

	<p>පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - උතුරු මැද පළාත</p> <p>இதர்ப்பாசக கல்வித் திணைக்களம் - வட மத்திய இடர்ப்பாசம்</p> <p>DEPARTMENT OF EDUCATION - NORTH CENTRAL PROVINCE</p>			
<table border="1" style="margin: auto;"> <tr><td style="padding: 2px;">Grade</td></tr> <tr><td style="padding: 2px; font-size: 1.2em;">09</td></tr> </table>	Grade	09	<h2 style="margin: 0;">Third Term Test - 2023</h2> <p style="margin: 0;">Subject :- Health and Physical Education</p>	
Grade				
09				
<p>School Name :</p> <p>Index Number :</p>		<p>Time : 2 hours</p>		

Part 1

- **Answer all the questions.**

01. Knowing the meaning of life and dealing with understanding with good interpersonal relationships, is introduced

- | | |
|---------------------------------------|---|
| i. In the name of physical well-being | ii. In the name of social well-being |
| iii. in the name of mental well-being | iv. In the name of spiritual well-being |

02. Daily morning physical exercise at school, by making two sports compulsory for every child, is expected of the students,

- i. Physical health development
- ii. Mental health development
- iii. Development of mental and spiritual health
- iv. All the above points are for development

03. What are the adverse effects of land pollution according to environmental pollution?

- | | |
|---------------------------|---|
| A. Hearing loss | B. Occurrence of landslides and disaster situations |
| C. Loss of soil fertility | D. Flies and mosquito breeding |

1. A and B only ii B, C and D only iii. A, C and D only iv. All of the above.

04. Who is a psychologist who has done special research on human needs?

- | | |
|------------------------|---------------------|
| i. Abraham Maslow | ii. Abraham Lincoln |
| iii. William G. Morgan | iv. Mother Teresa |

05. Which activity is an outdoor education activity?

- | | |
|------------------------|------------------|
| 1. The game of cricket | ii. Elle`s game |
| iii. Horse riding | iv. Kabaddi game |

06. Which sport has a libero player?

- | | |
|---------------|--------------------------|
| i. Volleyball | ii. The game of football |
| iii. Rowing | iv. Tennis game |

07. The baton fell to the ground while passing the baton in a relay race. There the forward player quickly picked it up and started running. The most correct saying for this action is,

- i. It is the right thing to do.
- ii. It is wrong doing.
- iii. It does not interfere with competition
- iv. No problem if that team won.

08. The answer showing the steps of the long jump process correctly,

- i. Approach run, take off, flight, landing
- ii. Take off, Approach run, flight. landing
- iii. Approach run, landing, take off, flight
- iv. Flight, landing, approach, take off

09. Kusal, a 9th grade student, is used to eating cakes, pizza, rolls, sausages, buns, etc. everyday. These foods include,

- 1. As food important for nutrition
- ii. As food for rapid growth
- iii. Like junk and fast food
- iv. As food rich in vitamins

10. What points should you paid more attention to when buying canned foods?

- 1. Be aware of the date of manufacture
- ii. Expiration Date Considerations
- iii. Caring for Crushed Canned Foods
- iv. Taking care of all the above

11. The first thing we should do when something foreign to the eye enters.

- i. Wash the eye several times with clean water
- ii. Telling someone else to blow their eye
- iii. Going to an eye hospital
- iv. Wash with clean water and show to an ophthalmologist.

12. What is the knot shown in the figure below?

- i. Bowline know
- ii. Sheet bend
- iii. Clove hitch
- iv. Reef knot



13. Which of the following techniques is a high jump technique?

- i. The Periobrian method
- ii. The Stadal method
- iii. Hitch-kick technique
- iv. Sail method

14. What is the throwing event shown in the figure?

- i. Shot put
- ii. Discus throwing
- iii. javelin throwing
- iv. Hammer throw



15. What should not be done when suffering from dengue?

- i. Drinking adequate amounts of fluids
- ii. Intake of red or brown foods and liquids
- iii. Not exerting the body
- iv. Taking paracetamol drug to control fever

16. Which is the most accurate statement regarding tuberculosis (TB)?

- i. An incurable disease.
- ii. It is included in the category of non-communicable diseases.
- iii. It can be cured by taking treatment continuously for 06 months.
- iv. Mosquito bites can infect another person.

17. What are the appropriate measures to prevent disasters?

- A – Enforcement of rules and regulations
- B - Prevention of environmental pollution
- C - Attitude development
- D – Being sensitive to changes in environment

- i. A and B are correct.
- ii. A,B,C are correct.
- iii. B and D are correct.
- iv. All facts are correct.

18. What type of stove is shown in the figure below?

- i. Ditch fire
- ii. Unit fire
- iii. Stone row- fire place
- iv. Tin can stoves



19. According to food and nutrition, the food category of that food is classified as defence food is,

- i. Dairy food and meat food
- ii. Cereals and pulses
- iii. Vegetables and fruits
- iv. Potatoes and grains

20. Mental illnesses are common in today's society. What are the appropriate remedies to control this?

- A. Living a simple life style
- B. Getting rid of the competitive lifestyle
- C. Getting enough rest
- D. Engage in Sports

- i. A and B are correct.
- ii. C is correct D is incorrect.
- iii. B is incorrect D is correct.
- iv. All facts are correct.

Part II

- **Write answers to 05 questions.**

01. There are many challenges that hinder well-being in the society we live in. Among them

- i. Write 04 major social challenges. (Marks 02)
- ii. Write 04 ways of spreading communicable diseases. (Marks 02)
- iii. Write 04 measures to prevent communicable diseases. (Marks 04)
- iv. Write 04 steps to prevent communicable diseases. (Marks 04)

02. Currently, there is a rapid increase in weather changes and the resulting disasters.

- i. Write 4 damages caused by climate change and disasters. (Marks 02)
- ii. Write 4 adverse situations caused by conflicts. (Marks 02)
- iii. Write 4 adverse effects of new technology. (Marks 04)
- iv. Write 4 social challenges which affect health. (Marks 04)

- 03
- i. Write 2 situations where gender differences can be seen. (Marks 02)
 - ii. What should a pregnant mother do to ensure the birth of a healthy child. (Marks 02)
 - iii. Write 4 harmful conditions that can result from irresponsible sexual behaviour. (Marks 04)
 - iv. Write 4 duties and responsibilities for a pregnant wife to be fulfilled by her husband. (Marks 04)

- 04.
- i. What are the good qualities you should maintain as a spectator. (Marks 04)
 - ii. Name 2 throwing events. (Marks 02)
 - iii. Write 2 rules that are common to all throwing events. (Marks 02)
 - iv. State 2 occasions which are considered to be foul in long jump (Marks 04)

05. In our daily life, we use ropes to tie various things, tie ropes, etc.

- i. Name 4 types of knots and lashings. (Marks 02)
- ii. State 4 benefits that can be gained by bonfires. (Marks 02)
- iii. Name 4 types of fire places that are used for outdoor cooking. (Marks 04)
- iv. Name food items that can be cook outdoors. (Marks 04)

06. The people around us and the surrounding environment are part of the society we belong to.

- i. Write 2 reasons for individual diversity in society. (Marks 02)
- ii. Name 2 health problems that can be seen strongly in the society we live in. (Marks 02)
- iii. Name 4 elements that are subject to degradation in the environment. (Marks 04)
- iv. Name 4 adverse effects of land pollution. (Marks 04)

07. Out of the athletic event, relay race is a group event.

- i. Name 02 types of baton changes based on way of changing the baton. (Marks 02)
- ii. Name and draw baton changing zone. (Marks 04)
- iii. What relay events use visual method for baton changes? (Marks 04)
- iv. What relay events use non- visual method for baton changes? (Marks 02)