

 <div style="display: inline-block; text-align: center;"> <p style="margin: 0;">උව පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව</p> <p style="margin: 0;">ஊவா மாகாண கல்வித் திணைக்களம்</p> <p style="margin: 0;"><b>Uva Provincial Department of Education</b></p> </div> 			
<b>PRACTICE TEST - 2021 (2022)</b>			
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center; padding: 5px;">Grade 11</td> <td style="width: 33%; text-align: center; padding: 5px;">Health and Physical Education - I</td> <td style="width: 33%; text-align: center; padding: 5px;">Time : 1 hour.</td> </tr> </table>	Grade 11	Health and Physical Education - I	Time : 1 hour.
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**Note -**

- *Answer all questions.*
- *Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.*

- 
01. Not a domain needed to maintain the wellbeing according to the Total Health concept is,
 

1. Physical	2. Mental	3. Spiritual	4. Behavioural
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  02. Factors needed to measure the Body Mass Index are,
 

1. Age and height	2. Age and weight
3. weight and height	4. Height and waist circumference.
  03. BMI values for different nutritional / status determined by the position where the BMI lies. The Ideal BMI value shown by,
 

1. orangecolour	2. Green colour
3. Light purple	4. Dark purple colour
  04. Not a strategy in health promotion is,
    1. Formulating policies regarding health.
    2. Creating a healthy environment.
    3. Providing health knowledge to the students.
    4. Getting the support of the community.
  05. The age limit of the adolescence is,
 

1. 10 – 19 years	2. 12 – 20 years
3. 12 – 18 years	4. 13 – 19 years
  06. The correct statement regarding the neonatal stage which is considered as one of the most important period in childhood is,
 

1. The period inside the mother's womb	2. From birth to 1 year
3. From 1 year to 5 years.	4. The first 4 weeks after birth.
  07. An effect that causes an object which changes the nature of motion of an object in motion is known as,
 

1. Momentum	2. Inertia	3. Force	4. Balance
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  08. Not a factor affects in maintaining the balance,
    1. Wider supporting base.
    2. Bending the body towards an external force.
    3. Having the centre of gravity at a lower position.
    4. Having the centre of gravity at a higher position.
  09. This is not included in macro nutrients,
 

1. Carbohydrate	2. Protein
3. Vitamins & minerals	4. Fat

10. Two conditions of mal – nutrition are,
  1. Under – nutrition and over – nutrition
  2. Wasting and stunting
  3. over weight and obesity.
  4. poor memory power and Low life expectancy.
- Several reasons for micro nutrient deficiencies are given below. Answer questions 11 – 13 based on this information.
  - Babies not being given breast milk for an adequate period.
  - Improper food storage.
  - Improper preparation of food.
  - Frequent worm Infections.
11. The micro nutrient deficiency could be led due to above mentioned reasons,
  1. Iron deficiency
  2. Iodine deficiency
  3. Vitamin A deficiency
  4. Calcium deficiency.
12. An effect of above mentioned nutritional deficiency could be,
  1. Night blindness
  2. Goiter
  3. Anaemia
  4. Growth retardation
13. The group of food that can be taken to reduce above mentioned deficiency condition is,
  1. green leaves, sea vegetables, prawn and crab.
  2. small fish, sprat and dairy products.
  3. Dark green leafy vegetables, yellow colored fruits and vegetables.
  4. Meat, fish, yolk of the eggs.
14. J shaped organ which secretes Hydrochloric (HCL) acid in the digestive system. This organ is,
  1. Duodenum
  2. stomach
  3. small Intestine
  4. Large Intestine
15. This is not a function performed by the Kidneys,
  1. Removing waste materials from the body and maintaining the balance.
  2. Producing hormones to produce red blood cells
  3. contributing vitamin D metabolic function.
  4. Digesting carbohydrate using ptyalin enzyme.
16. The disease related to the Blood circulatory system is,
  1. stroke
  2. Cirrhosis
  3. Tuberculosis
  4. Gastritis.
17. The presence of any substance in food, which make it unsuitable for consumption is known as,
  1. Food spoilage
  2. Food poisoning
  3. Food Adulteration
  4. Food Allergies.
18. The Type of joint which contributing to move the head from side to side and up and down is,
  1. Hinge joint
  2. Ball and socket joint
  3. Pivot joint
  4. Gliding joint
19. Skull, ribs, shoulder blades and pelvic bones belong to,
  1. Long bones.
  2. Short bones
  3. Flat bones
  4. Irregular bones.

20. The food security is known as,
  1. Availability of sufficient amounts of foods without any shortage.
  2. Every person having the facility of find food required for him.
  3. Facility to consume quality food rich in taste and nutrition.
  4. Facility to find adequate amounts of food of proper quality as required.
21. A skill which can not be performed by the Libero player in volleyball is,
  1. Receiving
  2. Setting
  3. Service
  4. Field defending
22. The group of events in which crouch start used is,
  1. 400 m and 400 m x 4
  2. 100 m and 800 m
  3. 200 m and 1500 m
  4. 400 m and 800 m
23. The first modern Olympic was held in,
  1. 1900, Paris in France
  2. 1896, Athens in Greece.
  3. 1904 senluzia in America
  4. 1908, London in England.
24. If the number of teams is 08, The number of matches to be held is,
  1. 07
  2. 21
  3. 14
  4. 28
25. Pentathlon event consists with,
  1. 4 track events and 01 field event
  2. 3 track events and 02 field event
  3. 2 track events and 03 field event
  4. one track event and 04 field events
26. The standard length of marathon event is,
  1. 21 – 975 km
  2. 42 – 195 km
  3. 30.5 km
  4. 25. 195 km
27. This is an activity can be engaged in to develop the cardio - vascular endurance,
  1. Briskly walking
  2. Jogging
  3. Cycling
  4. Having adequate rest
28. This is not a harmful effect of doping in sports,
  1. Reduce the performance.
  2. Severe damage to physical health
  3. Disgrace on Country present.
  4. Banned from participating in sports.
29. The time duration of national or international level a netball game is,
  1. 1 hour
  2. 30 minutes
  3. 40 minutes
  4. 20 minutes
30. This is not a skill in football,
  1. Dribbling
  2. controlling the ball
  3. Heading
  4. Kicking the ball with toe.

• Study the following pairs of incidents A, B and C answer questions 31 and 32.

A - { Engaging in regular training.  
Poor performance in sports.

B - { Participating in sports with a good mental condition.  
Ability to win events / competitions .

C - { Getting used to exercise.  
Occurrence of sports – related injuries.

31. The pairs of events of which the increase of the first events results in the increase of the second event are,  
 1. A and B                      2. B and C                      3. Only B                      4. A and C
32. The pairs of events of which increase of the first event results in the decrease of the second event are,  
 1. A and C                      2. Only A                      3. Only B                      4. B and C
33. The width of the running lane in a standard track is,  
 1. 1 m                      2. 1.12 m                      3. 1.10 m                      4. 1.22 m
34. The compulsory physical Education activity implemented in the school is,  
 1. Morning physical fitness programme.  
 2. Inter school sports Festival  
 3. Cadet  
 4. special sports programmes
35. The maximum number of players included in a football team is,  
 1. 11                      2. 06                      3. 07                      4. 10
- *The table below shows the performance of two students in Uva Province athletic festival last year. Answer question 36 – 38 associating the table.*

Athlete	Events won by the athlete
Achini	100 m hurdles 400 m hurdles
Asani	5 000 m 10 000 m

36. The feature could be seen in Asani's muscles fiber is,  
 1. storage of food is more.                      2. Aerobic Respiration is less  
 3. Aerobic Respiration is more                      4. Resistant to fatigue is more
37. The correct statement regarding the 400 m hurdles won by Achini is,  
 1. A short distance event and standing start is used in  
 2. A short distance event and crouch start is used in  
 3. A Middle distance event and crouch start is used in  
 4. A Middle distance event and standing start is used in
38. How many hurdles to be cleared by Asini's in her events?  
 1. 08                      2. 12                      3. 10                      4. 06
39. The Physical fitness characteristics should the possessed by a Gymnastic player mostly,  
 1. speed and strength                      2. Flexibility and speed  
 3. Flexibility and co-ordination                      4. co-ordination and strength
40. The world 20 / 20 cricket championship in 2021 was won by,  
 1. India                      2. Newzealand                      3. England                      4. Australia

*(marks - 40)*

 <span style="font-size: 1.2em; font-weight: bold;">උව පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව</span> <span style="font-size: 1.2em; font-weight: bold;">ஊவா மாகாண கல்வித் திணைக்களம்</span> <span style="font-size: 1.2em; font-weight: bold;">Uva Provincial Department of Education</span>		
<b>PRACTICE TEST - 2021 (2022)</b>		
Grade 11	Health and Physical Education - II	Time - 2 hours

- *Select 2 questions from part I and 2 questions from part II, and Answer only five questions including the first question.*

01. The relay team of our school was qualified to represent the closing ceremony of Uva Province school games. The relay team and the Physical Education teachers came to the Winston Dias Stadium representing our school to the sports Festival. The closing ceremony was more colourful and organized than the last year, because athletes awarded with medals and play kits.

While baton was being changed, was dropped by Harsha. Then chathura blamed at him and Eranda solved the problem. At the end of the events certificates awarded and guests were treated with a refreshments. We received the awards for the best athlete in jumping event and for the record holder of 100 m. Nayana worried a lot when awarding the trophies for the Girls – Volleyball teams as they were eliminated from the first round at the volleyball match.

At the speech of the chief guest he mentioned the importance of the participation in sports than the victory, as it contributes in developing the personality and personal qualities of an individual.

At the end of the ceremony, Students were ready to take their lunch that they brought from home. But unfortunately food were spoiled as those were cooked early in the morning. So they had to throw them away.

Answer the questions (i) to (x) associating the above passage.

- (i) What are the two methods have been used to encourage the athletes?
- (ii) Name the two relay events which is recommended for the school level.
- (iii) State two features of the 'Day organizing' according to the above passage.
- (iv) Write 02 standards of the baton which dropped by Harsha.
- (v) Write two jumping events which could be performed by the best jumper.
- (vi) Name 02 short distance events could be participated According to the passage.
- (vii) What is the method have been used to prepare the fixture chart of the volleyball match.
- (viii) Mention 02 benefits of preparing the draw according to the above mentioned method.
- (ix) According to the speech delivered by the guest what could be the advantages of indulging in sports.
- (x) Write 02 features observed by the students to identify the food spoilage.

(20 marks)

## Part – I

- Answer only 02 questions.

02. For a healthy life it is important to prepare meals with higher nutritional value and also to ensure that food does not cause any harm or danger to the body.

(i) Write two conditions result in not receiving the proper nutrition to the body. (2 marks)

(ii) (a) Write three factors that affect in food safety.

(b) state an example for each factor you mentioned above. (3 marks)

(iii) Briefly explain 05 steps to be taken to prevent nutritional problems. (5 marks)

(10 marks)

03. Sexually Transmitted Diseases spreading rapidly across the world.

(i) What is the known as a sexually Transmitted Disease? (2 marks)

(ii) Write 03 methods of transmission of HIV Aids and 3 ways HIV Aids is not transmitted.

(3 marks)

(iii) state 05 ways to prevent the sexually transmitted Diseases.

(5marks)

(10 marks)

04. Explain briefly how you would face the challenges given below.

(i) During the Pandemic period your younger brother has addicted to the use of mobile phone excessively. (2 marks)

(ii) You heard your neighbours have been quarantined having a close contact. (2marks)

(iii) You saw several school children bathing in the river close to your house and they consume alcohol. (2marks)

(iv) You Elder brother tries to go outside while quarantine curfew has been enforced. (2 marks)

(v) You got to know people selling liquor in a jungle near your village. (2 marks)

(10 marks)

## Part – II

- Answer only two questions.

05. Answer the following questions regarding all island volleyball match – under 20 – Girls Tournament.

✓ 9 teams represented the 9 provinces

✓ Matches held according to the knockout method.

(i) (a) Write the number of bys awarded in the match.

(b) Number of the matches to be held

(2 marks)

(ii) State three (03) disadvantages of Knockout tournament.

(3marks)

(iii) Prepare the draw under the Knockout tournament.

(5marks)

( 10marks)

06. Two types of fibers have been identified in human.

Everyone is born with a particular ratio of these two fibers.

(i) Name the two main types of muscle fibers with its colours. (02 marks)

(ii) Describe in brief, the energy system used in marathon. (03 marks)

(iii) A runner fell down during the annual road race. He was in a breathing difficulty. You are a member of the first Aid unit. Explain how to use the Basic Life support, when giving first Aid. (05 marks)

(10 marks)

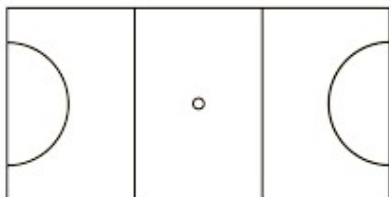
**07. Answer only one question out of the questions. (A, B and C)**

**A - Volleyball**

- (i) Write 02 skills in volleyball . **(02 marks)**
- (ii) During a volleyball match between, Monaragala and Badulla team, Back row player of the Monaragala team Jumped at the back zone and hit the ball.  
The ball landed on the opposite court. If you are the referee what would your decision in above instance.?. **(03marks)**
- (iii) Explain in brief 2 suitable activities to train a beginner player for "spiking". **(05marks)**  
(Use diagrams when necessary) **(10 marks)**

**B - Netball**

- (i) Write 02 penalties awarded during a netball match. **(02 marks)**
- (ii) Here there's a diagram of a Netball court. Mark how the players position on the netball court. . **(03marks)**



- (iii) Briefly explain 02 suitable activities to train a beginner player for ball controlling (passings) . **(05marks)**  
**(10 marks)**

**C - Football**

- (i) Write two methods used in football to control the ball. **(02 marks)**
- (ii) What would your decision as a football umpire, when the ball goes out of the court crossing the side line. **(03marks)**
- (iii) Briefly explain 02 suitable activities to train a beginner football player for Dribbling. **(05marks)**  
**(10 marks)**





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