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Department of Education, Southern Province
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දෙවන වාර්ෂික පරීක්ෂණය 2022
Second Term Test

Grade 9

Health and Physical Education

Two hours

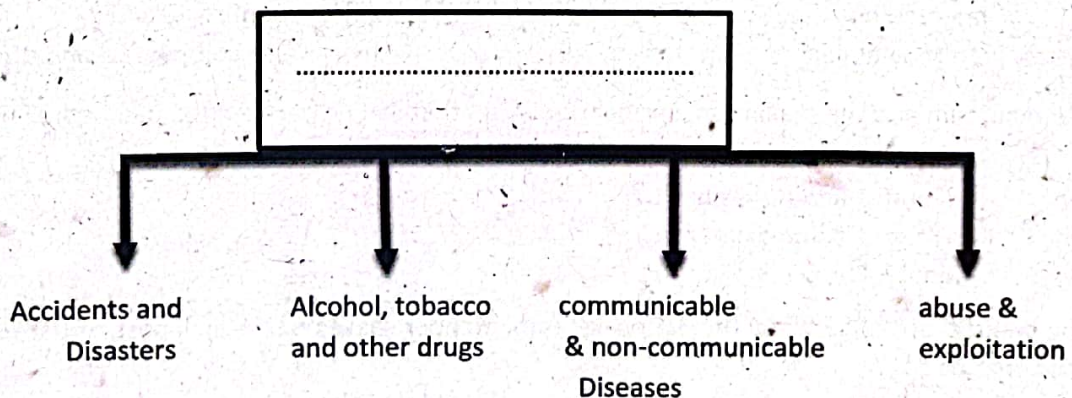
Name/Index No :-

Part I

- Underline the most suitable answer.

- Our community consists of the people around us and our environment. According to that the statement which is incorrect related to our society is
 - There are people with many differences in the society
 - There are many factors that affect the differences of people in the society.
 - There are differences in basic needs of people in the society.
 - When fulfilling the needs of people, it is necessary to have mutual help.
- To build up a healthy society, people should be
 - Having good interpersonal relationships
 - Physically and spiritually well being
 - People in the society should be physically and mentally well being.
 - People in the society should be physically , mentally , socially and spiritually well being.

3.



The most suitable answer for the blank is

- Factors that affect environmental pollution.
- The most important community health issue.
- Issues related to tourism.
- Issues related to unfavourable relationships.

4. Communicable diseases can be spread from one infected person to another. Which of the following is not a communicable disease
- | | |
|-------------------|-------------------|
| (i) Dengue | (iii) diarrhoea |
| (ii) tuberculosis | (iv) hypertension |
5. One of the main causes for many social problems is
- | | |
|---------------------------|---------------------------------|
| (i) Communicable diseases | (iii) Tobacco and related drugs |
| (ii) Accidents | (iv) Non-communicable diseases |
6. The vitamin needed for absorption of calcium needed for the body and for bones becoming healthy.
- | | |
|----------------|-----------------|
| (i) Vitamin D | (iii) Vitamin B |
| (ii) Vitamin C | (iv) Vitamin A |
7. Two of the below given statements are false in relation to correct posture. Those two statements are
- A - Can get a pleasant appearance
 B - Body becomes tired easily
 C - Become more efficient in activities
 D - Bones and muscles become tired quickly
- | | |
|--------------|---------------|
| (i) A and B | (iii) B and C |
| (ii) A and C | (iv) A and D |
8. According to the shape and function there are four types of teeth. The function of incisors
- | | |
|-----------------------------|--------------------|
| (i) To cut food. | (iii) To tear food |
| (ii) To grind and chew food | (iv) To grind food |
9. Below given are sports played on land. From them games played with a ball and self-defense games are
- | | |
|-------------------------------|----------------------------|
| (i) Football, Judo and Kabadi | (iii) Judo, Kho kho, Wushu |
| (ii) Football, Kho kho, Wushu | (iv) Football, Judo, Wushu |
10. Under outdoor educational activities which of the following is a camping technique
- | | |
|------------------------|-------------------------------------|
| (i) Map reading | (ii) Bonfire activities |
| (iii) Identify animals | (iv) Use compass to find directions |
11. The minimum and the maximum number of players that can be participated in a netball match
- | |
|--------------------------------|
| (i) Minimum 5 and maximum 7 |
| (ii) Minimum 7 and maximum 10 |
| (iii) Minimum 7 and maximum 12 |
| (iv) Minimum 6 and maximum 12 |
12. The punishment given when the opposing team member shakes the netball post, at the time of shooting the ball
- | | |
|-----------------------------------|------------------------------|
| (i) Free pass | (iii) free pass or free shot |
| (ii) penalty shot or penalty pass | (iv) toss-up |
13. In football during the technique of throw-in, which of the following should not be done
- | |
|---|
| (i) The ball should be held in both hands and thrown from behind over the head. |
| (ii) The thrower should be facing the field of play at the moment the ball is released. |
| (iii) Throwing the ball in by standing on one foot |
| (iv) When another player touches the ball after throwing the ball in, the thrower kicks the ball. |

14. Based on the side of the body from which the receiver receives the baton, the baton change method is
- | | |
|-------------------|------------------------|
| (i) Outside pass | (iii) visual method |
| (ii) upsweep pass | (iv) non-visual method |
15. The most suitable baton change method that can be used in 4 × 100 m relay race are
- | | |
|------------------|------------------|
| (i) Outside pass | (iii) Mixed pass |
| (ii) Inside pass | (iv) visual pass |
16. The most effective technique in long jump event is
- | | |
|------------------------|-------------------|
| (i) Sail method | (iii) Flop method |
| (ii) hitch kick method | (iv) Hang method |
17. Complementary feeding starts for an infant at the age of
- | | |
|---------------------|----------------------|
| (i) After 3 months | (iii) After 4 months |
| (ii) After 5 months | (iv) After 6 months |
18. A reason for nutritional problems in Sri Lanka
- | |
|--|
| (i) Following a healthy food pattern |
| (ii) Following various myths related to food |
| (iii) Avoid consumption of junk and fast food |
| (iv) Having a good economical background in the family |
19. The ability to perform physical activities effectively is
- | | |
|---------------------|------------------------------------|
| (i) Endurance | (iii) Physical fitness |
| (ii) Mental fitness | (iv) nerve and muscle coordination |
20. Some deadly diseases caused by animals
- | |
|--|
| (i) Dengue / Leptospirosis / rabies |
| (ii) Dengue / Filaria / Leptospirosis |
| (iii) Leptospirosis / Jaundice / Tetanus |
| (iv) Dengue / Corona / Aids |

(2 × 20 = 40 marks)

Part II

- First question is compulsory. Answer 5 more questions. Altogether 6 questions should be answered.
1. Below given is information related to a programme carried out by Teacher-Parent Association of Ridiyagama Vidyalaya.
- Conducting a shramadana with the participation of parents
 - Conducting the morning physical exercises programme
 - Conducting a volleyball match
 - Conducting a Medical health test
 - Planting fruits and herbal plants

Study the above programmes closely and put them under the correct health promotion themes in the below given chart. Copy the chart into your answer script and do the question.

(i)

Health Promotion theme	Health Promotion activity
1. Develop policies which promote health	
2. Improve knowledge and skills	
3. Create a healthy environment	
4. Get help from the community	
5. Reorientation and make optional use of health services	

(5 marks)

(ii) Write two benefits of health promotion.

(2 marks)

(iii) Write three strategies taken by you to promote health of your family.

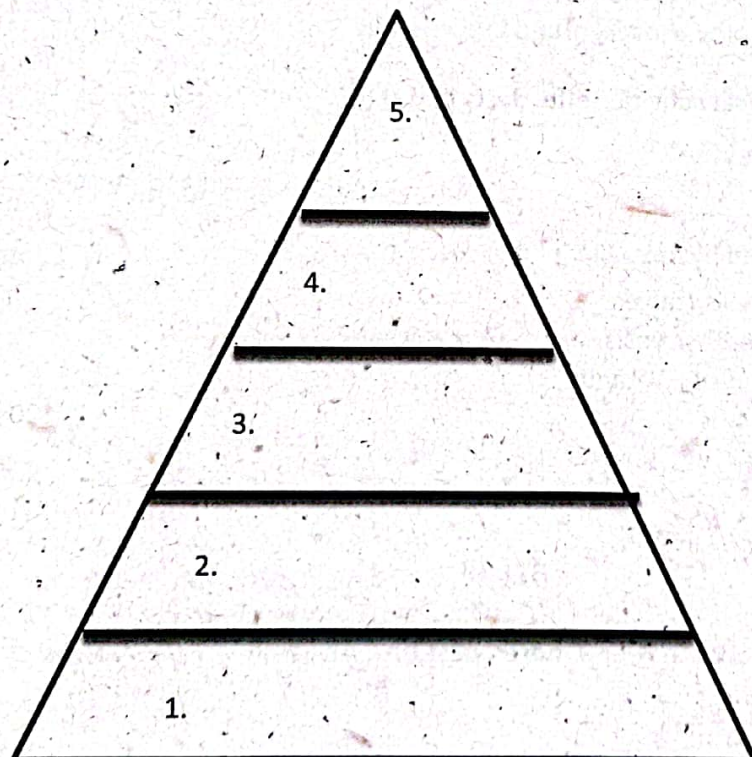
(3 marks)

02. (i) Name the psychologist who did a series of experiments on human needs.

(1 mark)

(ii) Human needs introduced by him are given below.

(Love / food, water, air, clothes, shelter / self-actualization / security / self esteem)



Put them in the order of hierarchy in the pyramid above. Put the number in your answer script and write answer in front of it.

($\frac{1}{2}$ mark \times 5 = 2 $\frac{1}{2}$ marks)

(iii) To achieve the highest level of human needs, what qualities you should attain. Write 4 of them.

(1 \times 4 = 4 marks)

(iv) Write 5 factors for having different needs among members of the community.

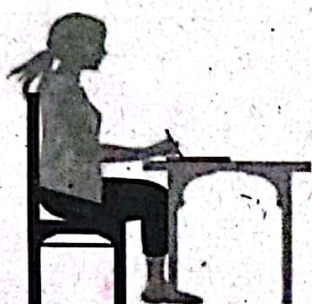
($\frac{1}{2}$ \times 5 = 2 $\frac{1}{2}$ marks)

3. Abuse is defined as behaviours which harm someone against accepted social morals.

- (i) Give two reasons for getting subjected to above (1 × 2 = 2marks)
- (ii) Write two ill-effects of facing abuse. (1 × 2 = 2marks)
- (iii) Write three procedures to be followed to get protecting from abuse. (3 marks)
- (iv) Name two institutions to be informed about abuse and coercions. (1 1/2 × 2 = 3 marks)

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

Below diagrams show how Kamala and Wimala sit on a chair when they engage in studies in the classroom.



Kamala



Wimala

- (i) According to the above who sits in the correct posture of sitting? (1 mark)
- (ii) Write 3 wrong habits you follow obstructing the correct posture of sitting on a chair. (1 × 3 = 3 marks)
- (iii) Write 3 defects of following wrong postures? (1 × 3 = 3 marks)

5. The age of 10 to 19 years is known as adolescence. During this period a rapid physical growth is taken place both in girls and boys. Food plays a very important role during this period.

- (i) Give two reasons why an adolescent needs to take a balanced diet. (1 × 2 = 2marks)
- (ii) Write 2 bad eating habits of adolescents. (1 × 2 = 2 marks)
- (iii) Write 3 consequences of bad food habits during adolescence (1 × 3 = 3 marks)
- (iv) Write 3 good food habits you have to follow during adolescence? (1 × 3 = 3 marks)

6. The organs such as skin, hair, teeth, lips, eyes and ears help in the external appearance of an individual. Hair on your head is meant for protection and appearance. Hair protects the brain which is a valuable organ placed inside the skull.

- (i) Name two diseases related to hair. (1 × 2 = 2marks)
- (ii) Write two functions carried out by skin. (1 × 2 = 2marks)
- (iii) Write 3 healthy habits to prevent illnesses related to hair. (1 × 3 = 3marks)
- (iv) Write 3 food items that help to keep your adolescence healthy and name the nutrients present in them too. ($\frac{1}{2} \times 6 = 3$ marks)

Food item	Nutrient present in them
(i)	(i)
(ii)	(ii)
(iii)	(iii)

7. (i) How many players can play in a team of volleyball? (1 mark)
- (ii) Define spiking in volleyball. (2 marks)
- (iii) Write 2 factors to be considered when spiking (2 marks)
- (iv) Write two activities to practice blocking or spiking in volleyball. ($2 \frac{1}{2} \times 2 = 5$ marks)





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