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Provincial Department of Education - NWP

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Third Term Test - Grade 07 - 2023

Health & Physical Education

02 hours

Name/Index Number

Underline the correct answer.

1. The main function of Health Promotion is,
 1. Promoting health condition of others.
 2. Promoting one's own health condition
 3. Promoting the Spiritual environment
 4. Promoting the physical wellbeing

2. A Feature belong to the Sanitary Facility is,
 1. Sufficient food
 2. Proper air holes in the home.
 3. proper toilet fascilitie.
 4. Pure drinking water

3. Among the social workers, the person from whom you can get health related advice is,
 1. Post master
 2. Public health inspector
 3. Dengue eradication officer
 4. Police officer

4. An adverse effect of not receiving love and protection.
 1. Engage in Educational activities
 2. Addicting to drugs
 3. Being law abiding
 4. Providing love and affection

5. A common feature in folk games,
 1. Gaining fun and enjoyment
 2. Creating enemies.
 3. Easy to participate
 4. Mental Satisfaction

Fill in the blanks from the words given in the brackets.

6. Javelin throw, Discus throw and are throwing events.
 7. The condiments promote easier,
 8. We should to protect the digestive system.
 9. of a sportsman promote the dignity of sports.
 10. is promoted in gymnastic.
- (drink sufficient water - put shot - Flexibility - food digestion - ethics - endurance)

State whether the following statements are true or false

11. 'Shuttle relay' is an activity to promote speed. ()
12. The ovaries transport ovum to the uterus ()
13. Production of sperm starts in boys during the adolescent period ()
14. Non - Communicable diseases spread from one person to another ()
15. By following rules and regulations a sportsman becomes a law-abiding person ()

Match A with B

- | | |
|--|--|
| 16. Training activity for Jumping | • Should keep the genital organs clean |
| 17. A Skill in football | • Balance should be maintained |
| 18. The most popular game in the world | • Jumping over obstacles |
| 19. In correct walking | • Football |
| 20. To protect the excretory system | • Throw in |
| | • Cricket |

Part II

First question is compulsory answer four other questions.

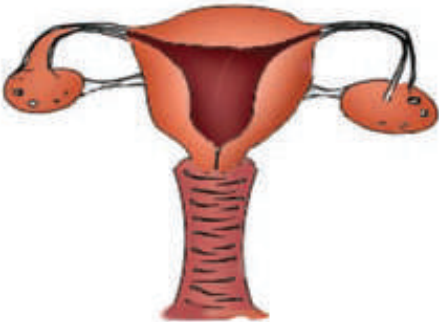
1. The Prize Giving was held in Ku/Mahavilipotha Maha vidyalaya yesterday. Thedara Nethumili of Grade 7 got the prizes for all the ten subjects. The principal in his speech mentioned that Thedara is not only capable in studies but also competent in extra curricular activities. She is a student with physical, Mental social and spiritual wellbeing. The principal also stated that Thedara has won the all island first place at under 14 long jump event. Thedara is a student who attend the school regularly. She is an exemplary character.

1. What are the social services that Thedara engage in?
 2. How does she maintain personal hygiene?
 3. What are the factors related to total health?
 4. How do you say that Thedara has empathy?
 5. What are the good qualities of Thedara?
 6. Write 2 advices you can give to the community thinking that you are a member of the Dengue Eradication committee.
 8. What is the athletic event Thedara participated in (8x2 = 16 marks)
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2. i. Write two problems related to micro nutrient deficiency. (2 marks)
 - ii. Write two benefits of having fibres food. (2 marks)
 - iii. Write two factors to be considered when preparing a menu (2 marks)
 - iv. Write 3 traditional foods in Sri Lanka (3 marks)
 - v. Write 2 main nutrients in our food (2 marks)
- (11 marks)
3. i. What are the rules and regulations in sports? (3 marks)
 - ii. Write 2 instances where you obey the rules Regulations and ethics in sports. (4 marks)
 - iii. Write 4 sportsmanship qualities (4 marks)

4. i. Write the two methods of service in Volleyball (2 marks)
 ii. Write 2 benefits of correct walking (2 marks)
 iii. Write 4 correct sitting postures you know (4 marks)
 iv. Write 3 organized games (3 marks)

5. i. Write 4 skills of football (4 marks)
 ii. Write 2 activities that you can practise to develop any skills in football (2 marks)
 iii. Write 3 activities to promote foot work in netball (3 marks)

6. i. What is Reproductive health? (2 marks)
 ii. Write 2 secondary sexual characteristics
 Girls -
 Boys - (4 marks)
 iii. Write one misconception about reproductive system (2 marks)
 iv. Mark the following organs in the female reproductive system in the picture
 • Uterus • Vagina
 • Ovaries (3 marks)



7. i. write 3 physical fitness factors. (3 marks)
 ii. Write the physical fitness factor you can develop by the following activities. (4 marks)
 • Spiking in volleyball.
 • Throwing the ball in netball.
 • Goal keeping in football .
 iii. Write a tests to measure any fitness factors (4 marks)