000
 2. 2200
 3. 2700
 4. 2300

14. An ill-effect arisen due to reduce of fibrous nature in food.
 1. increase appetite
 2. cancers
 3. constipation
 4. nutritional deficiencies
15. The largest organ in human body is
 1. lungs
 2. heart
 - 3) stomach
 4. skin
16. It is not a method used to increase nutritional value of food and absorption of nutrients,
 1. Eating different coloured food.
 2. Preparing a dish with different types of food.
 3. Adding artificial colores and flavoures.
 4. Soaking gram prior to cooking.
17. A disease associated with nails
 1. Dandruff
 2. Scabies
 - 3) Blisters
 4. Cleft lips
18. The fact that we can see an object at once with both eyes is known as
 1. Irregularities
 2. Binocular vision
 3. Two dimensional vision
 4. Night blindness
19. A test used to measure muscular endurance
 1. Standing long jump test
 2. Pushups test
 3. Continious running
 4. Stand and reach test
20. A short distance runner who lost the olympic gold medal due to violating the rules and regulations of sport
 1. Marian Jones
 2. Susanthika Jayasinghe
 3. Duncan White
 4. Carl Lewis

(2 x 20 = 40 marks)

Part - II

* **Answer only 5 questions including the first question**

01. Out door educational activities and a relay race festival for grade 9 students were held parallelly to the annual sports day of Dharmashoka Vidyalaya in 2021. Students gathered by following health guidelines in huts made as houses. A lecture on rules, regulations and ethics of sport and non-communicable diseases was held in the morning. After the lunch, several outdoor activities were held and the relay race was an interested event of all. There was a bonfire display at night and the programme was ended.
 - i. According to the facts of lecture, what is meant by rules and regulations of sport? (2 marks)
 - ii. Write two ill-effects arisen of violating rules and regulations of sport? (2 marks)
 - iii. State two relay events held at the relay festival. (2 marks)
 - iv. Name two knots or lashings that could be used in making huts. (2 marks)
 - v. Write two types of bonfires that could be used for bonfire display. (2 marks)
 - vi. State two ways that communicable diseases can be spread. (2 marks)
 - vii. Give two examples for non-communicable diseases. (2 marks)
 - viii. State two reasons for which non communicable diseases are abundant at present. (2 marks)
 - ix. Mention two social skills that can be gained by students for a bonfire display. (2 marks)
 - x. State two health guidelines which are followed by students, teachers and other resource persons. (2 marks)

(2 x 10 = 20 marks)

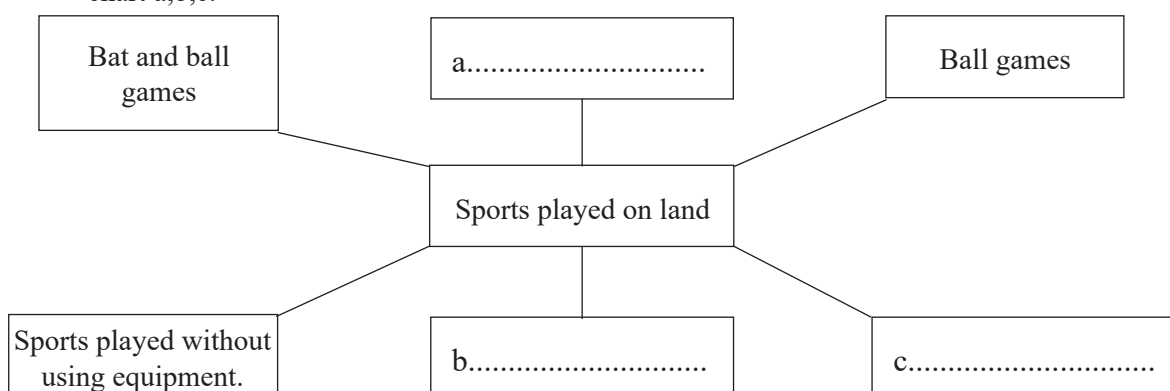
02. Maintaining good posture is necessary to carry out our tasks efficiently, for a healthy life and have a pleasant and

1. What is a good posture? (2 marks)
2. Write two benefits of maintaining good posture. (2 marks)
3. State the two main reasons for physical deformities (2 marks)
4. State four healthy behaviours which can prevent deformities and bad postures. (4 marks)

(2 + 2 + 2 + 4 = 10 marks)

(03) Sports that are played with or without equipment, by following a set of rules and regulations are called organized games.

1. Sports played on land can be classified in different ways. Accordingly, complete the following chart a, b, c.







2. Write two water sports. (3 marks)
3. State three Bat-and-ball games. (2 marks)
4. Mention two common features that are seen in organized games. (2 marks)

(3 + 2 + 2 + 2 = 10 marks)

04. 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.

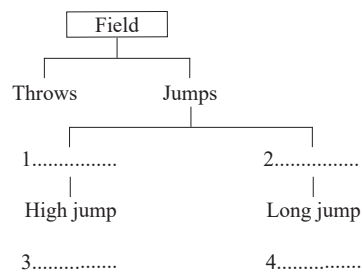
1. The teeth erupting at two different times is a unique feature of men. What is called this? (2 marks)
2. Name the following types of teeth and write their functions in the table. (6 marks)

| | A | B | C | D |
|-------------------|---|---|---|---|
| |  |  |  |  |
| Type of the teeth | | | | |
| Function | | | | |

3. State two diseases related to teeth. (2 marks)
- (2 + 6 + 2 = 10 marks)

05. Jump events play a specific role in the classification of athletic events. Maintaining physical fitness at a higher level and use of correct techniques support to maximum performance.

1. Complete the following chart according to the classification of athletics.



(4 marks)

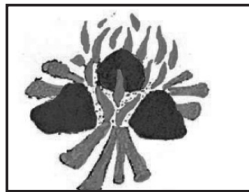
2. Out of the techniques of high jump, what is the most popular and successful method? (2 marks)

3. Name the 4 phases of high jump technique. (4 marks)

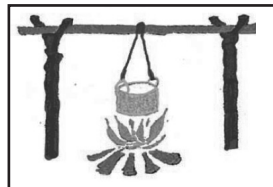
(4+2+4 = 10 marks)

06. Cooking food at home is an easy task because there are varieties of containers and bowls to keep food in and there are various types of cookers. But cooking food outdoors is not an easy task.

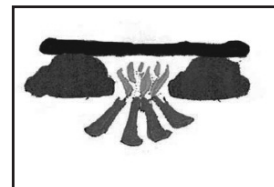
1. Name the following fire places that are used to cook food outdoors. (3 marks)



A



B



C

2. State two advantages of ditch fire. (2 marks)

3. What are the factors that should be taken into consideration before lighting fires. (2 marks)

4. State 3 types of food that can be prepared in an open place and write one nutrient each containing in the foods you mentioned. (3 marks)

(3+2+2+3 = 10 marks)

07. At least one game out of volleyball, Netball and foot ball is implement in the schools in Srilanka.

1. Following diagrams illustrates the various states of volley ball, netball and foot ball. Name those states. (6 marks)



3. Name two skills of netball. (2 marks)

4. What is meant by 'blocking' of volleyball? (2 marks)

(6+2+2 = 10 marks)