

Grade 11

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## Health And Physical Education

1 Hour

**Induction : \* Answer all questions**

**\* Select the correct answer and underline it**

01) Study the given statements that provide regarding Body Mass Index, which is important to maintain good health condition.

- The BMI threshold value of a child varies according to the age and gender.
- Always try to maintain the BMI value range within the Light purple zone.
- BMI threshold value of adults varies according to the age and gender.
- BMI depends on the height an weight.

Which of the above statements are correct?

- a and b
- a and d
- b and c
- c and d

02. A life pattern that can be a challenge to maintain a total health is,

- Follow correct food habbits.
- Proper stress management.
- Inadequate rest and sleep.
- Leading a simple life - style.

03. ❖ Include energy giving food, vegetable and fruits for meals.

❖ Engage in exercises

❖ Drink enough water

Above advices are more suitable for the person whose BMI

- Less than 18.5
- Between 18.5 - 22.9
- Between 23.0 - 26.9
- More than 27

04. Strategies of Health promotion and actions can be taken to maintain health promotion in school are mentioned below.

- Formulation of policies
- Obtaining community participation
- Building an favorable environment
- Developing skills
- Re-organizing health services
- a - Awareness programmes
- b - debates regarding Health promotion
- c - Providing clean drinking water
- d - school medical inspections for students
- e - Provision of adequate toilet facilities

The correct answer that provides an action with suits each strategy is,

- c,a,e,b,d
- c,b,a,e,d
- a,e,c,d,b
- a,d,b,e,c

05. Select the false statement regarding the laws of School health promotion programme in Sri Lanka.

- Conducting Dengue control programme.
- Providing knowledge about health through syllabus from grade 1 to 9
- Provision of adequate toilet facilities per 100 students.
- Prohibition of bringing and consuming cigarettes, alcohol and drugs.

06. Childhood is the stage which a person gains different physical, mental and social experiences.

The correct order of main stages in childhood is,

- Prenatal stage → Infant stage → Early childhood → Neonatal stage → Late childhood
- Neonatal stage → Prenatal stage → Infant stage → Early childhood → Late childhood
- Neonatal stage → Infant stage → Prenatal stage → Early childhood → Late childhood
- Prenatal stage → Neonatal stage → Infant stage → Early childhood → Late childhood

07. A physical change that occurs in a child in adolescence,  
 1. Creativeness. 2. Appear secondary sexual characteristics.  
 3. Work independently. 4. Interest in the opposite sex
08. The most energetic life stage that a person performs social responsibilities and duties and becomes responsible citizen is,  
 1. Adolescence. 2. Middle age. 3. Youth. 4. Childhood.
09. To avoid from diseases which vaccine should be taken by every girl who has completed is years ?  
 1. Rubella / MMR - German measles 2. MMR - Mumps  
 3. Rubella - Tuberculosis 4. MMR - measles
10. 1. A negative outcome of food spoilage a- Interactions between food and environment.  
 2. A reason of food spoilage. b- Addition of melamine to milk powder.  
 3. A factor should follow when preparation of food. c- Reduction in quality food.  
 4. A method used to food Adulterate d- Use clean bowls and correct method of cooking.  
 The answer when matching above statements correctly is,  
 1. c,a,d,b 2. a,c,d,b 3. d,c,a,b 4. c,a,b,d
11. There are some explanations regarding nutrition. The false explanation is,  
 1. Food Allergies - An abnormal reaction mounted by the body's immune system against that food item.  
 2. Food poisoning - The occurrence of an illness due to a toxic substance in food entering the body.  
 3. Malnutrition- Condition that arises due to having inadequate amount of macro nutrients.  
 4. Obesity - The BMI threshold value lies above the line +2SD
12. Achini - Night blindness  
 Sureni - Goiter  
 Nimal - Aneamia  
 Amali - Tooth decay
- Which shows the correct order of micro- nutrient deficiencies that Achini, Sureni, Nimal and Amali has?  
 1. Iron, Iodine, calcium, vitamin A. 2. vitamin A " Iodine" Iron" calcium.  
 3. Iodine" vitamin A " Iron" calcium' 4. Iron" Iodine" vitamin A " calcium'
13. The vicious cycle of nutritional deficiency has become a great threat to a developing country. To create a healthy generation, this vicious cycle should be broken at some point.  
 1. The adolescence. 2. The childhood. 3. The pregnancy period. 4. Adulthood.
14. Statement "A" - Avoid taking potatoes with green coloured skin.  
 Reason - When potatoes are exposed to the sunlight a poison named solanine develops.  
 Statement "B" - Minimize using metal containers to store pickles.  
 Reason - Resolve metal in sulfuric acid in vinegar  
 Choose the correct answer about food in above statements and the reasons.  
 1. Both statement and reason are false in "A" 2. The statement in A is true and reason is false.  
 2. Both statement and reason are false in "B" 4. The statement in B is true and reason is false.
15. There are few systems contribute for the functioning of the human body. The answer shows the diseases related to the digestive system is,  
 1. Piles, Cirrhosis, Tuberculosis, stroke 3. Syphilis, Piles, Inflammation of larynx, Osteoporosis.  
 2. Gastritis, stroke, cirrhosis, Hepatitis 4. Appendicitis, piles, cirrhosis, Gastritis
16. Which hormones are directly affected on menstruation that start during puberty of a girl?  
 1. Testosterone and Oestrogen 2. Progesterone and FSH  
 3. Oestrogen and Progesterone 4. FSH and LH

17. The main function of the excretory system is removing different waste materials which are produced by the metabolism of body cells. Which is not an excretory organ?

1. Skin.                                      2. Bladder.                                      3. Lungs.                                      4. Kidney.

18. The common cavity which the respiratory track and digestive track open is,

1. Oesophagus.                                      2. Epiglottis.                                      3. Pharynx.                                      4. Larynx.



Given figure shows the joint that can be moved within  $360^\circ$ . It is found in,

1. Digits of fingers.                                      2. Ankle joint.                                      3. Elbow joint                                      4. Shoulder joint.

20. There are two types of posture namely static postures and dynamic postures. Which one is not considered as a dynamic posture?

1. Lying down.                                      2. Lifting an object.                                      3. Walking.                                      4. Jumping.

21. **Statement** - It is easier to catch a leather ball than stopping a rolling shot put, but when the leather ball comes with a greater speed it is difficult to catch.

**Reason** - The reason for the above incident is the momentum. The mass of the shot put and the velocity of the leather ball effect the above incident.

Choose the correct sentence about the given statement and the reason of the statement,

1. The statement and the reason are correct.  
2. The statement is incorrect when as the reason is correct.  
3. The statement is correct when as the reason is incorrect.  
4. The statement and the reason are incorrect.

**\* Answer questions 22 and 23 based on the pairs of events given below.**

P - A 100m runner exerts some force on the block using his feet

♦ Acceleration of take - off starting block

Q - Moving of the body by a player, towards some direction

♦ Maintaining balance

R - Velocity of releasing an equipment in throwing events

♦ Distance of landing

S - Bending the body backwards to an external force from front

♦ To maintain balance the center of gravity will be pushed backwards

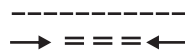
22. Which pairs show **increase** of the first incident results in the **decrease** of the second.

1. P and Q                                      2. P and R                                      3. Q and R                                      4. Q and S

23. Which pairs shows **increase** of the first incident results in the **increase** of the second event.

1. P and R                                      2. P and Q                                      3. Q and R                                      4. Q and S

24. It is important to have a knowledge about standard symbols to prepare signs symbolized in a map?



1. Culvert and foot part                                      2. Minor road Main road (B)  
3. Main road (A) and irrigation canal                                      4. Foot path and Tunnel

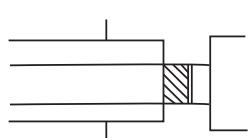
25. What is the most suitable outdoor activity that can be used to improve self - confidence of a person?

1. Mountaineering                                      2. Jungle exploration                                      3. Hikes                                      4. Campfire games

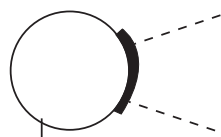
26. One of the co - curricular physical education programmes conducted in the school is,

1. Physical fitness programme                                      2. Inter - house sports meet  
3. Fitness tests                                      4. Inter - school competitions

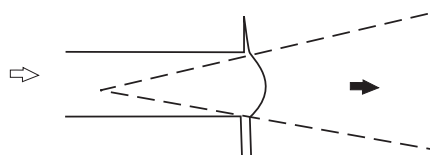
27. The method of tournament that oftenly used at school level competitions in Sri Lanka,  
 1. Combination Tournament  
 2. Challenge Tournament  
 3. Knockout Tournament  
 4. League Tournament
28. Given below are some problems arised when organizing competitions under knockout and league method.  
 a- More judges are needed.  
 b- cannot select the best team/ winner.  
 c- It takes a long time to complete all the matches.  
 d- Teams that face continuous defeats may get discouraged.  
 The answer which gives the problems arised only in knockot method.  
 1. a                      2. b                      3. c                      4. d
29. The are 09 teams participating for a football tournament. Calculate the number of matches to be played under league method.  
 1. 45                      2. 36                      3. 40                      4. 8
30. Combined events include several athletic events combined together and categorize as Pentathlon, Heptathlon and Decathlon. The event that belongs to Decathlon  
 1. 1500 m                      2. 200 m                      3. 100 m                      4. 100 m Hurdles



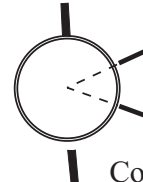
Court No. 1



Court No.2



Court No. 3



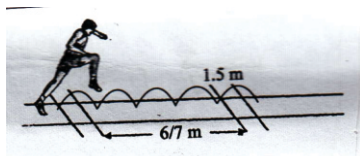
Court No. 4

31. Which court can be used by Suneth to participate under sail technique?  
 1. Court No: 1                      2. Court No: 3                      3. Court No: 2                      4. Court No: 4
32. Romesh reported to court no 2. His event is,  
 1. Discus throw                      2. Long Jump                      3. Javelin throw                      4. Shot put
33. Sahan has to carry an equipment while running. He has to report to.  
 1. Court No: 2                      2. Court No: 3                      3. Court No: 4                      4. Court No:1
34. The result sheet of a competitors of court no.04 is given below.
- | Competitor Name | 1 <sup>st</sup> round (m) | 2 <sup>nd</sup> round (m) | 3 <sup>rd</sup> round (m) | 4 <sup>th</sup> round (m) | 5 <sup>th</sup> round (m) | 6 <sup>th</sup> round (m) | Best performance (m) | Place |
|-----------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|----------------------|-------|
| A               | 32.50                     | 30.40                     | x                         | 31.00                     | 20.50                     | 31.50                     | 32.50                |       |
| B               | x                         | 30.10                     | x                         | 32.50                     | 31.55                     | 32.20                     | 32.50                |       |
| C               | 25.00                     | 28.10                     | 30.45                     | x                         | 31.50                     | 31.45                     | 31.50                |       |
| D               | 30.13                     | 32.50                     | 31.50                     | 31.40                     | x                         | 31.30                     | 32.50                |       |
| E               | 31.75                     | 30.80                     | 31.80                     | 30.45                     | 30.20                     | 32.30                     | 32.20                |       |

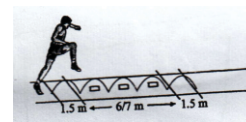
The correct winning order, according to the above result sheet is

1. A,B,D,E, and C                      2. B,D,A,E and C                      3. B,A,E,D and C                      4. D,A, B, E and C
35. For which event do we use starting blocks to start the race at International competitions.  
 1. 1500 m                      2. 800 m                      3. 400 m                      4. Steepal chase
36. A runner intentionally taken too long to be ready after giving the command "on your mark" in a loom race at a national level competition. As the chief starting officer what will be your decision?  
 1. Showing the red card and, the runner will be removed at the first instance. Re - start the race.  
 2. Showing the yellow card and worn the runner. Re- start the race  
 3. Re- start the race  
 4. Showing red card and worn the runner Re- start the game.

37.



Running for 6-7m after jumping over 1.5m gaps



After jumping over 1.5 gap and run for 6-7m s with abstacles

Which event is going to be improved through the above activities.

1. Long Jump
2. High Jump
3. 400m
4. Hurdling

38. Which physical fitness factor that directly contribute to maintain a good health condition of every person

1. Muscular Endurance
2. Agility
3. Speed
4. Balance

39. Few students are engaging in activities mentioned below , to improve the fitness related to motor skills.

1. Meeyo Meemo
2. Being laying on the ground and run forward to the blowing whistle by the teacher

The physical fitness factor that is going to be improved is,

1. Strength
2. Reaction speed
3. Speed
4. Balance

40. The country and the city that is going to host the olympic games in 2020.

1. England - London
2. Australia - Sydeney
3. France - Paris
4. Japan - Tokyo

## Part II

\* Answer five questions

\* Question no 01 is compulsory and answer **two** questions, from part I and **two** questions from part II

### Part I

01. Mr. Kulawansha who is in his old age now won a national and international volleyball player and a pole vaulter. Together with the villagers he has started a sports club named "Loku kuda sema Satutin" and the small play ground of the village is filled with a lot of young and old people in all the evenings of the week.

Not only people the volleyball and cricket players ,there are other people doing exercises to improve the physical fitness. He conducted some work shops make the villagers aware about maintain proper physical health and uplift health promotion with the help of resource persons. Annually they all participate in an outdoor activity. More over they sing song in every evening after sports activities which makes them happy and alive.

- I. Name 04 main sections that we should consider when maintain complete health condition.
- II. Under the strategy of taking community participation in health promotion
  - a. Write an activity mentioned in paragraph
  - b. Write an activity does not mentioned in paragraph
- III. Name one event for each horizontal and vertical jumps apart from pole vault
- IV. Which area of health is given priority according to the name of the sports society?
- V. Write 02 other organized games that is not mentioned in the paragraph
- VI. Name o2 main life stage of members who represented in this sports society apart from the stage that Mr. Kulawansha belongs to.
- VII. Give 02 outdoor activities that must have participated annually
- IX. Mention 02 competencies that can be improved in people who maintain good interpersonal relationship among themselves similar to this sports club.
- X. Write 02 benefits you can gain by participating in sports.

### Part I

02. This table include information about the food sold on a randomly selected day in the canteen of Godagama maha vidyalaya

Type of food	Sold quantity	Unit Price
1. Porridge	37 Glasses	Rs 20. 00
2. Rolls	110	Rs 30.00
3. Milk Rice with green grams	55 pices	Rs 15.00
4. Pastry	89 pices	Rs 25.00
5. Kurakkan Halapa	22 pices	Rs 20.00
6. Wade (Made as Uludu Wade using wheat flour)	152	Rs 10.00

- I. Explain whether the nutritional value of food has been considered or not by the students when consuming them according to the given table (02 Marks)
- II. a. Name 02 Macro nutrients in food  
b. Name 02 Micro nutrients in food (02 Marks)
- III. Write 03 ways of protecting and enhancing the nutritional value of food during food preparation (02 Marks)
- IV. Mention 03 steps that can be taken by you to minimize the nutritional problems (03 Marks)

03. Our behavior pattern and environment around us play a major role spreading communicable and non - communicable diseases. As human we are responsible for these two factors. We can avoid diseases by maintaining cleanliness of the environment and following correct life style. But after falling ill we have to consider about ourselves and the environment

- I. Name 02 non - communicable diseases that occur when leading a bad life style (02 Marks)
- II. Write 02 good living patterns to be followed to prevent above mentioned diseases (02 Marks)
- III. Write 04 sexually transmitted diseases (02 Marks)
- IV. State 02 ways of transmitting AIDS (02 Marks)
- V. What are the things you can do at your home to stop spreading dengue. Give 4 activities (02 Marks)

04. Explain briefly, how you would act to overcome the following challenges

- I. Your brother who is in grade 09 is forcing parents to buy him a Mobile phone on his birthday
- II. Your adolescent sister spending more time thinking about her own figure
- III. At the school leaving function few students propose that they need alcohol for the function
- IV. A Stranger who came in a new car offering you a lift to home, after school when you are going home alone and he said he knows your parents too.
- V. Your mother who is in her fifties oftently consumes food with sugar and starch. And also she said that she doesn't have any illness

### Part II

05. At birth we are gifted with some talents needed to be a sportsman and we can be a talented sportsman by developing those abilities using accurate training methods.  
The biopsy test done by using skeletal muscle tissues of few students are given in the following table. It shows the percentage of muscle fibers in those students.



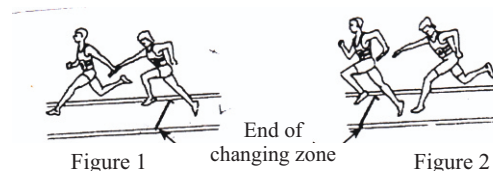
Name of the student	FTF %	STF%
Senuka	78	22
Banuka	32	68
Thewjitha	81	19
Sajjith	52	48

- I. a. Name two students who are suitable to train for 100m and long jump (02 Marks)
- b. Who will be most suitable to train for the 10000m event (02 Marks)
- II. Name 02 events that are suitable for sajjitha and explain the reason for it (02 Marks)
- III. Write 02 features of each muscles fibers (02 Marks)
- IV. By suitable training we can make changes in the fibers. Mention 02 main changes.

06. Given below is an athletic classification of under 18 students who participated in inter house sports meet in Siripura maha vidyalaya

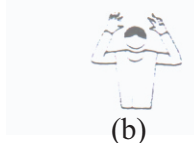
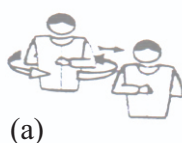
1. Sakila - Short distance
2. Amal - Middle distance
3. Nimal - Vertical Jumps
4. Razen - Throwing

- I. a. State 2 events that Amal can participate (01 Mark)
- b. What are the Starting commands received by Sakila in her event?
- II. Name event that Razen can participate and explain an activity suitable to train it
- III. Explain the method used to select the winners of a running race at the finishing point (02 Marks)
- IV. The two ways of baton changing in 100m x 4 relay is shown below  
Give your ideas regarding these two ways of baton change (02 Marks)



07. Answer only one question out of the questions A, B and C.

- A. I. Name other 04 Skills in volleyball apart from spiking
- II. You have been assigned the task of coaching "Spiking Skill" to the team. Explain 2 activities you use to train it
- III. As a main referee write decisions you would take on the following situations
  - a. During the match between sura and Dheera house, once sure house is going to serve the ball. At the moment of serving the ball, two players of Dheera house are positioned in wrong places
  - b. A player from sura house is spiking the ball lifted by the Libero of the same house, using under arm receiving
- IV. Explain the occasions that require the use of each hand signals given below.



- B.
- I. Name other 04 Skills in Netball, apart from "Attacking"
  - II. Explain 02 activities that can be used to train "Attacking"
  - III. As a referee in Netball matches, write the decisions you'd take on the following situations
    - a. Two players from two teams , enter to the offside area together and catch the ball by \ one player
    - b. To obstruct the shoot a goal keeper is shaking the goal post
  - IV. Explain the occasions that a referee gives following hand signals given below



(a)



(b)

- C
- I. Name 04 skills in Football apart from "Heading"
  - II. Explain 02 activities that can be used to practice heading the ball
  - III. If you work as referee in a football match write the decisions you'd take on the following occasions.
    - a. A player is in off - side position
    - b. Hitting with a leg to opposing player in other place, apart from the penalty are in foot ball court
  - IV. Explain the occasions that a referee use each of the given signals.



(a)



(b)