



Grade

11

Third Term Test - 2023

Subject :- Health and Physical Education - I,II

School Name :

Index Number :

Time : 03 Hours

- Answer all questions.
- In questions number 1 to 40 , choose the correct or most suitable answer from the given answers (1), (2), (3), (4) .
- For each question in the answer sheet provided to you, put the mark (×) in the circle corresponding to the number of the answer you have chosen from among the circles provided.

1. Nimal is a disease-free person who has good interpersonal relationships and spends time happily. Accordingly, Nimal , Should be in,

- (i) Full personality (ii) Full health
(iii) Full Physical health (iv) Full Mental health

- Actions taken by the Principal of Ehatuewa Vidyalaya to make his school a health promotion school are outlined as A,B,C,D,E in the following clauses. Answer questions 2 , 3, and 4 accordingly.

- A. Running a healthy canteen in the school
B. Obtaining the support of local parents for anti - dengue programs
C. Providing clean drinking water facilities
D. Providing space for group programs
E. Providing opportunities for team competitions , debate competitions and sports competitions

2. The statement/declaration stating the policy taken by the principal for health promotion is,

- (i) A and C (ii) B and D (iii) D (iv) A

3. The steps taken to create a favorable environment for health promotion are,

- (i) C and D (ii) A and C (iii) D (iv) E

4. The statements/statements related to the development of skills required for health promotion are,

- (i) B (ii) E (iii) A and D (iv) A and B

5. Body develops rapidly, Interest in opposite sex, likes to act independently, secondary sex characteristics appear. These are

- (i) changes in youth (ii) changes in middle age
(iii) changes in adolescence (iv) changes in childhood

6. The fitness factors that can be improved by Zig Zag run is,

- (i) Power (ii) Coordination (iii) Agility (iv) Speed

7. static postures is,

- (i) Running , Standing , Lying (ii) Running , Jumping , Lying
(iii) Standing , Sitting , Lying (iv) Running , Walking , Sitting

8. Reluctance of an object at rest to move or a moving object to stop is,

- (i) inertia (ii) force (iii) momentum (iv) equilibrium

• **Body mass index ranges of three students are as follows. Answer questions 8 and 9 accordingly**

Person	Range
Nimal	Below 18.5
Kamal	18.5 – 24.9
Sunil	25.0 – 29.9

9. The student/students who are most prone to the medical conditions like high blood pressure and heart attack are"

- (i) Sunil (ii) Nimal (iii) Kamal and Sunil (iv) Kamal

10. The student/students who have been seen close to malnutrition condition,

- (i) Nimal (ii) Nimal and Kamal (iii) Kamal (iv) Sunil

11. Nalani is reluctant to learn because her eyesight is weak. The nutritional deficiencies that affected Nalani could be,

- (i) Vitamin A and Iodine deficiency
(ii) Iron deficiency and Iodine deficiency
(iii) Iodine deficiency and Calcium deficiency
(iv) Calcium deficiency and Vitamins deficiency

12. . The answer containing the possible diseases related to the digestive system is,

- (i) Tuberculosis , Asthma , Catarrh (ii) Gastritis , Asthma , Jaundice
(iii) Jaundice , hemorrhoids , cirrhosis (iv) cirrhosis , asthma , jaundice

13. The types of joints in the ankle and wrist of a person is,

- (i) Hinge joints (ii) Gliding joints
(iii) Pivot joints (iv) Ball and Socket joints

14. The answer belonging to the group of sexually transmitted diseases is,

- (i) Gonorrhoea , Genital Herpes , Jaundice (ii) Genital Herpes , Chlamidia , Tuberculosis
(iii) Tuberculosis , Genital Herpes , Chlamidia (iv) Genital Herpes , Chlamidia , Gonorrhoea

15. Which of the following clauses is not correct ?

- (i) Foods like cabbage naturally contain chemicals toxins.
(ii) Yams like potatoes should be kept exposed to sunlight
(iii) Reuse of the same oil repeatedly for frying can produce harmful chemicals.
(iv) Toxins produced by micro-organisms that grow on food.

16.



A



B



C

What is the correct weight lifting methods/methods"

- (i) A (ii) B (iii) C (iv) B and C
17. Mental change that can be seen in Raman who is studying in the grade 11,
- (i) Secondary sexual characteristics appears (ii) prefer to be social
(iii) Prefers to peer friendship (iv) likes to work independently
18. The carbon dioxide gas produced in the body as a waste is removed from the body by this system and nitrogenous Ammonia and uric acid, which are waste products, are removed by this system. The answers of these 2 systems are,
- (i) Respiratory system, digestive system.
(ii) Respiratory system, excretory system
(iii) circulatory system, digestive system
(iv) circulatory system, respiratory system
19. Lay the patient on the floor or in a suitable place and raise the legs. Loosen clothes. Allow for ventilation well. A case where first aid should be given is,
- (i) When high fever occurs (ii) When faintness occurs
(iii) When bleeding occurs (iv) When convulsion occur
20. What shouldn't we do in animal bites or snake bites?
- (i) Keeping the bitten place immobilized
(ii) Giving paracetamol tablets for pain relief
(iii) Clean the bitten area with soap
(iv) Giving beverages like fruit juice and king coconut water which contains potassium
21. According to the classification of athletic events The event that falls under the category of putting,
- (i) Discus (ii) Shot put (iii) Hammer (iv) Javelin
- Below are four outdoor activities suggested by 4 students.
- (A) Mountaineering (B) Hiking (C) Jungle exploration (A) Rowing

22. What is the most appropriate outdoor activity for the study of biodiversity,

- (i) Jungle Exploration (ii) Mountaineering (iii) Hiking (iv) Rowing

23. The maximum number of nails that can be used in a pair of athletic shoes is ,

- (i) 10 (ii) 11 (iii) 12 (iv) 13

• Use the table below for questions 24 and 25

Player no	Events
25	100m, 200m, 100×4m
30	400m, 800m
33	800m, 1500m
37	10000m, marathon

24. The number of the player who use only crouch start method for their race ,

- (i) 30 (ii) 33 (iii) 25 (iv) 37

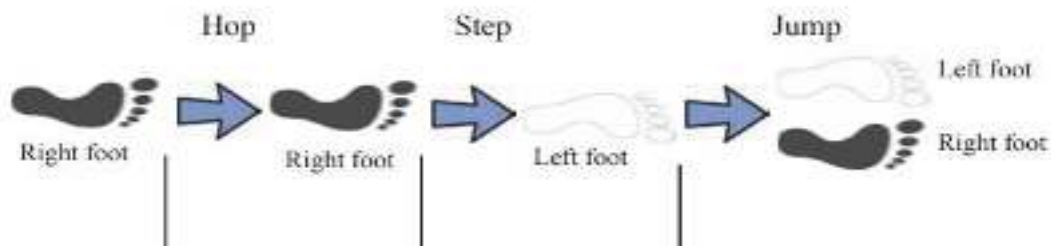
25. The number of the player who uses both the main starting methods for the two events in which he participates is ,

- (i) 25 (ii) 33 (iii) 37 (iv) 30

26. Gamunupura Vidyalaya organized an invitational school football tournament on the occasion of its 50th anniversary , where a total of 6 teams participated in the tournament. The total number of matches to be held if it was held in as a league tournament,

- (i) 15 (ii) 5 (iii) 12 (iv) 6

27. Where can these be seen,



- (i) High jump (ii) Long jump
 (iii) Triple jump (iv) Pole vault

28. A player participating in the 100 race pushes forward by applying a force on the starting board with his foot immediately after hearing the starting official's shot . This is because,

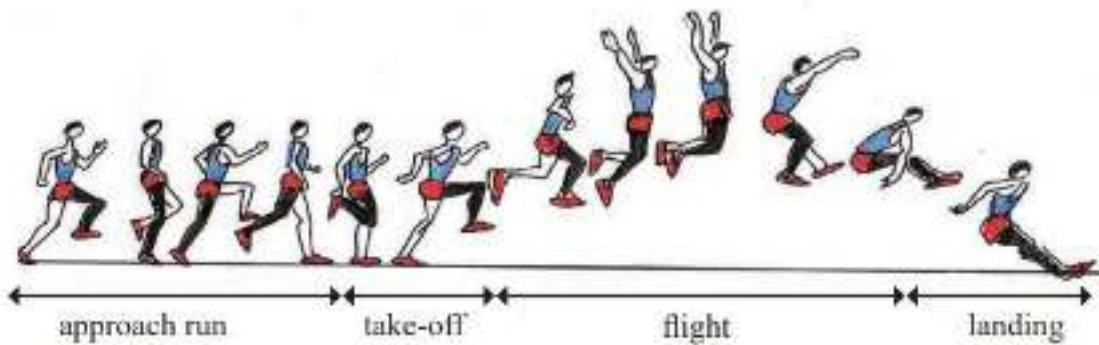
- (i) The runner's reaction speed has developed
 (ii) Applying more force on the runner's body than on the ground
 (iii) Applying too much force on the standing block
 (iv) The reaction force of the force exerted by the runner on the board on the runner's body

29.



This image shows,

- (i) On your marks of crouch start
 - (ii) Get set of crouch start
 - (iii) On your marks of standing start
 - (iv) Get set of standing start
- 30.

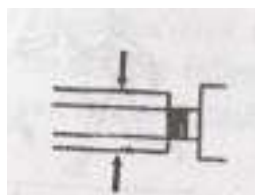


As shown in the above image

- (i) Hang technique in Long Jump
 - (ii) Sail technique in Long Jump
 - (iii) Western roll
 - (iv) Hitch – kick technique
- Below is an outline of the 4 playing fields used for inter-house games. Answer question number 29, 30 accordingly



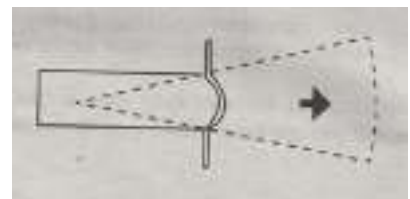
A



B



C

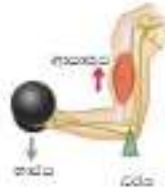


D

31. The playground where the players participating in the shot put event should be directed is,

- (i) A
 - (ii) B
 - (iii) C
 - (iv) D
32. The field where the players participating in the discus throw should be directed is,
- (i) A
 - (ii) B
 - (iii) C
 - (iv) D

33.



According to this image, a player holds the put shot in the hand and bending elbow to raise the put shot. Which lever is it?

- (i) Lever type I
- (ii) Lever type II
- (iii) Lever type III
- (iv) Lever type I and II

34. The year in which the modern Olympic games were started is

- (i) 1986
- (ii) 1896
- (iii) 1886
- (iv) 776

35. According to the classification of athletics events, middle distance events belong to the answer,

- (i) 100m, 200m, 400m
- (ii) 800m, 1500m, 5000m
- (iii) 5000m, 10000m, 5000m
- (iv) 400m, 800m, 1500m

36. The running exercise shown in this figure is



- (i) Anklin
- (ii) Skipping A
- (iii) skipping B
- (iv) Bounding

37. The most successful baton exchange method in a 100m×4 race,

- (i) Inside pass
- (ii) Outside pass
- (iii) Mixed pass
- (iv) Optical pass

38.



This image shows,

- (i) Accurate foot work in running
- (ii) Accurate foot work in high jump
- (iii) Accurate foot work in long jump
- (iv) Accurate foot working walking

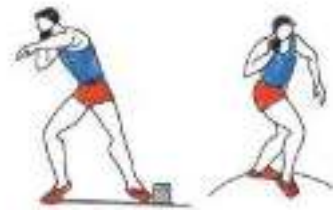
- Answer questions 39 and 40 using the diagram below .



A



B





C

39. The event/s that use the Bryan technique are shown in the figure/figures,

- (i) A (ii) B (iii) C (iv) A and B

40. The figure/image showing the events using the rotational technique,

- (i) A and B (ii) B and C (iii) A (iv) B

	<p>පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - උතුරු මැද පළාත</p> <p>இதர்ப்பாடக கல்வித் திணைக்களம் - வட மத்திய மாகாணம்</p> <p>DEPARTMENT OF EDUCATION - NORTH CENTRAL PROVINCE</p>			
<table border="1" style="margin: auto;"> <tr> <td style="padding: 5px;">Grade</td> </tr> <tr> <td style="text-align: center; padding: 5px;">11</td> </tr> </table>	Grade	11	<h2 style="margin: 0;">Third Term Test - 2023</h2> <p style="margin: 0;">Subject :- Health and Physical Education -II</p>	
Grade				
11				
<p>School Name :</p> <p>Index Number :</p>		<p>Time :</p>		

- Answer the first question, Two questions from Part I, two questions from the Part II and answer only five questions.

1. The principal decided to conduct a program on the occasion of the 50th anniversary of Ehatuewa College focusing on health and sports.

Accordingly, a health clinic was organized for the students and teachers in the morning , where a doctor gave a lecture and informed the students that sexually transmitted diseases and non-communicable diseases can be avoided by following a good lifestyle . At the end of the program, a nutritious meal was provided to all the students with the intervention of the parents of the college.

The evening , lower grade students were engaged in fun games and upper grade students were divided into five groups and a volleyball tournament was arranged to knockout system. One of the students who participated in the competition fainted and was given first aid by the other students . All those who participated in the firework show that was organized during the night and dispersed happily.

- (i) Nominate two other persons not mentioned in the incident who can participate in conducting health programs in the school.
- (ii) Mention 2 advantages of conducting health clinics.
- (iii) Name 2 sexually transmitted diseases .
- (iv) Name 2 non-communicable diseases .
- (v) Mention two steps that can be taken to avoid non-communicable diseases.
- (vi) What nutrients should be contained in a nutritious diet?
- (vii) Name 2 macronutrients and write a benefit of each for the body.
- (viii) Write 2 characteristics of fun games.
- (ix) Draw the match chart showing the 5 teams that participated in the volleyball tournament.
- (x) Briefly describe the first aid given by the other students to the student who fainted. 2×10=20 marks

Part I

- Answer two questions

2. In a health clinic conducted at Yahapathgama Vidyalaya, the students of the college were found to have more visual impairments , lack of physical growth , reluctance to learn , and teeth impairments. received.

- (i) What micronutrient deficiency diseases are seen in the students of this college ? 2 marks
- (ii) Name three of these deficiency diseases and state two causes of the deficiency separately 3 marks
- (iii) (a) Write four steps that can be taken to reduce these nutrient deficiencies. 2 marks
- (b) There are three main factors affecting food security . what are they? 3 marks
3. Due to people's lack of attention due to the epidemic conditions that have arisen all over the world, dengue cases are resurfacing across the country.
- (i) Name the dengue pathogen and dengue vector. 2 marks
- (ii) (a) What are the early symptoms of dengue ? 2 marks
- (b) What are the symptoms of dengue when the condition is critical ? 2 marks
- (iii) Write four steps to be followed to prevent dengue . 4 marks
4. Briefly explain the possible ways to successfully face the following challenges.
- (i) A friend at school suggests you to take drugs.
- (ii) A friend tells you that your friend's phone is receiving frequent phone messages from an unknown person .
- (iii) A friend asks you for help in leading the students to strike against the principal's suspension of the friend who violated the school's disciplinary rules.
- (iv) A friend asks you to help in choosing subjects in Advanced level.
- (v) You hear that your neighborhood has been affected by flooding due to heavy rains . 2×5=10 marks

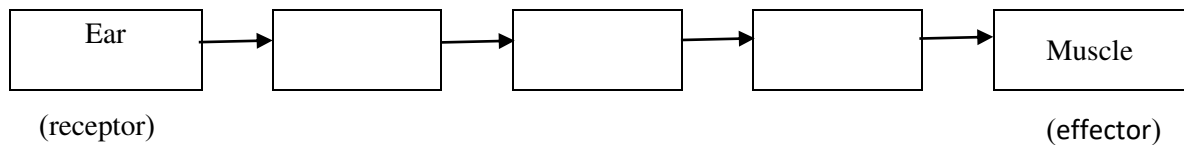
Part II

- Answer at least two questions

5. Neeta participated in the 100m event and Ramani participated in the 1500m event in the All Island School Sports Tournament held this year.
- (i) Separately write other events suitable for Neeta and Ramani to participate. 2 marks
- (ii) An athlete is disqualified by the starting officials at the start of the 100m . What could be the reason for that removal ? 2 marks
- (iii) (a) Draw the classification of field events in the classification of athletics. 3 marks
- (b) If you are asked to train players for shot put. 3 marks
- 6.

Player no	Events
28	100m, Long jump
36	1000m, Marathon

- (i) Which of the 2 types of fiber can be considered more in these two players ? 2 marks
- (ii) (a) Write 2 characteristics of these two fibers. 2 marks
- (b) Mention the method by which the athlete bearing number 36 obtains energy while participating in his events is and Explain how energy is produced there. 3 marks
- (iii) After listening to the opening shot of a short distance event, complete the table below showing how impulses travel through the nervous system of an athlete. 3 marks



7. Answer only one of the following A,B and C questions.

A(i) If you were assigned to coach the school's volleyball team, what are the main skills you would teach them? 2 marks

(ii) In the volleyball match between the rising star team and the falling star team, when a player of the falling star team tried to prevent the ball hit by the rising star team, the ball hit his hand again and was directed to the rising star team . What decision will you give as a judge? 2 marks

(iii) (a) Below are some of the hand signals used by a referee in volleyball matches. Explain the cause each signal to be given. 2 marks



A



B

(b) Name two activities you use to develop attacking skills in volleyball. 4 marks

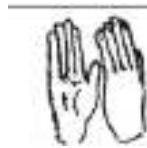
B(i) If you were assigned to coach the school's netball team, Name two two-handed methods in netball that you would teach them. 2 marks

(ii) In Netball match between Gamunu team and Vijaya team, A female player of the Gemunu house interferes with the player who received the ball from the Vijaya house from a distance of less than 3 feet. What decision will you give as a judge here? 2 marks

(iii) (a) Below are some of the hand signals used by a netball umpire. Explain the cause each signal to be given. 2 marks



A



B

(b) Describe two activities you would use to develop attacking skills in netball. 4 marks

C(i) If you were assigned to coach the school's football team, mention two ways of kicking the ball that you would coach them. 2 marks

(ii) in the football match between Tissa House and Parakuma House, A player from Parakum House tried to kick a player from Tissa House . Here What decision do you give as a judge? 2 marks

(iii) (a) In football Below are some of the hand signals used by a referee. Explain the circumstances that cause each signal to be given 2 marks



A



B

(b) Describe two activities you would use to develop heading skills in football. 4 marks