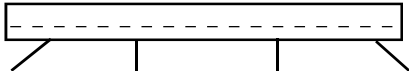


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First Term Test - Grade 11 - 2020

Name/Index No:-..... Health & Physical Education - I Time: 03 hours

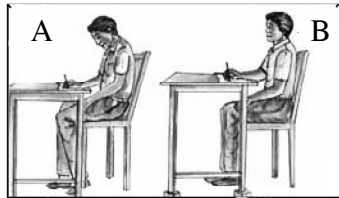
- Instructions:-
 - (i) Answer the all questions.
 - (ii) In each of the questions 1 to 40, pick one of the alternatives to your choice (1), (2), (3), (4), which you consider is correct or most appropriate.
 - (iii) Mark a cross (x) on the number corresponding to your choice in the answer sheet provided

01. Gayani engages in meditation daily as a habit. Also, she helps others in need and is very humble to be happy in others happiness.
 The factor which develop in Gayani is
 (1) Physical health (2) Mental health (3) Social health (4) Spiritual health
02. A Environment pollution and deterioration of sanitation.
 B Prevention from using drugs, alcohol and cigarettes
 C Simple life style
 D Fiercely competitive life style
 Points which are challenge for human's complete health is
 (1) A and B (2) A and D (3) C and D (4) B and C
03. A strategy which could be used for health promotion is,
 (1) Skills Development (2) Urbanization
 (3) Increasing the economic condition of the people
 (4) Subsidies for low income families.
04. The equation used to calculate Body Mass Index (BMI) is,
 (1) $\frac{\text{Height} \times \text{Height m}^2}{\text{Weight kg}}$ (2) $\frac{\text{Weight kg}}{\text{Height} \times \text{Height cm}}$ (3) $\frac{\text{Weight kg}}{\text{Height} \times \text{Height m}^2}$ (4) $\frac{\text{Height} \times \text{Height cm}}{\text{Weight kg}}$
05.



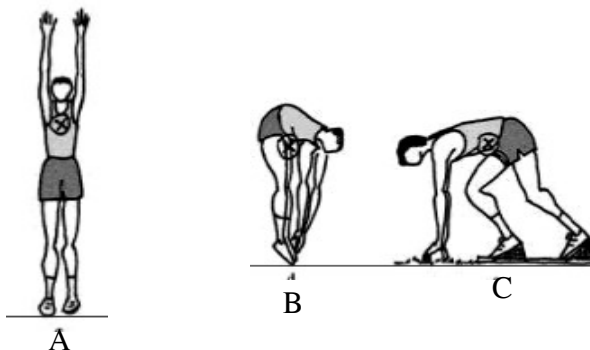
 The statement appropriate to the above diagram is,
 (1) Characteristics of a person with physical fitness.
 (2) Characteristics of a community in a rural environment.
 (3) Characteristics of a community with a high level of quality.
 (4) Characteristics of a person with mental fitness.
 * Answer the questions 6 and 7 using the below facts.
 A - Consumption of nutritious food. B - Willingness to engage in religous activities.
 C - Desire to associate the opposite sex D - Searching for a suitable job
 E - Marraige and need to be parents.
06. A need of adolescence is,
 (1) C and E (2) A and C (3) A and D (4) B and E

07. A main need of an old age person can be introduced as,
 (1) A and B (2) A and E (3) C and D (4) D and E
08. Physical need of late childhood child,
 (1) Giving affection (2) providing a balanced meal
 (3) Awareness on the child's clothing. (4) All of the above answer
09. Neetha's child needs a 18-20 hours sleep per day. Breast milk is a main need of the child. The stage which Neetha's child belongs to
 (1) Neonatal stage (2) Infancy (3) Early childhood (4) Late childhood
- 10.



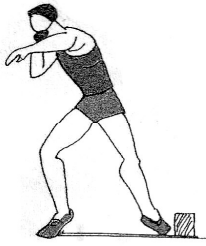
- Choose the correct statement regarding the pictures above,
 (1) Both postures A and B are correct.
 (2) Both postures A and B are incorrect.
 (3) A is correct and B is incorrect.
 (4) A is incorrect and B is correct.
11. Following are some conditions in which grade 11 students engaged today.
 A Hoisting of national flag
 B Engaging in fun games
 C Engaging in educational activities using computers.
 The postures related to above incidents are,
 (1) A - Static B - Dynamic, C static (2) A - Static, B - Static C - Dynamic
 (3) A - Dynamic B - Dynamic C - Static (4) A - Dynamic B - Static C - Static

12.



- The athletes/athlete who has the greater balance according to the pictures A and B and C are,
 (1) Only A (2) A and B (3) Only C (4) B and C
13. A method that can be used to search the route in jungle exploration is,
 (1) Foot prints of animals (2) Compass
 (3) Location of a water flow (4) Torch
14. Competitor number 25 in the 100m race started with a gunshot. Your decision as a startup officer.
 (1) Warn him and start the race again.
 (2) Hold off for 5 minutes and start the game.
 (3) Continue the event considering the start is a correct start.
 (4) Removing him from the competition
15. A technique in long jump is,
 (1) Peri O'Brien technique (2) Scissor jump
 (3) Hang technique (4) Straddle method

16.



When the technique of shotput throw depicted by the diagram above.

- (1) Preperation.
- (2) The situation of slip backwards. (Gliding)
- (3) Follow through.
- (4) Power position.

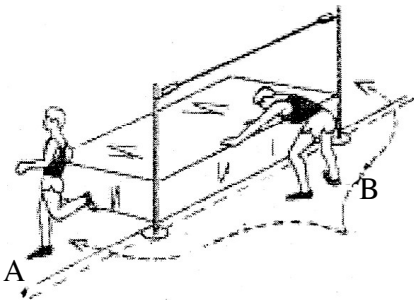
17. When selecting the winner of a running event, which part of the body of an athlete should reach the inner edge of the finishing line first.

- (1) The head part
- (2) The Torso
- (3) The front leg
- (4) Hands

18. A benifit that can be gained by engaging in running drills for an athlete,

- (1) Developing the speed
- (2) Develop the correct movement pattern and rhythm of the stride length of the runner
- (3) Developing physical fitness
- (4) Improving all of the above

19.



The above picture shows how two athletes A and B have taken their attempts in a high jump event. Of this two athletes,

- (1) A is correct
- (2) B is correct
- (3) A and B both are correct
- (4) A and B both are incorrect

20. Select the correct statement out of the followings.

- A Frenchman Pierre de Coubertain starded the modern Olympic Games.
- B 776 AC - 394 AD is considered as the dark Olympic Era
- C Females were prohibited from even watching the games at the beginning.

The correct statement or statements are,

- (1) Only A
- (2) Only B
- (3) A and C
- (4) All the above are correct

21. The use of banned stimulants has an effect on the competition of the competitors,

- (1) Can maintain the health condition of the body.
- (2) The sportsman becomes prestiged by others.
- (3) The sportsman would be banned from participating in sports.
- (4) Able to protect the rights of the sportsman

22. An adverse habit to a person with iron deficiency.

- (1) Taking fruits aften a main meal
- (2) Adding "Umbalakada" and lime to green leaves salads. like, Gotukola
- (3) Drinking tea or coffee after a main meal.
- (4) Consuming iron tablet only with the medical advice.

23. Becouse the food is cut into small pieces.

- (1) The nutritional value of food is destroyed
- (2) The cleanliness of the food increases.
- (3) The flavor of the food increases.
- (4) The quality of the food increases.

24. Where to start supply an additional food for a baby

- (1) On comletion of 3 months.
- (2) On completion of 6 months
- (3) On completion of 4 months
- (4) On completion of 1 year

25. Not a group of people with special nutritional needs.

- (1) Breast feeding mother
- (2) Sports persons.
- (3) Infants
- (4) Youth

26. The balance of fluids and minerals in the body is created by disposing of waste products in the body is,

- (1) Lungs
- (2) Kidneys
- (3) Liver
- (4) Pancrease

27. Digestion of carbohydrates starts,
 (1) In the mouth (2) In the oesophagus
 (3) In the stomach (4) In the liver
28. The hormone that generates male characteristics and production of sperms
 (1) Testosterone (2) Oestrogen (3) Projesterone (4) Thyroxin
29. An activity that can be done to develop cardio-vascular strength.
 (1) Dips activity (2) Yoga exercises
 (3) Running 30 meter speedly (4) Running more than 30 minutes speedly.
30. The fitness factors that mostly should developed for gymnastic is,
 (1) Muscular strength (2) speed
 (3) Flexibility (4) Endurance
31. The amount of fat in a human body related to non- fat tissues is known as,
 (1) Muscular strength (2) Body combination
 (3) Body mass index (4) Waist circumarance
32. In which emergency situation the external cardiac massage should be given
 (1) In a bone fracture (2) In Dehydration
 (3) Intake of poison (4) When the pulse has stopped.
33. The first aid given by you if your younger sister's leg is burnt
 (1) Hold the leg under flowing water and cool the burnt area.
 (2) Apply oil on the burnt area.
 (3) Apply aloe - vera on burnt area. (4) Applying tooth paste on burnt area.
34. * A new crack in the surface of the slope.
 * The weight of the strunk of trees.
 * Sudden appearance of mud by water on mountain slopes.
 The disasterous condition that occur as a result of above mention condition, is
 (1) Tsunami (2) Flood (3) Land slides (4) Storm
35. In sports activities if the water loss is more than 3% of the body weight is considered as dehydration
 According to the metioned statement, an impact dehydration is,
 (1) Increase heart activeness (2) Increases the production of urine
 (3) Reduces the ability of doing work (4) All of the above
36. If a bone in a joint is removed from its intended position is known as
 (1) Closed fraction (2) Sprain (3) Dislocation (4) Cramps
37. In a volley ball match between teams A and B, a player of team A serve the ball out the court and at the same time a player of team B is positioned incorrectly.
 The decision might be taken by the judge is,
 (1) Gives a point for team A and gives the service to them.
 (2) Gives a point for team B and gives the service to them.
 (3) Do not offer points to any of the teams and gives the opportunity to re-serve for team A.
 (4) Offers marks for both teams and gives the opportunity to serve the ball for team B.
38. Shaking the goal post with the aim of disturbing the shoot or the penalty taken when a player contacts the goal post is,
 (1) Free pass (2) Penalty shot or shoot
 (3) Throw in (4) Toss up between 2 players.
39. The maximum number of players who can be play football game once is,
 (1) 7 (2) 9 (3) 11 (4) 17
40. In the recent South Asian Games, Sri Lanka won the most number of medals. The country where the games were held is,
 (1) Nepal (2) Sri Lanka (3) India (4) Maldives

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First Term Test - Grade 11 - 2020

Name/Index No:-..... Health & Physical Education - II

● The first question is compulsory. Select 2 questions from the part A and 2 questions from part B. Write 5 questions altogether.

01. The grade 11 students of Pandupura College have organized a sports coaching camp with relate to "Health Promotion week." A practical and theoratical awareness was done regurding track and field events and Volleyball game. Green gram milk rice was given to the students at the begining of the camp. All the students were asked not to use poythene and plastics which is a health promotional principle of the school.

- (i) Propose 2 other health promotion principles that can be implemented in the school which is not mentioned in the passage.
- (ii) Write the relevant life stage of the students who organized the camp and the age limit the belong to.
- (iii) Write 2 health related fitness factors that is developed within students by engaging in sports activities.
- (iv) Name 2 macro nutrients acquired to the body of students by eating greem gram milk rice.
- (v) Write one vertical and horizontal event seperately which might be trained during the camp.
- (vi) Name 2 dynamic postures that are followed by the students while engaging in sports activities.
- (vii) Propose 2 life styles that should be followed by the students to protect the wonder of the body.
- (viii) Name 2 other organized games that could be implemented in a school other than the organized game trained at the coaching camp
- (ix) Write 2 benifits gained by the students as sportsman by following sports rules and regulations when engaging in sports activities
- (x) Write 2 psycho social qualities developed in students by participating and organizing activities like sports coaching camps (2 × 10 = 20)

Part I

02. We pass several stages from the begining and up to the end of our lives.
- (i) Write down 3 psycho- social needs of prenatal stage (03)
 - (ii) Mention the age limits of early childhood and late childhood seperately (02)
 - (iii) Mention 3 actions that you can do to make your life stage successful (03)
 - (iv) Write 2 common needs in middle age and old age (02)

03. Lack of food causes is reason for nutritional problems. It is a barrier for the development of quality of life. So by protecting the appropriate nutrition we can spend a healthy life style.

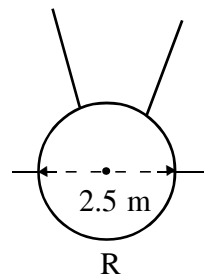
Nutrient group	Increase/Decrease	Condition	Situation
Macro Nutrients	Decrease	Under nutrition	A 1. 2.
	Increase	B	Over weight/ Obesity
Micro nutrients	Decrease	C	Anaemia

- (i) Complete A, B and C (03)
- (ii) Mention 2 adverse effects of Iodine deficiency which affects individual well being. (02)
- (iii) Name 2 factors that affect the safety of the food. (02)
- (iv) Write 3 beneficial conditions that can be gained by using traditional food (03)
04. Write down briefly answers how to cope with the following challenges in positively.
- (i) Your friends invites you to take a bath in a tank which is located in an unknown area when going on a trip.
- (ii) You see situation where a lady of your neighbouring house is assaulting a minor (child of small age) in an in human way.
- (iii) You are seeing that your brother who is in grade 10 is logged in to Face Book hide your parents that he is studing.
- (iv) Your friend is telling you that he's unable to go to school as his shoes are broken.
- (v) A player in your house he enter the event before the worm up exercises. (02 × 5)

Part II

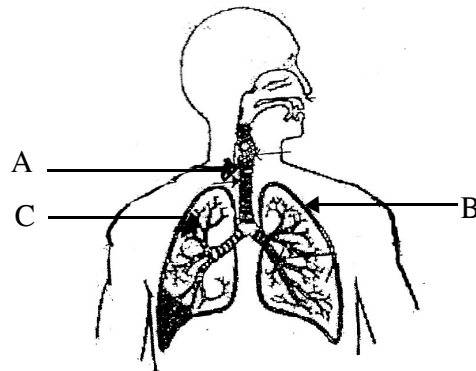
05. Answer the following questions according to pictures and table given below.

Athlete no	Events participating
25	200m, 400m hurdles
32	shot put
40	Disc throw
45	800m, 1500m



- (i) a. Name the starting method used in picture Q and name the athlete number who is using that starting method. (01)
- b. Name a technique method that can be used by the athlete number 32 in his event. (01)
- c. Mention the athlete number who is using the playing field in picture R (01)
- (ii) Name the 2 main rules of race walking in athletics. (02)
- (iii) There are 4 stages of long jump technique. Name 3 of them. (03)
- (iv) Write 2 facts that can be considered as incorrect jump in long jump (02)

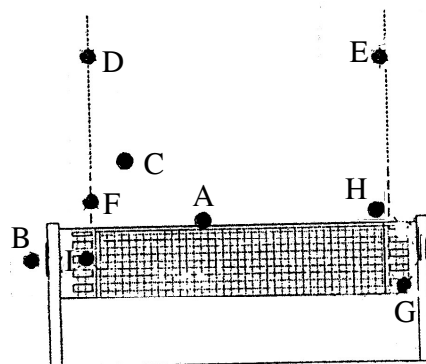
06. The functions of the systems should maintain healthy to maintain the wonder of the body. Following picture depicts such a system in a body.



- (i) Name the parts A, B, C of the above picture (03)
 - (ii) Mention 2 functions of this system for body well-being. (02)
 - (iii) 'Gastritis' can be introduced as a common disease related to the digestive system. Name 2 reasons affect for such condition. (02)
 - (iv) Name 3 steps that could be used to minimize the conditions like high blood pressure, heart attacks and deposition cholesterol inside the blood vessels. (03)
07. Write answers only for one of the part A, B or C

A

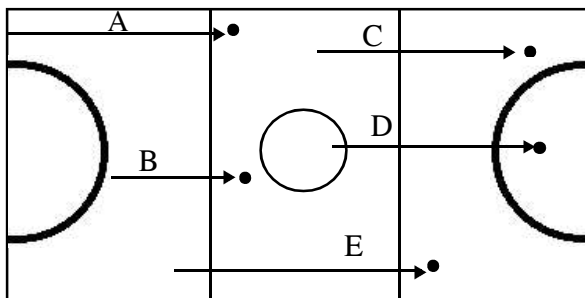
- (i) Volleyball is the national game of Sri Lanka. Also it could be conducted in any area with a low cost.
 - (a) Write down the length and width of the Volleyball court
 - (b) Name 2 equipments needed to play Volleyball game? (02)
- (ii) In Volleyball game, write 2 ways you can move the ball to block the ball. (02)
- (iii) Following is a picture which depicts condition where the area that can be used to pass the ball to the opposite team. Name the correct condition out of all the conditions. (03)



- (iv) Write the decision taken by you as a judge for the following conditions.
 - (a) Attacking to the ball by the foot with the aim of recerving the ball.
 - (b) Passing the ball which is above the net by the libero player with over arm recieving by being in the front zone.
 - (c) Re-serving the ball which toss-up for serving after the whistle given by the referee. (03)

B Natball is a popular game in Sri Lankan school.

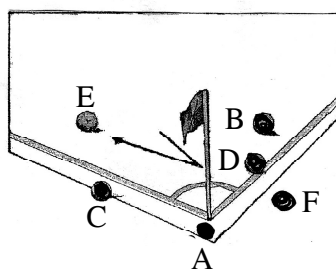
- (i) (a) Write the length and width of the netball court. (02)
- (b) Mention 2 equipments needed for play netball game. (02)
- (ii) There are 3 ways of defending in netball. Name 2 of them. (02)
- (iii) Following picture depicts how ball passed in a netball match. In those instances, no one has touch the ball before it reaches. Write down the letter which depicts the correct passing. (03)



- (iv) Write the decision taken by you as a judge for the following conditions. (03)
 - (a) Touching one foot out of the court who has the ball in her hand.
 - (b) Throwing the ball by the player who has the ball in her hand by lifting her landing foot
 - (c) Blocking by a player with ball, standing more than 3 feet. (03)

C Football is the most popular game in the world.

- (i) (a) Write down the length and width of a international football court. (02)
- (b) Mention 2 equipments need to paly football game. (02)
- (ii) When a player commits an infringement the opposing team is awarded a free kick in 2 ways. What are they? (02)
- (iii) According to below diagram, name the situations where the ball is considered to be in the right position. (03)



- (iv) Write the decision taken by you as a judge for the following conditions. (03)
 - (i) Scoring a goal by kicking to a ball which is coming to the court after touching the goal post.
 - (ii) Re-playing with the ball which is coming by touching a side referee.
 - (iii) Kicking the ball by the first player who kick before touching the ball by another player.

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86	E	I-II			

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First Term Test - Grade 11 - 2020

Health & Physical Education - Answer paper

Part I

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

02. (i) Maintaining a good mental condition
 Being happy
 Being relaxation
 Maintaining effective social relationships (03)
- (ii) Early childhood 1-5 years
 Late childhood 6-10 years (02)
- (iii) *Giving education well
 * Time management
 * Engaging in exercises
 * Engaging in activities creatively (03)

Part II

01. (i) 1. Supplying clean water
 2. Maintaining healthy canteen
 3. Free from accidents within the school environment...etc
- (ii) Adolescence, 10 - 19 years
- (iii) * Cardio vascular fitness
 * Flexibility
 * Muscular endurance
 * Muscular strength
 * Body composition
- (iv) Carbohydrates, Protein, Fat
- (v) Horizontal - Long jump, tripple jump
 Vertical - High jump, pole vault
- (vi) Walking, Running, Jumping, Throwing, Turning
- (vii) * Engaging in exercises daily
 * Taking a balanced diet.
 * Drinking enough amount of water...etc
- (viii) Netball, Football, Elle, Cricket..etc.
- (ix) 1. Protects the rights of the participants
 2. Maintain enthusiasm
 3. Maintain the dignity of sports...etc
- (x) Team spirit
 Taking correct decisions
 Communication skill...etc (2 × 10 = 20)

- (iv) Nutrition, Rest...etc (02)
03. (i) A 1. Stunting 2. Wasting
 B over nutrition
 C Iron deficiency (03)
- (ii) * Prone to develop goitre
 * Slowing of mental development
 * Retarded growth, especially height
 * Poor concentration (02)
- (iii) 1. Biological Factors
 2. Chemical factors
 3. Physical factors (02)
- (iv) * Can prepare a well - balances diet easily
 * Economic benifits (saves money)
 * Fruits and vegetables would be free of poisonous chemicals and be rich in nutrients.
 * Adds beauty to your surrounding...etc (03)
04. Offer 2 marks for writing positive answers.
05. (i) a. Crouch start (01)
 Athlete no - 25

- b. Linear technique (Parry O' Brien technique) (01)
 Rotational technique (01)
- c. Athlete - 40 (01)
- (ii) 1. In walking, one foot is always kept in contact with ground
 2. The front leg should be straight with out bending the knee from the moment it first touches the ground until it becomes erect. (2 marks)
- (iii) * Approach run * Take off
 * flight * Landing (2 marks)
- (iv) 1. When taking off, touching the area beyond the take-off line with any part of the body.
 2. When taking off stepping on the ground either side of the take-off board.
 3. Using summer saults while running or jumping (02)
06. (i) A - Trachea
 B - Lungs
 C - Tracheoles (03)
- (ii) 1. Taking oxygen from the external atmosphere and release the carbon dioxide produced within the body.
 2. Activity of the autonomous nervous system to make the respiration more deep and at a higher rate when excessive oxygen is needed.
 3. Presence of vocal cords in the larynx to enable to produce sounds.
- (iii) * Not consuming sufficient amount of food at correct time.
 * Excessive consumption of oil, chillies and salt.
 * Smoking and taking liquor.
 * Consuming more painkillers without medical advice. (02)
 * Mental Stress.
- (iv) * Engaging in exercises daily
 * Practicing an active lifestyle
 * Taking a balanced diet.
 * Minimizing the use of salt and fat.
 * Adapting to an active life style.
 * Refrain from mental stress. (03)
07. A
 (i) (a) length - 18 m
 width - 9 m (2 marks)
- (b) Volleyball, Volleyball net, Volleyball post, Antenna.
 (ii) Parallel to the net.
 Cross method
 Running method (2 marks)
 (iii) A, C, H (3 marks)
 (iv) 1. Not an offence/fault continue the game.
 2. Not an offence continue the game
 3. It's an offence, offer marks and giving the ball/service to the opponent team. (3 marks)
- B
 (i) (a). Length - 30.5m (2 marks)
 100 feet
 Width - 15.25m
 50 feet (2 marks)
 (b). Net ball, netball post, net in the ring of the netball post.
 (ii) Defending the player
 Defending the ball
 Defending the position
 (iii) B, C, D (3 marks)
 (iv) 1. It's fault, opponents team receive a throw-in, in a same position
 2. It's correct, continue the game
 3. It's correct, continue the game (3 marks)
- C
 (i) (a) Length - 100m
 Width - 64m (2 marks)
 (b) Football, goal post, net which covers the goal post.
 (ii) Direct free kick, casual free kick (2 marks)
 (iii) B, D, E (3 marks)
 (iv) 1. It's correct. A goal is offered
 2. It's a fault opponents team receives a throw - in
 3. It's a fault opponents team receives a free pass. (3 marks)