



වයඹ පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව  
Provincial Department of Education - NWP

තෙවන වාර පරීක්ෂණය - 7 ශ්‍රේණිය - 2019

Third Term Test - Grade 7 - 2019

Name : ..... Health and Physical Education Time: 02 hours

Part - I

- \* Answer all questions.
- \* Underline the most appropriate answer.

- (1) Number of themes in health promotion,  
 (i) Three                              (ii) Four                              (iii) Five
- (2) Security mean,  
 (i) Ensuring the prevention of any physical hurt.  
 (ii) Look after  
 (iii) Being trustworthy



Posture depict in the diagram,

- (i) Kneeling
  - (ii) Crook sitting
  - (iii) Sitting on heels
- (4) A Characteristic of a incorrect walking is,  
 (i) Swing arms rhythmically.  
 (ii) Keeping equal strides.  
 (iii) Weight of the body on the toes.
- (5) Series of conventions that are legalize to carry on a sport is consider as,  
 (i) Rules and regulations of sports.  
 (ii) Ethics of sports.  
 (iii) Discipline of sports.

● **Select the correct answer from the brackets and fill in the blanks.**

(Adventurous/ Three/ Ball/ Five/ out door/ folk game)

- (6) Pancha Keliya is an ..... game.
- (7) Angampora is an ..... type game.
- (8) Wala kaju is an ..... folk game.
- (9) There are ..... main stages of correct Jumping.
- (10) ..... of the foot should be initially contact with the ground in correct jumping.

● **Match A with B.**

(A)

(B)

- |                               |                 |
|-------------------------------|-----------------|
| (11) Carbohydrate             | Stomach         |
| (12) Vitamin                  | Macro nutrients |
| (13) Digestive system         | Emotions        |
| (14) Blood circulatory system | Micro nutrients |
| (15) Happy                    | Heart           |

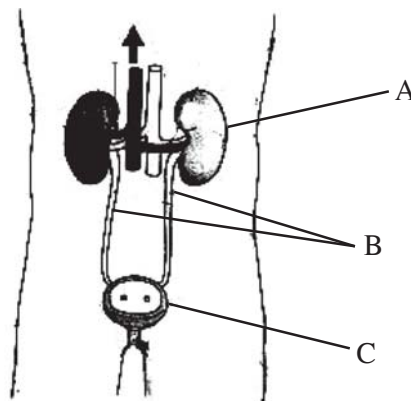
● **Read the following sentences and mark (✓) if it is correct and mark (X) if it is incorrect.**

- (16) Physical fitness can develop by swimming ( )
- (17) 'Obesity' is an advantage of developing physical fitness ( )
- (18) Speed can develop by engaging 'meeyo - meemo' ( )
- (19) The age range of adolescent is between 10-19 ( )
- (20) Poisoning is not a acute non - communicable disease ( )

## Part - II

- **First question is compulsory.**
- **Answer five questions only.**

- (1) Nutrition is very important to survival of our life. When Choosing foods you should select foods that contain different types of nutrients also, more over, they must also learn to maintain correct posture and adhere to good ethics and rules.
- (i) Name the two food groups at the top of the food pyramid? (02 marks)
  - (ii) Name two food items that may belong to the bottom of the food pyramid? (02 marks)
  - (iii) Write two nutrients that fall in to the category of minerals? (02 marks)
  - (iv) Mention two natural food's that contain fat. (02 marks)
  - (v) Name two traditional food items? (02 marks)
  - (vi) Mention two situations in which the sitting posture is used in daily life? (02 marks)
  - (vii) Write two variations of lying prone? (02 marks)
  - (viii) Write two advantages of correct walking? (02 marks)
  - (ix) What is the term used to describe the behavioural patterns that society maintains for their wellbeing? (02 marks)
  - (x) Write two advantages of following ethics, rules and regulations? (02 marks)
- (2) Just as you provide the love and security from family members at home, you also need to contribute to family health.
- (i) Name two people who provide love and protection for you at home? (02 marks)
  - (ii) Write two physical features that can be found in a healthy family environment? (04 marks)
  - (iii) Write down two ways you can contribute to family health promotion. (04 marks)
- (3) Diagram of Excretory system is given below.



- (i) Name A and B. (02 marks)
  - (ii) What are the functions of B and C in above system? (04 marks)
  - (iii) The body waste are tranported to excretory system through the circulatory system. Write two practices to be followed for the safety of that systems. (04 marks)
- (4) Adolescence is the period when people are more concerned about their own existence and health.
- (i) Name each of the organ with relavent to male & female reproductive systems? (02 marks)
  - (ii) Write four secondary sexual characteristics? (04 marks)
  - (iii) List out four practices that should be followed to prevent from non communicable diseases?(04 marks)

- (5) "Speed is an ability to do a task within a short time"
- (i) Mention two another fitness factors? (02 marks)
  - (ii) Name two sports events that belongs to the fitness you mentioned in the above? (04 marks)
  - (iii) Describe a test you can use to measure one of physical fitness that you mentioned in the above answer? (04 marks)
- (6) Running, throwing, jumping are natural activities in our daily life.
- (i) Name two situations in which throwing is used in every day life? (02 marks)
  - (ii) Describe an activity that can be done with equipment for training jumping activities (04 marks)
  - (iii) Explain an activity that can be done for training running (04 marks)
- (7) Skill training and systematic training are very important to be a good sportsman.
- (i) Write two methods used to stopping the ball in foot ball? (02 marks)
  - (ii) Write two activities that can be used to practice foot work in net ball? (04 marks)
  - (iii) Describe an activity that can be used to practice under arm recieving in volley ball? (04 marks)

තෙවන වාර පරීක්ෂණය - 7 ශ්‍රේණිය - 2019

Third Term Test - Grade 7 - 2019

Health and Physical Education- Answer Sheet

I කොටස

- |     |       |      |             |      |                 |      |   |
|-----|-------|------|-------------|------|-----------------|------|---|
| (1) | (iii) | (6)  | Folk games  | (11) | Macro nutrients | (16) | ✓ |
| (2) | (i)   | (7)  | Adventurous | (12) | Micro nutrients | (17) | ✗ |
| (3) | (ii)  | (8)  | Out door    | (13) | Stomach         | (18) | ✓ |
| (4) | (iii) | (9)  | Three       | (14) | Heart           | (19) | ✓ |
| (5) | (i)   | (10) | Ball        | (15) | Emotions        | (20) | ✓ |

(2 x 20 = 40 marks)

Part - II

- |     |        |   |           |
|-----|--------|---|-----------|
| (1) | (i)    | Fat/ Sugar  | (2 marks) |
|     | (ii)   | Rice, String hopper, pittu, Rotti....   | (2 marks) |
|     | (iii)  | Iron, calcium, Iodine   | (2 marks) |
|     | (iv)   | Peanuts, Avocado, Coconut.....  | (2 marks) |
|     | (v)    | Mixed mallum, Atukos, sambar, milk rice with green gram...  | (2 marks) |
|     | (vi)   | - Learning teaching process<br>- Religious activities<br>- Resting  | (2 marks) |
|     | (vii)  | - Lying face up<br>- Lying face down<br>- Lateral lying<br>- Squat lying  | (2 marks) |
|     | (viii) | - Attractive appearance<br>- less tired<br>- less expenditure of energy   | (2 marks) |
|     | (ix)   | Ethics  | (2 marks) |
|     | (x)    | Develop co-operation<br>To be a law abiding citizen<br>Avoidance of penalties<br>Other will proud of you etc..... | (2 marks) |

(2 x 20 = 40 marks)

- (2) (i) Mother, father, brother, sister etc..... (2 marks)  
 (ii) Clean water, sanitary facilities, Fresh air, Clean environment, Adequate space..... (4 marks)  
 (iii) Prevention from diseases  
 Help with family matters (problems)  
 Study well  
 Taking health massages to family etc....  
 Avoid from drugs & Alcohol..... (4 marks)
- (3) (i) A - Kidney  
 B - Ureters (2 marks)  
 (ii) B - Transport urine from the kidneys to the bladder (4 marks)  
 C - Stores the urine  
 (iii) - Engaging exercises  
 - Avoid having alcohol  
 - Drinking sufficient amount of water  
 - Consume iron rich foods..... (4 marks)
- (4) (i) Ovaries, Fallopian tubes, Uterus, Vagina.... (Female)  
 Testes, Scrotum, Penis, Prostate gland... (Male) (2 marks)  
 (ii)
- | Male   | Female   |
|--|--|
| - Broadening of shoulders<br>- Voice roughness<br>- Growth of hair on upper lips | - Growth of breasts<br>- Improved skin complexion<br>- Broadening of hips<br>- Fullness of thighs..... |
- (4 marks)
- (iii) - Regular exercises  
 - Avoid having Alcohol  
 - Consuming nutritious food  
 - Reduce having sugar and oil  
 - Drinking pure water etc.... (4 marks)
- (5) (i) Speed, Strength, flexibility, Endurance , Co-ordination (2 marks)  
 (ii) Give marks for the appropriate answer. (4 marks)  
 (iii) If explain the correct fitness test relevant to the fitness factor, give marks (4 marks)
- (6) (i) Stoned (throwing stones), Stoned to trees (2 marks)  
 (ii) Give marks for appropriate answer (4 marks)  
 (iii) For suitable activity (4 marks)
- (7) (i) Inside of the foot, Instep of the foot (2 marks)  
 (ii) For a suitable activity (4 marks)  
 (iii) For a suitable activity (4 marks)