

Grade 7	First Term Test - 2019	86	E
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Health & Physical Education	2 hours
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Important :• Answer all questions	Name / Index No.....
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Part I

- Underline the correct answer of the questions from 1 to 5

01. Improving and controlling, social, economical and environmental factors are known as,
 i. health development ii. health and protection iii. health promotion

02. A feature of a healthy Social Environment is,
 i. building better interpersonal relationship.
 ii. respecting rules and regulation.
 iii. breaking interpersonal relationship.

03. A group of people who give your love and protection at your home is
 i. teachers. ii. parents. iii. relations.

04. Goal defending is a skill of an organized game. What is it?
 i. Netball. ii. Volleyball. iii. Badminton.

05. What is the method of stopping the ball depicted by the following diagram?
 i. Stopping with the instep of the foot.
 ii. Stopping with the inside of the foot.
 iii. Stopping with the foot.



- Put a tick (✓) or a cross (X) in the given bracket.

- 06. Pregnant mothers are advised by the family health midwife. ()
- 07. Netball is a game popular among women. ()
- 08. Under hand service is a skill of Netball. ()
- 09. Volleyball is popular only among men. ()
- 10. "Eluwankama" is a folk game. ()

- Choose the most suitable word from the bracket for the questions no 11 to 15

(Football, indoor, public health inspector, shooting, spiking)

- 11. It is a responsibility of the to make the people aware of a communicable disease.
- 12. "Pancha damima" is a folk game.

13. is a skill of Volleyball.
14. is a skill of Netball.
15. is the most popular game in the world.

• **Match 'A' with 'B' from the question no 16 to 20**

A	B
16. Giving love and protection at school	a) instep of the foot
17. A folk game associated with songs	b) getting the ball
18. A skill of Volleyball	c) teacher
19. A skill of Netball	d) "Mewarakeliya"
20. Use to control the ball coming high in the air in football	e) attacking

Part II

• **Answer only for five questions including question no 01**

Nimal and Kamal of "Sandasirigama" Central College made an awareness program at the students' health club. Nimal expressed ideas on promoting family health and love and protection of a person. Kamal talked about folk games and organized games and the way of practicing skills of organized games.

- i. Write two reasons for being important family health to you according to Nimal's awareness programme. (2 marks)
 - ii. Write 2 health policies that could be practised in school presented by Nimal. (2 marks)
 - iii. Name 2 persons who love and provide protection you away from home and school. (2 marks)
 - iv. Name 2 folk games with equipments that might have been presented by Kamal. (2 marks)
 - v. Name 2 folk games that can be played without equipment. (2 marks)
 - vi. Write two rules of Volleyball. (2 marks)
 - vii. Write an advantage that a team can get by a correct service. (2 marks)
 - viii. What is the quality that is necessary for landing and foot work. (2 marks)
 - ix. Name an activity that can be practiced for foot work in netball at school. (2 marks)
 - x. Write two advantages of engaging in sports. (2 marks)
02. Members of a family should take necessary steps to promote health in it.
- i. Write two features of a family with better mental environment. (2 marks)
 - ii. Write four things that you can do to develop physical environment of your family.(4 marks)
 - iii. Write 4 things that you can do to spend your leisure time fruitfully. (4 marks)
03. It is very important for a person to be loved in the family, at school and away from it
- i. What do you mean as "security"? (2 marks)
 - ii. Write four duties that you should fulfill for those who love and protect you. (4 marks)
 - iii. Write four bad effects of lacking love and protection. (4 marks)

04. people in the past engaged in various folk games for pleasure and invoking blessing from god.
- i. Write two common features of folk games. (2 marks)
 - ii. Write four outdoor folk games. (4 marks)
 - iii. Write four folk games that can be seen during the new year season (4 marks)
05. The skills of Volleyball should be well practiced for being a good volleyball player.
- i. Name the skill that is used to begin a volleyball match (2 marks)
 - ii. Write briefly the way how the body should be kept for receiving the ball with the under hand method. (4 marks)
 - iii. Describe an activity that can be used to practice the under hand method of receiving the volleyball. (4 marks)
06. A good netball player can be formed by improving the skills of netball.
- i. Write two skills that can be used to practice 'foot work' (2 marks)
 - ii. Write two activities that can be used to practice movement in different directions. (4 marks)
 - iii. Describe two activities that you have learnt at school for practicing landing. (4 marks)
07. The following diagram depicts a skill of football.



- i. What is the skill depicted by the above diagram? (2 marks)
- ii. Write two facts that should be concerned when engaging in the above skill. (4 marks)
- iii. Describe an activity that can be used to practice the above skill. (4 marks)

First Term Test - 2019

Grade 07

Health and Physical Education (Answer)

Part - I

01. III	06. ✓	11. Public Health Inspector	16. C
02. I	07. ✓	12. Indoor	17. D
03. II	08. ×	13. spiking	18. B
04. I	09. ×	14. Shooting	19. E
05. I	10. ✓	15. Football	20. A

Part - II

01. i Spending much time at home. Being a place of forming food patterns
Being a place of forming good health habits (2 marks)
- ii Burning polythene at school. making the canteen free from fatty and sugary food. (2 marks)
Disposing garbage properly at school.
- iii Doctor, Police officer, neighbour (2 marks)
- iv Lee keliya, Walakaju gasima etc (2 marks)
- v Ath hangima, Eluwan kama, katti panima etc (2 marks)
- vi Serving the ball after three second (2 marks)
- vii A score and the chance of serving the ball (2 marks)
- viii Balance (2 marks)
- ix Give marks only for a proper activity or a diagram
- x Developing fitness/spending leisure time fruitfully / Ability of improving the game etc(2 marks)
02. i Taking correct decision Loving, Spending leisure time fruitfully etc (2 marks)
- ii Drinking boiled and cooled water Disposing garbage properly
Keeping the toilets cleaned Keeping the house and the compound cleaned (4 marks)
- iii Engaging in sports, Reading books Growing flowers (4 marks)
Watching quality TV programme Growing vegetables etc
03. i. Preventing from being harmed or damaged. (2 marks)
- ii. Respecting, Listening to their ideas, Being friendly, Being happy to see their
victory etc. (4 marks)
- iii. Breaking peace of the family Helping, Breaking education, Unpleasant home,
Rejecting school, Breaking the bond between parents and children etc. (4 marks)
04. i. Simplicity, No discrimination based on age, Brings joy and happiness (2 marks)
- ii. Onchili padima, Pora pol gasima etc. (4 marks)
- iii. Onchili padima, Kittipullu, Olinda keliya, Pancha damim, Kolam, Kilithattu (4 marks)
05. i. Service (2 marks)
- ii. The movement in which ball is being touched. The moment after the ball was being touched.
The moment before the ball is being touched. (4 marks)
- iii. Give marks for either correct diagram or a correct activity. (4 marks)
06. i. Running to a signal, Stopping the signal when hopping is being made
Stopping the command when running on toes, (give marks only for diagrams) (2 marks)
- ii. Give marks for two diagrams that depict the movements of different directions. (4 marks)
- iii. Give marks for a correct activity or a correct diagram. (4 marks)
07. i. Controlling the ball with the sole of the foot. (2 marks)
- ii. Stopping the ball before player keeping the free leg behind the ball by bending it at knees.
Prosing the ball with the foot when it contact. (4 marks)
- iii. Give marks for a correct activity to stop the foot ball. (4 marks)