


Time : One Hour

01. Physical, mental, social and spiritual Wellbeing of a person, in addition to being free from diseases, is
 1. health promoting
 2. total health
 3. quality of life
 4. psycho social wellbeing
02. A major feature that can be seen in Ravi as a boy with a better physical wellbeing is,
 1. waist circumference
 2. lawfulness
 3. empathy
 4. self discipline
03. The answer in which the things that a person with a poor social wellbeing should pay his attention is,
 1. healthy food, rest and sleep
 2. sports, exercises and simplicity
 3. being free from dogmatism, self understanding
 4. counseling and meditating
04. Important feature of physical education to keep total health is,
 1. developing personal skills.
 2. developing decision making.
 3. developing followership qualities.
 4. all of the above.

Students	Body Mass Index
Nimesh	below 18.5
Dhananjaya	18.5 - 22.9
Upali	23 - 26.9
Anura	above 27

09. 

1. "A" and "C" 2. "A" and "D" 3. "B" and "C" 4. "B" and "D"

10. ? Keeping the back erect (straight)
 ? Waist (hip), knees and ankle are bent at about 90°
 ? Feet are totally touching the ground.
 The correct posture described by the above features is.

1. standing 2. walking 3. lying 4. sitting

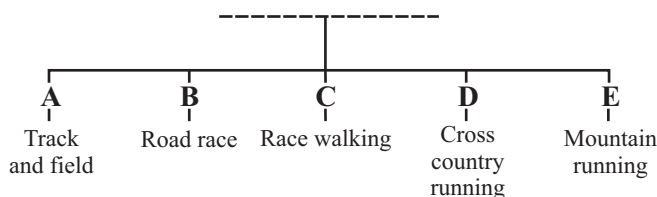
11. The principle used to balance the body by the athlete depicted by the above diagram is



1. bringing the centre of gravity to a higher level.
2. minimizing the supporting base.
3. bringing the centre of gravity to a lower level.
4. bringing the body forward away from the line of gravity.

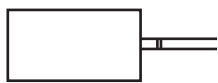
12. The most suitable group of words to introduce this diagram is

1. Classification of sports .
2. Classification of field events.
3. Classification of track events.
4. Classification of athletic events.

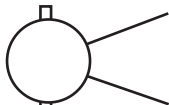


- ? Use the following information and answer the questions 13-15

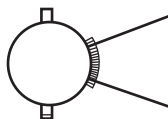
Com:No	Events
78	Long jump
84	Shot putting
90	High jump
96	Discus throwing



A



B



C



D

13. A discus thrower should report to the pitch at

1. A 2. B 3. C 4. D

14. The straddle technique is used by the athlete, number

1. 78 2. 84 3. 90 4. 96

15. The athlete who uses the sail technique should go to the pitch at

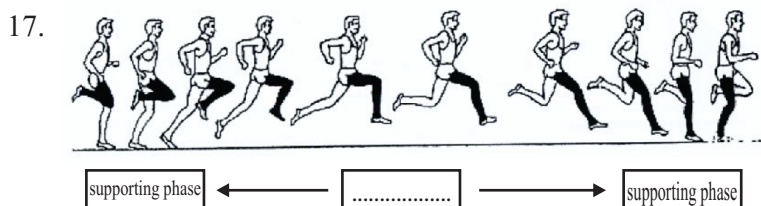
1. A 2. B 3. C 4. D

- ◆ Some running events, which were participated by three students in the inter house sports meet, are given below

Amal :- 100m
 Kamal :- 4x100m
 Nirasha :- 1500m

16. The correct answer in which the methods of starting, their events, are mentioned is

1. Amal- crouch start, Kamal and Nirasha standing start
2. Amal and Kamal crouch start, Nirasha standing start
3. Amal and Nirasha crouch start, Kamal standing start
4. Amal, Kamal and Nirasha crouch start



This diagram depicts the main stages of a running stride of a sprinter. what is the most suitable word for the blank?

1. Flying phase
2. Taking off phase
3. Rotating phase
4. Landing phase

18. Above diagram is about the baton changing zone of a relay race.

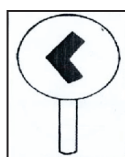
The distance of the baton changing zone is,

1. 10 m
2. 15 m
3. 20 m
4. 30 m

19. The correct expression about the following diagrams (boards) relating to race walking is

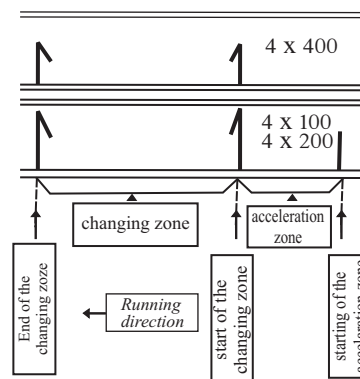


A



B

1. A- Walking fast, B-bending the knees.
2. A- Bending the knees, B- no contact with the ground
3. A- Contacting with the ground, B- no swing of hands
4. A- No contacting with the ground, B- bending the knees



20. ? long term damages to the body.
- ? cancelling awards
- A player has to face such bad effect as mentioned above,
1. because of lacking proper training
3. because of using drugs (banned)
- ? being suspended from playing
- ? being disgraced
2. because of following incorrect postures
4. because of being aggressive

21. The most important factor to hold a fair match minimizing injuries, respecting and cheerfully is
1. desire of winning
3. being aware of rules and regulations
2. knowledge of giving first aid
4. participating in events

22. Slowing of mental development, retarded growth, short legs, and being stunted are harmful for personal well being. So, the nutrient that should consumed to minimize such influence is
1. Iron
2. Iodine
3. Calcium
4. Vitamin B

23. Following expressions are about food and nutrition
- A. expensive food items are always nutritious
- B. various kinds of flavoured drinks are better than water for thirsty
- C. Potatoes with green skin contain the chemical component called "Solanine"
1. "A" is correct while 'B' and 'C' are incorrect
3. "A" and "B" are incorrect while "C" is correct
2. "A" and "B" are correct while 'C' is incorrect
4. "A", "B", "C" are correct

24. Dark green leafy vegetables, dark yellow or orange coloured fruits and vegetables are rich in.
1. Vitamin "A"
2. Iron
3. Calcium
4. Iodine

25. We have to face different types of accidents and disasters in various stages. The group of natural disasters is
1. dehydration, fainting, shock, blisters
3. drowning, bone fractures, muscle cramping
2. landsliding, wildfire, tsunami, flood
4. cutting, electric shock, slipping

26. What is not an objective of giving first aid
1. Saving the life
3. Preventing the injured from being serious
2. Helping to be cured
4. Having knowledge about first aid

27. 'PRICES' is a common method of giving first aid and "C" stands for,
1. Rest
2. Ice
3. Compression
4. Elevation

28. A - Airway
- B - Breathing
- C - Circulation
- D - Deformity
- E - Exposure

Above points are

1. proper understanding of giving first aid
3. objectives of giving first aid
2. basic life support
4. features of finding a patient

29. In the present society children have to be abused sexually and in other forms. The answer that carries that idea is,
 1. employing children as servants and undue touching
 2. causing shame and child harassment
 3. undue kissing and showing undue videos
 4. depriving of opportunities for education and intimidation
30. The enzyme ptyalin in saliva helps to digest
 1. Protein 2. Carbohydrates 3. Fat 4. Vitamin
31. The valve between the right atrium and the right ventricle is
 1. Tricuspid valve 2. Bicuspid valve 3. Mitral valve 4. Semilunar valve
32. Breaking or cracking of bone is known as a bone fracture. A complex fracture is
 1. a breaking or cracking of a bone without coming out to be seen
 2. a breaking of a bone into pieces
 3. an injury of a joint
 4. a damaging to internal organs and muscles as a result of breaking the bone.
33. What is not a function of kidneys?
 1. Helping to control blood pressure 2. Releasing hormone which help to produce red blood cells
 3. Removing waste products from the body 4. Exchanging oxygen and carbon dioxide
- ♦ **Answer the questions 34-35 studying the following cases**
- | | |
|--|-------------------------------------|
| A. Pregnant mother takes nutritious food | weight of the child nutritious food |
| B. Breast feeding | Immunization |
| C. Preventing mother from diseases | Still birth |
| D. Keeping good friends | being motivated to bad |
34. The couple of incidents in which the increasing of the first affect the increasing of the second
 1. A, B 2. A, C 3. C, D 4. B, C
35. The couple of incidents in which the decreasing of the first affects the increasing of the second
 1. A, B 2. A, C 3. C, D 4. B, C
36. Some of the changes that could be taken place in our body after engaging in sports activities for a longer period of time, are given below
 A. increasing the pulse rate
 B. decreasing the body temperature
 C. increasing the respiration rate
 D. being thirsty
 What is the incorrect expression?
 1. A 2. B 3. C 4. D
37. ? continuous running for more than 30 minute slowly.
 ? swimming
 ? engaging in aerobic exercises
 Some activities done by a group of students in order to improve one of their health related fitness are given above. what is it?
 1. Muscular endurance 2. Flexibility 3. Muscular strength 4. Cardiovascular endurance
38. The hormone which is causal for promoting the development of the masculine secondary sexual characteristics is
 1. Oestrogen 2. Testosterone 3. Progesterone 4. Adrenalin
39. Lakmal was organizing the Sinhala and Hindu new year festival of his school and he was able to make it successful because he could get the assistance of all members of the school, well. According to above information Lakmal is a
 1. sympathetic person 2. creative person
 3. self understanding 4. person who keep better interpersonal relationships
40. The country and year in which the next Olympic Games will be held, are
 1. 2018 -U.S.A 2. 2024 -China 3. 2022 - Brazil 4. 2020 - Japan

Time : Two Hours

01. Pinsara is a clever athlete from grade 11 and he has won all island medals for 400m and long jump. He is friendly with others and he like to help others. He follows correct postures when he is at the morning assembly, in the class room and also while he is engaging in sports activities. So he is an outstanding student among the others. Pinsara is also a member of the health promoting club of the school and he advises his friend "Hasitha" not to consume more sugar and salt while actively participating in health promoting programmes.
- I) Write two qualities that show Pinsara's social wellbeing, from the passage. (2 marks)
- II) Write two tactics that can be implemented to develop health promotion in his school. (2 marks)
- III) Name the stage of life of the students those who are in grade 11 and write the age limits too. (2 marks)
- IV) Write a static posture and a dynamic posture followed by Pinsara. (2 marks)
- V) Write two advantages that Pinsara can get by keeping correct postures. (2 marks)
- VI) Name the type of jumping events that Pinsara's event belongs to and write another event too. (2 marks)
- VII) Write two major factors that may affect the performance of a jumping event. (2 marks)
- VIII) Name the method of starting that Pinsara used for 400m and write two more events for which the method of start is used. (2 marks)
- IX) Write two non communicable diseases that Hasitha could be subjected to because of his food habit. (2 marks)
- X) Name the system that functions in the Pinsara's body to do the following
- a) getting required O_2 to the body'
- b) transporting O_2 and the other materials to living cells. (2 marks)
- (2x10=20marks)

02. The food we consume is very important and to lead a healthy life. Different kinds of nutrients do various functions.

- I) Write two nutrients that belong to macro nutrients. (2 marks)
- II) Name three micronutrient deficiencies. (3 marks)
- III) Write three reasons for over nutrition. (3 marks)
- IV) Name the two groups of food items that we should consume at the lowest amount and the highest amount according to the food pyramid. (2marks)

03. Sports injuries are a main reason for losing a game or a race.

- I) Sport injuries can be divided into two groups. Name them and write by an example for each. (4 marks)
- II) Write two reasons for sports injuries. (2 marks)
- III) a. Write two measures that you should follow to avoid from sexual abuse and exploitation (2 marks)
- b. Write two qualities that a first aid giver should have (2 marks)

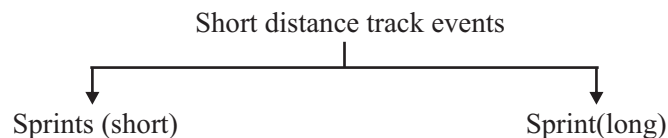
04. Explain the way how you face the following challenges, briefly.

- 1) You come to know that a group of officers including the P.H.I., is to come to your house to search the place where Dengue could be spread. (2 marks)

- 2) You are appointed as the sports captain of your house by the teachers and students of your house. (2 marks)
 - 3) A person who has come to your house as a seller asks you to buy a flavoured bottle of drink saying that it is a energy drink. (2 marks)
 - 4) One of your friends falls down after slipping in a rainy day and he is embarrassed because his uniform is dirty with mud. (2 marks)
 - 5) One of the members of the netball team of your house is subjected to a muscle cramp at the inter house sports meet. (2 marks)
- (2x5 = 10marks)

Part II

05. Following diagram shows the way how the International Athletic Association has categorized short distance track events.



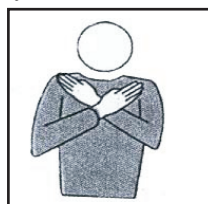
- (I) Write two events belong to the "Sprints Long" according to the above category. (2 marks)
 - (II) Write two fouls that could be causal for disqualifying a sprinter at the race. (2 marks)
 - (III) Write three running drills that could be used to improve the technique of sprinting (3 marks)
 - (IV) Write three more advantages of engaging in running drills, except improving the running technique. (3 marks)
06. Maintaining physical, mental and social wellbeing as well as keeping correct postures, are important to lead a healthy life and also it is necessary to pay our attention to keep the fascination of the systems of our body.
- (I) Write two factors that may help to keep the body balance in various postures. (2 marks)
 - (II) Name the physical fitness factors represented by "a" and "b"
 - a) the range of motion in a joint or a group of joints.
 - b) the amount of fat relatively to the weight of all the non fatty tissues of the body (4 marks)
 - (III) Write two activities that you can follow when you are mentally stressed. (2 marks)
 - (IV) Write two measures that can be taken to over come the disease of renal failure at present. (2 marks)
07. Answer for only one part of the following 3 parts as 'A', 'B' and 'C'

(A)

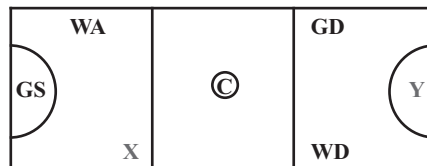
Gemunu		Vijaya	
10	8	5	1
5	3	4	3
6	9	7	2

The above diagram shows the way how the volleyball players of both teams are lined up before starting the match. the first service was to the team 'Gemunu' and the team 'Vijaya' received the ball.

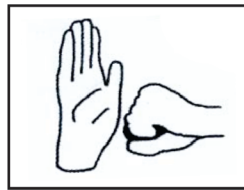
- I
 - a) Mention the number of the server of the team Gemunu.
 - b) Mention the number of the sever of the team 'Vijaya' if it gets the ball to serve. (2 marks)
- II Name 3 officials who are needed to judge a volleyball match (3 marks)
- III
 - a) Give your decision for the following situation as a referee.
 - (i) The ball, from the team Gemunu, goes out of the courts after touching the hand of the player number '3' of the team 'Vijaya'.
 - (ii) The players of the team 'Vijaya' hit the ball thrice while it is being played, before sending it to the opposite team. (1 ½ x 2=3)
 - b) The diagram depicts a signal given by a referee at a match. What is it? (2 marks)



(B) Netball is a popular game among women in our country.



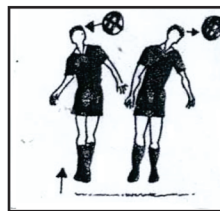
- I The above diagram shows the way how the netball players are positioned at the beginning of a match.
Name the players represented by 'x' and 'y' (2 marks)
- II Write two skills of netball (2 marks)
- III Give your decision as a judge for the following situations.
 - a) A player from the team that gets the centre pass, receives the ball at the goal area without touching it at the centre third. (2 marks)
 - b) Two players from the two teams catch ball simultaneously. (2 marks)
- IV) Explain the following hand signal used by a netball umpire. (2 marks)



(C) (I) Name the two skills of football represented by the diagrams 'A' and 'B' (2 marks)



A



B

- (II) Write two instructions that you give to a novel player when the skill at 'B' is being taught to him. (3 marks)
- (III) a) Give your decisions for the following situation as you are a referee.
 - I Kicking or attempting to kick an opponent (1 ½ marks)
 - II A "throw in" is gained by the goalkeeper of the same team (1 ½ marks)
- b) Explain the following signal given by a football referee (2 marks)



First Term Test - 2018
Health & Physical Education - Grade 11

Answer

Part I

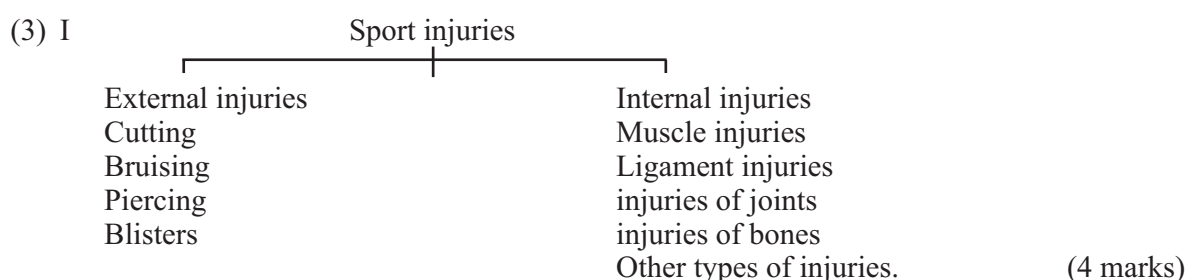
01. 2	11. 3	21. 3	31. 1
02. 1	12. 4	22. 2	32. 4
03. 3	13. 2	23. 3	33. 4
04. 4	14. 3	24. 1	34. 1
05. 4	15. 1	25. 2	35. 3
06. 1	16. 2	26. 4	36. 2
07. 3	17. 1	27. 3	37. 4
08. 1	18. 3	28. 2	38. 2
09. 1	19. 4	29. 1	39. 4
10. 4	20. 3	30. 2	40. 4

(2 x 20 = 40marks)

Part - II

- (1) I. * Being friendly with each and everyone in the school.
 * Always helping others
 * Being an active member of the health promoting club in the school. (2marks)
- II. * Making health related policies.
 *. Creating a co-operative environment beneficial for health
 * Having community participation.
 * Developing knowledge and skills for health promotion.
 * Re- organizing health services. (2marks)
- III. Adolescence - 10 - 19 years (2marks)
- IV. Static - Standing/sitting
 Dynamic - Running/Jumping (2marks)
- V. * being easier to the body.
 * pleasant appearance.
 * ability of performing maximum skills. (2marks)
- VI. Horizontal jumps - Triple jump. (2marks)
- VII. * Speed of taking off
 * Angle of taking off
 * Height of taking off (2 marks)
- VIII. Crouch start :- 100m/200m
 100mH,110mH
 4x400m,400m
 400mH,4x400m (2 marks)
- IX. Heart diseases, Diabetes, Obesity etc... (2marks)
- X. a - Respiratory system.
 b - Blood circulatory system (2 marks)
- (2) 1) Carbohydrate, protein, fat. (2marks)
- II) * Deficiency of iron. * Deficiency of Vitamin A
 * Deficiency of Iodine * Deficiency of Calcium
 * Deficiency of Zinc (3marks)
- III) * Addicting to short-eats.
 * Lack of exercises
 * Consuming food more than enough.
 * Consuming sugary and fatty food more than necessary.
 * Intaking of flavoured drinks. (3 marks)

- VI. More amount :- rice, bread, grains, yams
 Less amount :- fat and sugar (2 marks)



- II
- * Lack of good preparation
 - * Using instrument without standard quality.
 - * Excessive tiring
 - * Carelessness
 - * Poor physical fitness.
 - * Not obeying rules and regulation.
- (2 marks)

- III a)
- * Not to let outsiders to touch the body.
 - * Acting tactfully with a better sense.
 - * Expressing dislike bravely
 - * Going to a safer place or person as soon as possible.
 - * Being careful to keeping people.
- (2 marks)

- b)
- * Knowledge about giving first aid, training, skill
 - * Patience
 - * Common sense
 - * Working attentively/carefully.
- (2 marks)

(4) Give marks to the positive answer. If there are at least 2 points give 2 marks (2 x 5 = 10 marks)

- (5) I 400m, 400MH, 4x400m (2 marks)

- II
- * Taking much time to complete " On your mark or "set" position.
 - * " Making the start in a way that the other runners are disturbed either with some noise or by a other means.
 - * Changing the posture and starting before the sound of the starting gun is heard.(2 marks)

- III
- * Running "A"
 - * Running "B"
 - * Running "C"
- (3 marks)

- IV
- * Developing physical fitness
 - * Developing co -ordination.
 - * Muscles, Bones and joints function well
 - * Increasing running speed.
 - * Bringing the step to an optimum level.
- (3 marks)

- (6) 1.
- * Keeping the centre of gravity above the supporting base
 - * Having the centre of gravity at a lower position
 - * Maintaining a wider supporting base
- (2 marks)

- II
- a. Flexibility
 - b. Body composition
- (4 marks)

- III
- * Engaging in a sport activity
 - * Meditating
 - * Engaging in hobbies
 - * Engaging in advisable exercise
- (2 marks)

- IV * drinking enough amount of water.
 * not to use drugs with out doctor's advices
 * being free from smoking and liquor.
 * Use a safety strainer when there is not suitable sources of water (2 marks)

(7) (A) I a. No 06 b. No 01 (2 marks)

- II) * The first referee
 * The second referee
 * The scorer
 * The assistant scorer
 * The linesmen (2 or 4) (3 marks)

- III a. 1. Stopping the game after whistling the ball is given to the team Gemunu. (1 ½ x2 = 3)
 2. It is not foul, the game continues (2 marks)
 b. Ending a set of the match

(B) I x - GA y- GK (2 marks)

- II) * Ball controlling
 * Footwork
 * Attacking
 * Defending
 * Shooting (2 marks)

- III) a. A free pass is given to the opposite team at the place when the ball went out. (4 marks)
 b. A toss up is given to the players (2 marks)

Iv) Personal contact (2 marks)

C) I A-kicking with 'toe'
 B- heading (2 marks)

- II Importance of keeping body balance
 Forehead should contact with the ball when it is being headed.
 Focusing eyes on the ball (3 marks)

- III (a) I Direct free kick to the opposite team (3 marks)
 II Indirect free kick is given (2 marks)
 (b) A direct free kick



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