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Provincial Department of Education - NWP

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Second Term Test - Grade 09 - 2024

Health & Physical Education I, II

2 Hours

Name/Index No:

Paper - I

- Select the correct answer and underline.

- Maintaining the inter personal relationship; qualitatively and quantitatively with environmental balance,
 - Total health
 - Physical health
 - Social health
 - Health promotion
- Protecting water sources,
 - Not selling cigrates
 - Growing treesby establishing above strategies, in the society shows,
 - Following health policies
 - Developing skills knowledge
 - Obtaining community participation
 - Re organizing health services
- This is not a factor that changes nutritional needs of a person,
 - Life stages
 - Size of the body
 - Sex
 - Activeness
- Full filling the nutritional level during childhood, can achieve,
 - Optimal growth
 - Malnutrition
 - Noncommunicable diseases
 - Obesity
- "Expensive food are rich in nutrients" this statement is,
 - True
 - False
 - Cannot decide
 - True for some extent
- This is not a way to protect our facinating organ skin,
 - Using artificial cream
 - Having nutritioul food
 - Protecting from accidents
 - Maintain cleanliness
- This is a health related fitness of a person,
 - Strength
 - Speed
 - Endurance
 - Body composition
- Using our creative Abilities to serve the society to the maximum and lead a satisfying, righteous and peaceful life, is,
 - Self esteem
 - Self respect
 - Self actualization
 - Self confidence

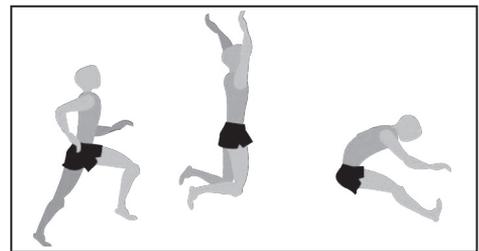
9. The nutritional deficiency that cause "Rickets",
i. Protein ii. Calcium iii. Vitamin iv. Potassium

10. Select the Games that can be played with equipment,
i. Basket ball, Kabadi ii. Sword art, Boxing
iii. Kabadi, Thaachchi iv. Swimming, Athletics

11. "Throw in" is awarded in Foot ball,
i. When the ball goes out of the playing area.
ii. When the ball goes out of the sideline.
iii. When the ball goes beyond the goal line.
iv. When the ball is directed to the goal.

12. The length of the baton changing zone is,
i. 10 m ii. 20 m iii. 30 m iv. 40 m

13. The technique used in long jump denoted by the picture,
i. Hang method
ii. Hitch kick
iii. Stradle method
iv. Sail method



14. A test used to measure the muscular endurance is,
i. Beep test ii. Standing jump test
iii. Push up test iv. Stand and reach test

15. Select the disease related to the respiratory system,
i. Meningitis ii. Filaria
iii. Pneumonia iv. Hydrophobia

16. Select the most accurate statement,
i. When serving food we should follow the "food plate" mode.
ii. Not including milk and dairy food to daily meals.
iii. Have the same type of food regularly.
iv. Having expensive food, as they have high nutritional value.

17. The type of teeth used to tear the food is,
i. Incisors ii. Canines iii. Molars iv. Premolars

18. Due to the binocular vision,
i. It stops entering to the foreign bodies.
ii. It helps to see dimensional view and the distance the object.
iii. Can see only an object very far.
iv. Develops squint.

19. This is not a disease related to the skin,
i. Psoriasis ii. Cancer iii. Dital spot iv. Worm diseases

20. The opposing thumb in the human hands are important for,
i. Beauty ii. To maintain nerve coordination
iii. Precision grip iv. Protection of the fingers



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Health & Physical Education I, II

Paper - II

• **First question is compulsory Answer all together 05 questions including the first one.**

1. Due to the heavy rain, the number of Dengu patients increased and people had to face scarcity of drinking water. The Principal of Ruwangama Maha Vidyalaya invited the District Medical officer to the school and conducted an awareness program for the parents and children regarding eradication dengue.

At the end of the program the principal and the teachers gave an opportunity for the children to engage in different activities.

The parents prepared vegetable rice and eggs for the children. They cooked out doors. The children were over joyed by this.

- i. Write 02 difficulties faced by the people due to heavy rain.
- ii. Write 02 ways to eradicate Dengue?
- ii. Write 02 symptoms of Dengue.
- iv. Due to heavy rain, write 02 changes taken place on land.
- v. Write 02 diseases spread by contaminated water.
- vi. Write 02 institutions you can get support to promote health of your school.
- vii. Write 02 water sports that the children would engage in.
- viii. Write 02 benefits of doing sports.
- ix. Apart from outdoor cooking, write two outdoor activities.
- x. Write 02 main nutrients included in vegetable rice and eggs. (2x10=20 marks)

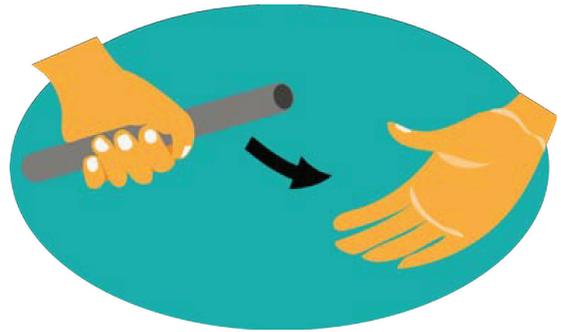
2. The nutritional needs differ from different age groups.

- i. What are the three main functions of food.
- ii. What is a balanced diet?
- iii. Write 03 persons who come under special nutritional category.
- iv. Write two unfavourable effects, of skipping meals, having junk, fast food and using drugs in Adolescents.

3. We should maintain correct posture in our daily life
 - i. Write three other reasons for postural defects apart from the main three factors.
 - ii. Write 03 benefits of maintaining correct posture.
 - iii. Write 02 static postures and 02 dynamic postures.

4. Environmental pollution is a major factor that affect on health.
 - i. Write 02 other health issues apart from environmental pollution.
 - ii. Write 03 areas of environmental pollution.
 - iii. Select one area and write how it affect on the human

5. Relay races are interesting events in Athletic.
 - i. Name the baton changing method in the diagram.
 - ii. Write the three methods of baton changing according to the side
 - iii. Write 03 failures of a long jumper.
 - iv. Write the first and the second stages of long jump.



6. Volleyball and Netball are the major games played in schools.
 - i. What is a spike in volleyball?



- ii. What is the skill denoted by the picture?
- iii. What is the decision of the refence, when two players contact each other in the goal circle.