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மேல் மாகாணக் கல்வித் திணைக்களம்
Department of Education - Western Province

වර්ෂ අවසාන ඇගයීම
 ஆண்டு இறுதி மதிப்பீடு - 2021
 Year End Evaluation

ග්‍රේඩය தரம்	11	විෂයය புடம்	Health and Physical education
පිටුව வினாத்தாள்	} 11	පැය மணித்தியாலம்	} 2
Grade		Paper	Hours

Select the most appropriate answer from question 1-40.

1. Nimal who is popular among everybody earns money from cultivation. Recently he has been losing his memory and frequently he gets angry according to this

- i. His physical well-being has got weak
- ii. His mental well-being has got weak
- iii. His social well-being has got weak
- iv. He hated the society

2. Maintaining the health of the individual and the society is known as

- i. Total health
- ii. Community health
- iii. Health promotion
- iv. Health of the individual

3. Given below descriptions are about four students.

- Sampath : He is friendly with some selected friends
 - Amitha : She works affectionately and friendly with her best friend
 - Dammika : He works co-operatively with his gang of friends
 - Pushpa : He works supportively with all the teachers and others
- Among the above students who shows the best interpersonal relationship

- i. Sampath
- ii. Amitha
- iii. Dammika
- iv. Pushpa

4. Measuring the BMI is one of the indices to identify the nutritional status of the individual.

- Which of the following is correct to measure the BMI
- i. Body Mass Index = weight(kg) / height(m) x height(m)
 - ii. Body Mass Index = height(m) x height(m) / weight(kg)
 - iii. Body Mass Index = Waist circumference / height(m)
 - iv. Body Mass Index = weight(kg) / height(m)

5. Adequate sleep is necessary to repair the tissues and growth, after the tiredness

For this

- i. Should sleep between 4-8 hours
- ii. Should sleep between 6-8 hours
- iii. Should sleep between 8-10 hours
- iv. Should sleep between 6-10 hours

6. The government has announced that the tourism has become collapse due to covid plague.

Which of the following is not a bad effect of tourism

- i. spreading of unsuitable fashions
- ii. Developing hotel field
- iii. Spreading of harmful sexual activities
- iv. Deterioration of ethics

7. The first baby Tharushi of Mrs. Prasangi is now 24 days old,

Tharushi is in the stage of,

- i. Pre-natal stage
- ii. Neo-natal stage
- iii. Infant stage
- iv. Childhood

8. For the development of Tharushi, Mrs. Parasangi has to

- i. Introducing solid food
- ii. Give her 10-12 hours sleep
- iii. Protect the heat and the cold
- iv. provide breast milk when crying

9. Mr. Rajitha, one of the science teachers has given the following table for the students use the table and answer the question 9 and 10.

Nutrients	Increasing/Decreasing	Status	Disease/ Situation
Macronutrients	Decreasing	Malnutrition	Stunting, Wasting
	Decreasing	Over nutrition	Over weight , Obesity
Micronutrients	Decreasing	Iron defeciency Iodine deficiency Vitamin A deficiency Calcium defeciency	Aneamia Goitres Night Blindness Osteoporosis Rickets

Which of the following suggestions you think that Mr. Rajitha has proposed to control the in take of macronutrients.

- i. To engage in adequate exercises
- ii. To minimize the fast food
- iii. Refraining only from oily food
- iv. An infant should be given breast milk till 12 months

10. The advice which has given by Mr. Rajitha to prevent from calcium deficiency

- i. Adding small fish, sports with the meal
- ii. Should be added yellow colour fruits and vegetable
- iii. Adding spinach, sarana with the diet
- iv. Salt in the market should be added

11. A disease which can be harmful to the digestive system

- i. Jaundice
- ii. Pneumonia
- iii. Diptheria
- iv. Bronchits

12. You may have faced mental stress in day today life. What could be a bad physical effect of mental stress

- i. Addicting drugs
- ii. Missing work
- iii. Conflicts
- iv. Gastritis

13. Accidents are occurred when we engaged in sports activities and day to day activities.

The special feature of a compound fracture is

- i. Could be seen externally
- ii. Causing damage to muscles
- iii. Bone being broken in to number of pieces
- iv. Cannot be seen external bleeding

The following physical functions could be seen in Thasith who has participated in marathon.

- Production of urine
- Low supply of oxygen
- Decreasing efficiency
- Slow functioning of the heart

14. According to the above functions Thasith has got

- i. Shock
- ii. Dehydration
- iii. Paining
- iv. Heart attack

- Selecting the suitable vessels
- Using the pressure cooker
- Cutting in to very small pieces
- Avoid boiling the eggs with shells in the rice pot

15. According to the above mentioned activities, we are expecting

- i. To increase the nutritional value
- ii. To decrease the nutritional value
- iii. To protect the nutritional value
- iv. Refrain from allergy

16. The spices are used to increase the nutritional value of the food.

Which of the following spices is contained sulphur?

- i. Cinnamon
- ii. Ginger
- iii. Turmeric
- iv. Garlic

17. Which of the following is not a function of skeletal system

- i. Protects the internal organ
- iii. Produce energy in motion

- ii. Gives shape to the body
- iv. Manufactures blood corpuscles

18. A road that can be moved around a stable point is called

i. A lever

ii. A joint

iii. Inertia

iv. Momentum

19. Which system is created to transmitting impulses to effector

- i. Skeletal System
- iii. Digestive System

- ii. Muscular System
- iv. Nervous System

20. Which of the following factor is not affecting the differences in adolescence

i. Heredity

ii. Environment

iii. Nutrition

iv. Social Status

21. Mr. Somarathne the referee of the athletic event has given the three commands on your mark, get set, go

He has given this command to

i. 400m

ii. 800m

iii. 1500m

iv. 5000m

22. Cheka who participated in the above mention event shows the dynamic posture at the stage of

i. On your mark command

ii. get set command

iii. Go command

iv. When lying down after finishing the races

23. Malaka is participating in decathlon events. The event he is not participating is

i. Pole-vault

ii. 400m hurdles

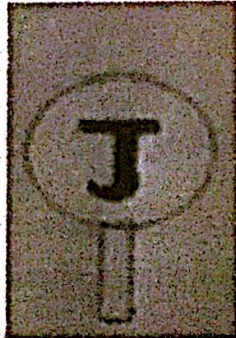
iii. Discuss

iv. Long jump

24. While Chalana is participating in a walking race, one of his feet was not contacted with the ground which of the single used to indicate for being violated that rule



i.



ii.



iii.



iv.

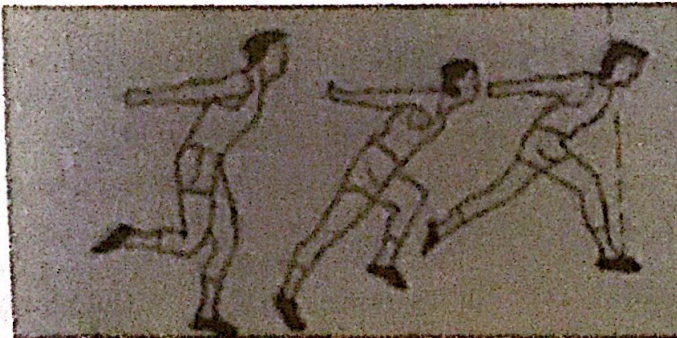
25.



Above figure shows one of the running drills. While one leg is contacting with the ground opposite leg is bent at the knee. This is known as

- i. Running drill A ii. Running drill iii. Running drill C iv. Brown dine

26.



The finishing of a race is shown by the above figure. Which of the following must be considered to select the winner of the race

- i. The torso of the runner must be passed the finishing line
ii. The head of the runner must be passed the finishing line
iii. The neck of the runner must be passed the finishing line
iv. The front feet of the runner must be passed the finishing line

27. The flag of Olympic can be seen through out the Olympic games. The Olympic flag has five colors and the means of the colors is

- i. Global understanding ii. Composing the color of every nations
iii. Maintain the world peace iv. To define the global citizenship

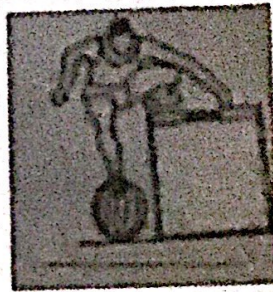
28. Samantha who is going to participate in discuss throw has got a wound in his hand. He came to compete wearing a pair of gloves. What could be your decision being a referee

- i. Examine the wound and let him to participate ii. Advice him to participate with other hand
iii. Not allow him to participate the event iv. Let him to participate once

29. Below figure shows the 110 m hurdle event



A



B

- i. A is correct , B is incorrect
- iii. A and B are incorrect

- ii. A is incorrect, B is correct
- iv. A and B are correct

30. The compulsory physical educational programme which is held in your school should be

- i. Physical fitness test
- ii. Sport societies
- iii. Walk
- iv. Physical educational day

31. The students of Rajasinghe Maha Vidyalaya has been participated in the exploration of Sinharaja Forest, at the end of the exploration students said that they have got many experience. These students have engaged in

- i. Journey
- ii. Organized activity
- iii. Team work
- iv. Outdoor activity

32. Below mentioned players are participating in provincial level competitions, some of the techniques they practiced for the event are given below.

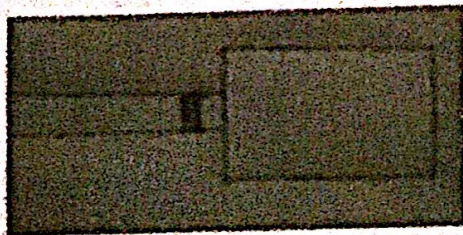
Answer question No 32 and 33 with using the information given.

The number of the competitor	Technique
25	Flop method
35	Hang technique
45	Ferry O'Brian method

The number of the competitors those who are participating in high jump should be

- i. 25
- ii. 35
- iii. 25 and 35
- iv. 35 and 45

33. The following court should be used by



i. 25

ii. 35

iii. 25 and 35

iv. 35 and 45

34. There are various rules and regulations in sports. These rule and regulations are needed
- To conduct a fair play
 - To minimize the accidents and diseases
 - To protect the dignity of the sports
 - To complete the above all
35. A runner is practicing within 12 minutes continuously. Which of the following physical fitness he wants to improve
- Speed
 - Strength
 - Flexibility
 - Endurance
36. We have divided our team in to two groups and engaged in a sport. We ourselves adjust the rules and Regulations, we have engaged in a
- Organized game
 - Lead up game
 - Minor game
 - Folk game
37. Study the pairs of situations P,Q,R,S and answer question 37 and 38
- P- Using unsuitable equipment
Accidents may be occurred
- Q- Maintaining the reaction speed of the sportsman
Ability to increase the chances of winning
- R- Engaging frequently in yoga exercise getting mental stress
Getting mental stress
- S- Develop the flexibility of sportsman
Disruption of the function of bones
- The pairs of events of which the increase of the first event results in the increase of the second event are
- P and Q
 - P and R
 - Q and S
 - R and S
38. The pairs of events of which the increase of the first situation results in the decrease of the second event
- P and Q
 - P and S
 - Q and R
 - R and S
39. Which of the following is not a main feature of the running track which are conducting the international athletics competition
- Should be a 400 m running track
 - All running events should be finished on the same line
 - starting boards should be used in all running events
 - Both sides should be equal, straight and curved
40. The country and the city of next Olympic games in 2024 has been decided to held,
- City of Bergin of China
 - City of Athens of Greece
 - City of France in Paris
 - City of Moscow in Russia

Part I

First question is compulsory select 3 questions from part I and 2 from part II answer five questions only.

01. Till the schools are opened again because of covid-19 pandemic, the principal has advised to conduct the teaching learning process in Online method. According to that the health and physical education teacher, Mrs. Chandani has prepared teaching learning process according to the relevant dates. She prepared it as follows.

- Perform the physical activities which can do at home using different figures
- Conducting a musical entertainment programme named 'Sindu Padura'
- Advised the students to make a booklet on and make them engage in the activities
- Performing a reporting programme on mountaineering
- Conducting a soft ball cricket match
- Performing about the importance of maintaining good health habits exercises and healthy food

i. Write down two physical activities that can be done at home

ii. Write two things to be expected from "Sindu Padura" musical programme by her

iii. Write two other activities to maintain mental fitness except "Sindu Padura" programme.

iv. When preparing the booklet about athletics which of the two types of athletics you are going to maintain?

v. Write down two activities to practice the handling of put shot

vi. Write two other outdoor activities except mountaineering

vii. Soft ball is a team event, mention two common features of team events

viii. Mention two benefits, if you follow the factors of taking healthy food and doing exercises which have been forwarded by Mr. Namali

ix. Write down two physical fitness factors, if you are engaging in exercises correctly

x. Mention two strategies to face the covid-19 pandemic

02. Mrs. Nalini briefly defined that health promotion is improving the factors that affect of an individual, family and the society. According to that title answer the following questions.

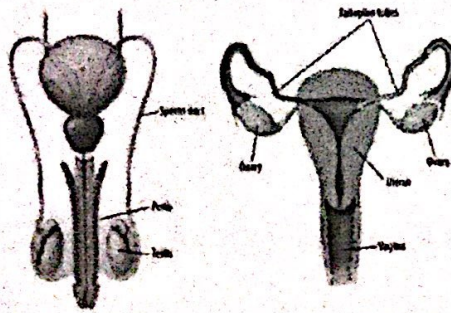
i. Write down the vision of the health promotion

ii. Mention two strategies of health promotion

iii. Name three characteristics of health promotional school

iv. Mention four criteria to measure the health condition of the students in a health promotional school

03. Most important systems are excretory system and the reproductive system. Following are the figures of reproductive and excretory system.



- i. Write the functions of the excretory system and the reproductive system
- ii. Write two wonders of the excretory system and two wonders of reproductive system
- iii. Write down two activities to protect wonders of reproductive system and two activities to protect the excretory system
- iv. Write four diseases for each of the two systems

04. Briefly describe the way you face the below mentioned challenges.

- i. You are being asked to provide first aid for a muscle injury to one of your brothers who has participated in an athletic event
- ii. One of your neighbors has infected HIV/AIDS from the medical report. So when that infected person visit your place frequently
- iii. One of your friends was punished by the teacher for a fault that he is not offended (not done) then he decided to not to attend the school again
- iv. One of your friends has refused to take Covid-19 vaccine recommended by the government during the pandemic era
- v. One of your friends is eagerly waiting to go abroad, but due to lock down he is disappointed

05. The international Olympic committee has been announced that the Olympic games which were scheduled to be held in 2020 were successfully completed. There were athletic events, indoor games, outdoor games throughout the tournaments.

- i. Write two objectives of the events which are held in Olympic games.**
- ii. Urine samples were tested of all the competitors to test whether they have taken banned stimulants or drugs.**

Mention two bad effects of using banned stimulants or drugs.

- iii. Twelve countries were participated for rucker match. The competitions were held according to the knock-out tournament.**

Calculate the byes using the formula and prepare the draw for 12 teams.

- iv. Write two advantages and two disadvantages of knock-out tournament.**

06. Given below is a description about the students those who are participating in national schools competitions

Name of the player	
Deepal	100m, 200m
Prasanna	200m, swimming
Sumith	Javelin throw
Susantha	1500m, 5000m

- i. Write down the method, Deepal used to generate energy for his event
- ii. Write down the formula used to convert ADP to ATP again
- iii. Mention three wonders of the muscular system when Sumith and Susantha engaging in the events
- iv. Write down the types of muscle fibers of Deepal and Susantha
- v. Mention three special features of the fibers

07. Answer only one question from A, B, C

(A) A volleyball match, "Samagi" vs "Vinivida" was held in the school playground.

- i. If you have been appointed as the referee of these two teams, write down the basic step you would take to start the game



- ii. According to the given figure, mention two rules and regulations that should be followed by the player
- iii. Dinuka who is from Samagi team. Had hit the opponenets' ball. Apart from this write three fouls committed during spiking

Name the following hand signals of Volleyball



A.



B.



C.



D.

(B) A netball match Ayagama Vidyalaya vs Jayagama Vidyalaya was held in the school playground.

i. If you have been appointed as the referee of these two teams, write down the basic step you would take to start the game



ii. Describe the above figure. Say why you attended for it

iii. Champa who belongs to Ayagama team roll the ball over the ground. Write down three other offences committed in handling the ball

iv. Identify the below mentioned hand signals of Netball and write them.



A.



B.



C.



D.

(C) A Football match was held Rathnam team VS Ranwan team in the school playground.

i. If you are appointed as the referee of these matches, write the basic step you would take to start the game



ii. According to the above figure write there rules and regulations that players should follow in the situation

iii. Magala who is from Rathnam team had tripped an opponent. Mention three other fouls in football

iv. Name the following signals of the referee of Football



A.



B.



C.



D.