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Department of Education, Southern Province

**Third Term Test 2022 (2023)**

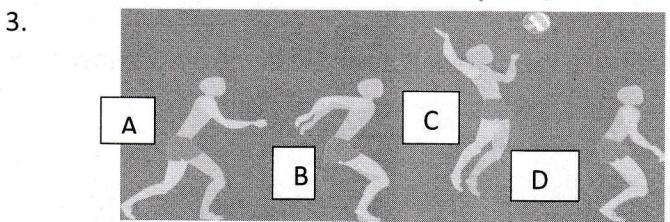
**Grade 9**      **Health and Physical Education**      **Two hours**

Name / Index Number : .....

Part - I

- Answer all the questions.
- In the questions from 1 -20 underline the most suitable answer.

1. A service rendered by health officials related to school is,
  - i. Provision of spectacles to students with weak sight
  - ii. Provision of ear aids to students with hearing defects
  - iii. Provision of wheel chairs to those who cannot walk
  - iv. Provision of iron tablets and vitamin tablets to those who have nutritional deficiencies
2. A lead up game means
  - i. A game that develops the skills of an organized game
  - ii. A game that develops physical fitness
  - iii. A game that warms up the body before an activity
  - iv. A game that gives a relief to you after being mentally tired due to studies



- A,B,C and D in the above picture respectively are
- i. A- takeoff, B- Approach, C- spike, D-landing
  - ii. A-preparation, B- takeoff, C- spike, D- landing
  - iii. A-takeoff, B-Approach, C- Hitting the ball, D- landing
  - iv. A- approach, B- takeoff, C- hitting the ball, D- landing
4. Information about goal keeper in football is given below.
    - A- The ball can be held with both hands to stop in reaching the goal
    - B- Direct the ball set by opponent team to the goal
    - C- Goal keeper should be clad in a color different from that of other players
    - D- When the goal keeper is in position, he can move easily to the left, to the right, forwards or backwards

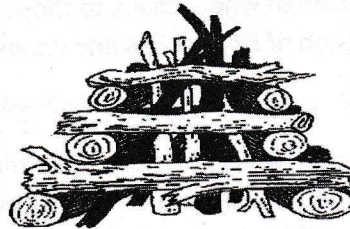
For which of the above you cannot agree with?

- i.D                      ii. A and D                      iii. B                      iv. A,B and D

5. Throw in method is done in football by,  
 i. The player who passed it outside the court  
 ii. The opponent of the player who last touched the ball  
 iii. The opponent player from the goal line.  
 iv. Throw-in should be done with a leg kick
6. The distance of the baton exchange method in a relay race is,  
 i.10m                      ii.20m                      iii.30m                      iv.40m
7. The most effective baton exchange method for 100m×4 relay and 400m×4 relay race respectively are,  
 i. Mixed method of non-visual method                      iii. Inside pass of visual method  
 ii. Mixed method of visual method                      iv. Outside pass of visual method
8. If this disease is not controlled properly the threat of getting heart diseases, poor vision and kidney failure are resulted, The disease is,  
 i. Gonorrhea                      ii. Diabetes                      iii. High blood pressure                      iv. Filariasis
9. An adult has got 32 teeth in the mouth. According to the shape, there are 4 types of teeth. The number of incisors and canines in our mouth respectively  
 i. Incisors-8 , Canines- 2                      iii. Incisors-6 , Canines – 4  
 ii. Incisors-4 , Canines-2                      iv. Incisors-8 , Canines-4
- 10.



A

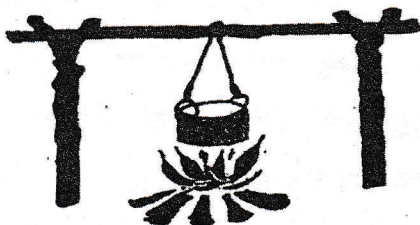


B

Bonfires of several types can be prepared using the materials available in the environment. Identify A and B types of bonfires

- |                        |                     |
|------------------------|---------------------|
| i. A- Rectangular fire | B- Pyramid fire     |
| ii. A-Pyramid fire     | B-Reflector fire    |
| iii. A-Reflector fire  | B- Pyramid fire     |
| iv. A-Pyramid fire     | B- Rectangular fire |

11.



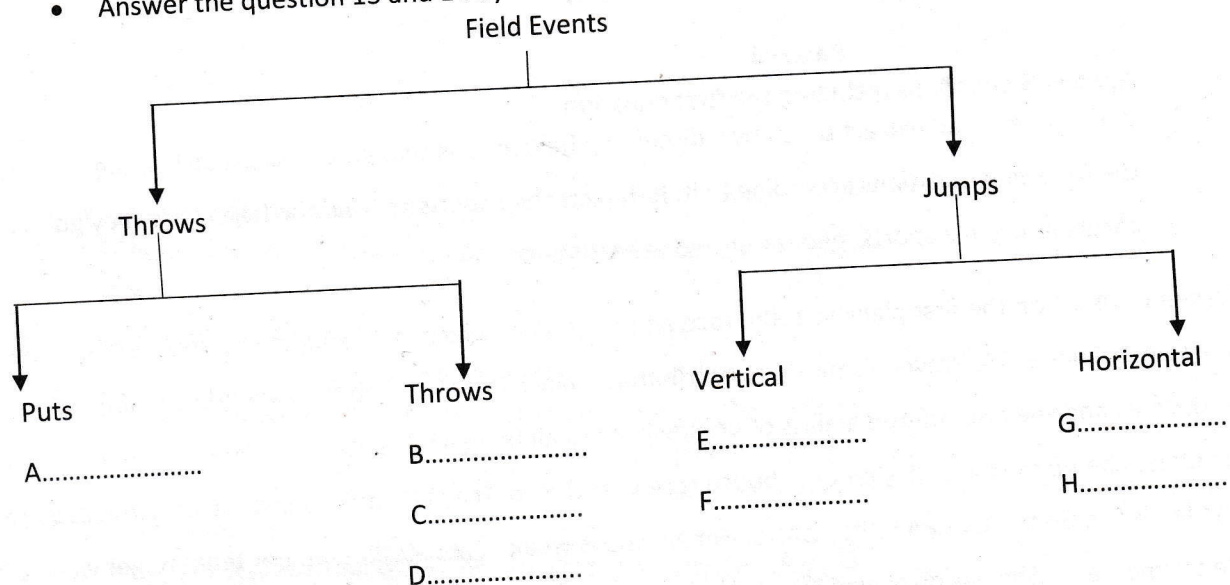
A picture of a fireplace in an outdoor cooking can be seen here. The most accurate answer related to it is,



- i. Can be used to cook food for a group
- ii. Three stone fireplace can be used for heating the above
- iii. To hold the vessel a rope can be used
- iv. Newly cut, fresh poles should be used for this

12. Below given are some rules and regulations related to high jump. For which of the following you cannot agree with?

- i. When crossing the bar successfully while touching the mattress
  - ii. Disqualified from the game after three consecutive unsuccessful jumps
  - iii. Taking a successful jump by taking off from one leg
  - iv. The cross bar falling from the posts after a successful jump
- Answer the question 13 and 14 by studying the following chart given below.



13.

Preparation → Gaining speed → Power position → Releasing → Follow through

The above given is 5 different stages of an event. That event is

- i. C
- ii. B
- iii. A
- iv. D

14. The jump done with the help of a special equipment is / are

- i. E or G
- ii. F and H
- iii. E
- iv. E or F

15. Which of the following is not correct related to extra curricular activities in school ?

- i. The smallest social unit is school
- ii. Extra curricular activities help students to become socialize
- iii. They help students to improve their moral values and social ethics
- iv. The experience gained by them will help them in future

16. We face a lot of challenges in our life. Which of the following is a personal challenge ?

- i. Tsunami
- ii. Diseases
- iii. Interpersonal relations
- iv. Cyclones

17. To reduce mental stress

- i. Should study hard
- ii. Should work according to a time table
- iii. Should pay attention to solve problems during the interval
- iv. Should get proper rest and sleep

18. The incorrect statement related to reproductive system is
  - i. Gender is identified by sex organs
  - ii. The minimum age to get married in Sri Lanka is 18 years
  - iii. By engaging irresponsible sexual acts , sexually transmitted diseases can be spread
  - iv. The responsibility of giving birth to a healthy baby lies on women
19. Which of the following does not belong to the junk food category ?
  - i. Fried manioc chips / soft drinks / pizza
  - ii. Instant noodles / bacon / processed starchy food
  - iii. Chocolates / tinned fruits / fish rolls
  - iv. Toffees / tinned vegetables / cheese
20. Immunity means the ability to resist diseases. The disease that affects the immunity system is
  - i. Diabetes      ii. Covid      iii. AIDS      iv. Tuberculosis

### Part – II

- **Answer 5 questions including the first question.**

1. Below given is an extract taken by a discussion held among two groups of grade 9 students. Answer the following questions according to it. It depicts the experience and the happiness they got by participating in a sports meet after two years time period .

Praveen , who won the first place in 100m race and the second place in long jump and shot put became the champion of under 14. Praveen's mother contributed financially to bear up the expenditure of printing certificates and she also offered a glass of orange juice to all the participants. The house ' Weera' received the Chess championship and 'Gemunu' house received the Football championship . Dasun is the captain who leads the Gemunu team to its victory. Himali who is weak in her studies led her team to get victory in Elle tournament . She has displayed the skills of hitting the ball and catching the ball . Everybody spoke about her talents.

- i. In the above description two incidents related to health promotion are mentioned. Identify them and state the health promotion principles related to them .
- ii. Self esteem means the pride you experience due to your talents and good qualities. What are the two instances of enjoying self esteem in the above.
- iii. Write one other throwing event and a jumping event apart from the events mentioned in the above.
- iv. Write two other group activities you can participate in a sports meet apart from participating in games.
- v. Name two other games that belong to the category of chess.
- vi. Except the skills displayed by Himali , what other skills should be improved by the members of her team .
- vii. Write two benefits of holding a sports meet in a school .



viii. Write two points related to the nutrition of a sportsman .

ix. Name the nutrient present in orange juice and write another food item in which the same nutrient is present .

x. Write two ways to help Nimali to improve her educational activities . ( 2 x 10 = 20 marks )

2.

i. Write four differences among the members in the society .

ii. What are the four aspects of environmental pollution .

iii. Mention separately two communicable and non-communicable diseases.

iv. Write two social issues related to the use of liquor and cigarettes.

v. Write two ways to get protection from abuse and coercions.

( 2 x 5 = 10 marks )

3.

i. Write a type of knot and a lashing you studied in outdoor activities.

ii. Write separately the type of knot and lashing you mentioned above used in day today activities.

iii. When doing outdoor cooking pre preparation is very important. Write three things you do during pre preparation stage in outdoor cooking .

iv. Write three benefits of having bonfires . (2 + 2 + 3 + 3 = 10 marks )

4.

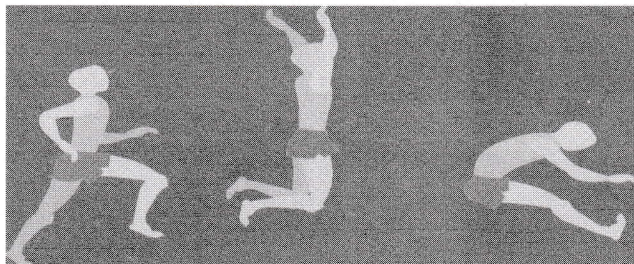
i. Write two skills in netball apart from defending .

ii. The aim of defending is to restrict and delay the opportunity for the players of the opposing team to get a goal . Write the three ways of defending in netball .

iii. Name two officials to judge a netball match.

iv. Select any skill in netball and write an activity to improve that skill. (2 + 3 + 2 + 4 = 10 marks )

5.



A

B

C

i. Write two other long jump techniques apart from the hang technique .

ii. Stages of long jump techniques is given below. Identify the stages given by a , b and c.

iii. Write two rules to consider a jump in long jump as a successful jump.

iv. Write two activities to improve long jump event . (2+3+2+3 = 10 marks)

6.

- i. Categorize the five main nutrients in food as macro – nutrients and micro- nutrients.
- ii. a. Name a nutrient that protects us from diseases.  
b. Apart from providing immunity write two other functions done by food.
- iii. Write two persons with special nutritional needs .
- iv. How can you contribute to develop the nutritional needs of your family. Write three ways .

(2 ½ + ½ +2+2+3 = 10 marks)

7. Physical fitness is the ability to perform physical activities effectively. Answer the questions that follow .

Name	X	Y
	Fitness factor that is measured	Test related to it.
Nayani	A - flexibility	P – Push ups
Lahiru	B – Muscular strength	Q – Continuous running
Matheesha	C- Cardiovascular endurance	R – Standing long jump
Dhanuka	D – Muscular endurance	S – Bending test

Match the columns X and Y correctly before answering the questions

- i. Write separately the tests the above students participate .
- ii. What are the two tests done to measure the body composition .
- iii. Write one formula to measure one of the tests you have written above.

(4 + 3 + 3 = 10 marks )



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