

- (i) The rules of the game.
- (ii) Sports ethics.
- (iii) Sports skills.
- (iv) Win the games.

08. The most important thing in the healthy life is,

- (1) Colourful clothes.
- (ii) Ornamental fish.
- (iii) Nutritious food.
- (iv) Toys.

09. An organ in the excretory system is.

- (1) Stomach
- (ii) Heart
- (iii) Kidneys
- (iv) Pancreas

10. It is not a traditional food, made in our country to increase nutritional value.

- (i) Seven vegetable curry (Hath Maluwa)
- (ii) Kalavam Pala Mallum
- (iii) Jadi
- (iv) Thalapa (Thick porridge)

Mark (√) if correct and (X) if incorrect for questions number 11 to 15.

- 11. Love and security is a psychological need ()
- 12. Sportsmanship can be developed through teamwork. ()
- 13. The small intestine of an adult is about 7 cm long. ()
- 14. Water is not essential for control the body temperature. ()
- 15. Vitamin D, Contributes to the growth of teeth, bones and tissues. ()

Choose and write the correct answer in brackets for questions number 16 to 20.
(Sports, Micronutrients, Nocturnal Ejaculation, Adolescence, Folk Games)

- 16. The age period between 10-19 years is called
- 17. Discharge of semen during sleep is called
- 18. Vitamins and minerals belong to the category of
- 19.are games that have been popular within a particular society or many generations.
- 20.are games used to develop the skills of organized games.

(22×20 = 40)

• **Answer only 05 questions.**

01. Physical fitness is a combination of factors we can improve, for the maximum and correct performance of physical activities.

- (i) Write 4 factors of physical fitness.
- (ii) Introduce what is flexibility and write 2 sports that require more flexibility
- (iii) Explain with diagrams a suitable activity for improving speed (4 x 3 = 12)

02. Non-communicable diseases are diseases that are not transmitted from one person to another without being infected by germs. These diseases are divided into 2 parts.

(i) Name the 2 parts into which non-communicable diseases can be divided and write two examples each

(ii) Write 4 factors affecting non-communicable diseases.

(iii) Write 4 measures that can be taken to avoid non-communicable diseases.

(4 x 3 = 12)

03. Family, school and society can be supported by maintaining emotional balance.

(i) Explain what is emotional balance.

(ii) Write 4 actions that can be taken to avoid an unpleasant emotion.

(iii) Write 2 skills required to balance your emotions.

(4 x 3 = 12)

04. Supplying food and oxygen to all the organs and cells of the body is the main function of this system.

(i) Name the system related to the above function and write its main organ.

(ii) Write 2 possible diseases related to circulatory system and write each function of white and red blood cells in blood.

(iii) Write 4 activities you can do to maintain a healthy circulatory system.

(4 x 3 = 12)

05. It is very important to have a nutritious diet for the good survival of the body.

(i) Write 2 types of fibre rich foods that you know and write 2 benefits of eating fibre rich foods.

(ii) Write 4 ways of preserving food under traditional methods with examples

(iii) Write 4 ways in which you can contribute to providing a nutritious diet.

(4 x 3 = 12)

06. You are a combination of your mother and father.

(i) Write 4 each of female and male secondary sexual characteristics seen in adolescence.

(ii) Write 4 skills that we need to develop in facing adolescence.

(iii) Write 4 factors that influence reproductive health in adolescent.

(4 x 3 = 12)

07. Creates a good citizen through sports.

(i) Explain what is ethics in sports.

(ii) Explain the need for rules and ethics in sports.

(iii) Write 4 advantages of following rules and ethics as a sportsman.

(4 x 3 = 12)