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Second Term Test - Grade 11 - 2023

Health and Physical Education - I

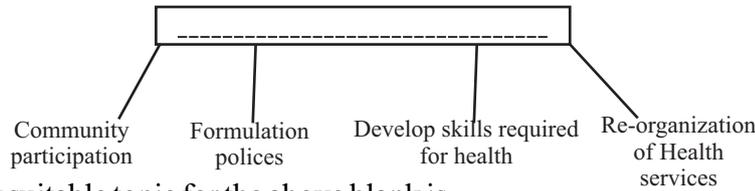
01 hour

Name / Index No.

Instructions :

- Answer all questions.
- In each of the questions 1-40 pick one of the alternatives (1) (2) (3) (4) which is correct or most appropriate.
- Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.

01.



The most suitable topic for the above blank is,

- (1) Fields related to total health.
 - (2) The rules and regulations related to health promotion.
 - (3) Features beneficial to total health.
 - (4) Health promotion strategies.
02. Roshan is a student who helps the classmates in difficulties and feel happy when others are happy. All the students like to associate Roshan very much. Roshan is a student,
- (1) Who supports in health promotion.
 - (2) With empathy and having good inter relationship.
 - (3) With total health.
 - (4) With good personality.
03. Ravi - Tries out innovations
Jagath - A volunteer and a social worker.
Ramani - Respects ll the ethnic groups and helps everyone.
Among the above students who posses the social wellbeing qualities.
- (1) Ravi
 - (2) Ravi and Ramani
 - (3) Jagath and Ramani
 - (4) Malith
04. "Total health supports in productive education and productive education supports in total health:.
This statement is,
- (1) True to some extent
 - (2) False
 - (3) True
 - (4) Cannot say anything
05. Hashan wants to lead an active religious lifestyle with happiness and joy. Hashan's aim is to,
- (1) become a sportsman
 - (2) protect the qualitative features of life
 - (3) lead a peaceful lifestyle
 - (4) lead an enjoyable life

06. Students	(BMI)
Ramali	over 30
Samarasinghe	18.5 - 25
Thaslim	25 - 30
Kalhara	below 18.5

The student with optimum BMI is,

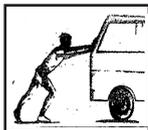
- (1) Ramali (2) Thaslim (3) Kalhara (4) Samarasinghe

07. * Doing medical checkups * Proper Nutrition
* Free from diseases * Living happily

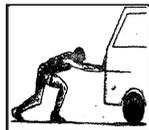
The stage which is relevant to the above needs,

- (1) Prenatal (2) Childhood (3) infant (4) adolescent

08. Select the picture that denotes the correct posture,



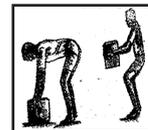
A



B



C



D

- (1) A and C (2) B and C (3) B and D (4) A and D

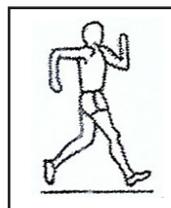
09. The reason for the maintenance of the balance of the following sportsman is,

- (1) The centre of gravity is at a lower point.
(2) Moving the body parts in an opposite direction.
(3) Making the supporting base larger.
(4) Moving the body to an external force.



10. The activity denoted by the diagram is,

- (1) Correct dynamic posture
(2) Incorrect dynamic posture
(3) Correct static posture
(4) Incorrect static posture



11. * Going on trips
* Engage in religious activities
* adequate sleep and rest
* Associating friends

By engage in above activities, the unfavourable emotion that could be overcome,

- (1) Mental stress (2) Allergies
(3) Communicable diseases (4) Abuse & Harassment

12. * Less stress on muscles and joints.
 * Less fatigue is felt.
 * Ability to work efficiently.

The above are the answers for a question asked from a Grade 11 student at a quiz competition, what could be the question ?

- (1) What are the functions of the muscles and bones ?
 (2) Explain the features of a healthy person.
 (3) What are the changes take place during sports activities of a person ?
 (4) What are the features of correct posture ?

13. Select the event that the reaction speed can be achieved better,

- (1) at the end of a running event (2) flight stage in long jump
 (3) at the start of short distance running (4) during baton changing in relay

14. What is the fitness quality developed by engage in the activity in the picture?

- (1) Muscular strength
 (2) Cardio vascular endurance
 (3) Muscular endurance
 (4) Body composition



15. The following changes taken place during a rainy season,

- * Trees are slanted
 * Sinking of the earth
 * Muddy water emerged

The disaster that could be forecasted is,

- (1) Earth quake (2) Cyclones (3) Floods (4) Land slides

16. * Wearing helmet when riding motor cycles. * Crossing the road at the zebra crossing.
 * Avoid driving after consuming alcohol. * Avoid traveling on foot boards.

The above rules and advices are,

- (1) for drivers (2) to avoid road accidents
 (3) for pedestrians (4) for the cyclists

17. The sexually transmitted disease that is transmitted through infected blood, sexual secretions, and breast milk,

- (1) Syphilis (2) Ghonorea (3) Sexual warts (4) HIV

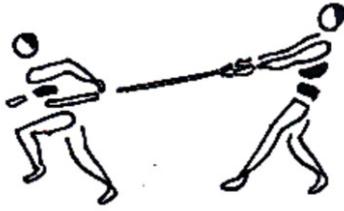
18. According to the Basic life support method in First Aid, (ABCDE) What does the letter 'A' donate?

- (1) Give artificial breathing if necessary. (2) Check for the circulation of blood.
 (3) Check for the patients airway. (4) Check for the deformities.

19. What is the initial first aid that should be given to a person with a snake bite,

- (1) Giving a paracetamol to reduce the pain.
 (2) Taking the patient immediately to a hospital.
 (3) Applying a tourniquet.
 (4) Washing the area with soap and flowing water.

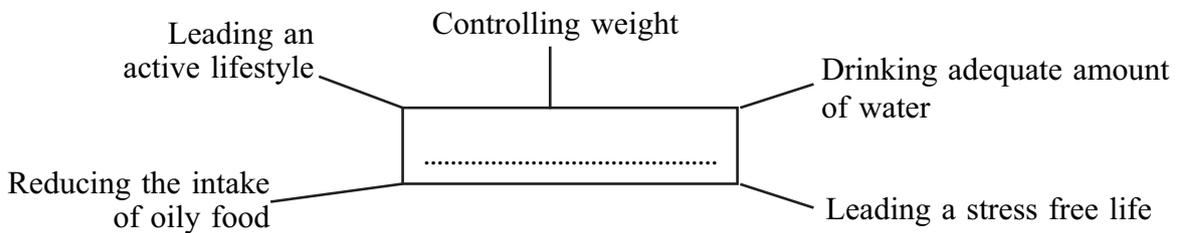
29.



By practicing the above activity, a sportsman can develop,

- (1) Short distance (sprint) technique
- (2) Short distance starting technique
- (3) Long distance winning technique
- (4) Standing start technique

30.



The suitable topic for the above blank is,

- (1) Life style of childhood.
- (2) Protecting the fascination of circulatory system.
- (3) Routine of a diabetic patient.
- (4) Maintaining fairness of the body.

31. Piyaseeli used to drink a cup of tea after each main meal. Because of this,

- | | |
|--|--------------------------------------|
| (1) She gains extra nutrient. | (2) Increase the digesion of food. |
| (3) Absorptions of iron is obstructed. | (4) Adbominal pains will be stopped. |

● **Answer questions 32 - 34 by the following information.**

Supun - Swelling in the neck (goitor), Voice changes, less interest in studies.

Dilini - Pale, Fatigue, BMI below 18.5

32. Much attention should be paid for Supun's daily meals by,

- (1) adding green leaves.
- (2) adding vitamin C and protein rich food.
- (3) adding condiments to the meals.
- (4) adding Iodine rich food to the meals.

33. The cause for Dilini's condition is,
 (1) Iron deficiency (2) Having starchy food for a long time
 (3) Vitamin A deficiency (4) Skipping the breakfast
34. An example for fortified food,
 (1) Iodized salt (2) Instant noodles (3) Fizzy drinks (4) Garlic
35. A suitable menu for a diabetic patient is,
 (1) Tea with sugar - Fruits - Vegetables (2) Fizzy drinks - Red rice - Vegetables
 (3) Tea without sugar - Koththu - Vegetables (4) Red rice - Fruits - Vegetables
36. By consuming, Hathmaluwa, Mungkiribath, Mix mallum
 (1) Can increase the qualitative value of food. (2) Can stop wastage of food.
 (3) Easy to make mixed food. (4) Can make them quickly.
37. A - Both Oxygenated and non Oxygenated blood are mixed together in the heart.
 B - Blockage of blood vessels by a blood clot may cause Thrombosis and Embolism disease conditions.
 C - No damages are caused to the bones due to X rays.
 The correct statement regarding the circulatory system are,
 (1) A (2) B (3) B and C (4) A and C
38. The length and the prevalence of villi in the small intestines, may be caused,
 (1) easy digestion. (2) easy absorption of digested food.
 (3) easy to produce digestive enzymes. (4) easy to pass undigested food.
39. Damage to the stomach walls is,
 (1) Gastritis (2) Cancer (3) Appendicitis (4) Piles
40. How many Gold medals were awarded to Sri Lanka at the Olympic Games upto now,
 (1) 2 (2) 3 (3) 4 (4) 5



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Second Term Test - Grade 11 - 2023

Health and Physical Education - II

2 hours only

Name / Index No.

- **Answer 5 questions only. Selecting question No. 1, two question from Part I and two question from Part II.**

- (01) Ranawirugama Vidyalaya has organized a sports day on behalf of Health Promotion week. They have arranged an activity for the students of 1-5 grades based on kid's sports, and another activity for the students of 6-13 based on organized. Games, and also some athletic events. They also have arranged a workshop on First Aid. Both the students and Teachers were thoroughly advised to drink sufficient water during sports activities. A significant act in this program is the provision of Lunch based on local food culture, by the past pupils association. A health promotion awareness programme is arranged on the final day.
- (i) Write 02 themes related to school health promotion. (2m.)
 - (ii) Write 02 other Health & Physical education activities apart from the above programe.(2m.)
 - (iii) What are the benifits of having food according to local culture write 02. (2m.)
 - (iv) Write 02 reasons for the occurance of accidents during sports. (2m.)
 - (v) Write the time duration to engage in exercises for a students to achieve total health. (2m.)
 - (vi) Write 02 qualities that you should have as a first aid provider in such events. (2m.)
 - (vii) Write 02 organized games played by 6-13 students. (2m.)
 - (viii) Propose two activities to develop the skills of organized games. (2m.)
 - (ix) Write 02 reasons for drinking much water during sports. (2m.)
 - (x) Apart from the hike organized by Ranavirugama college. Write two other out door activities that can be implemented in the school. (2m.)

(2 x 10 = 20 marks)

PART - I

- (02) To lead a healthy life, It is very important to select nutritious meals and prepare them in a healthy manner.
- (i) Write 03 factors to be considered when preparing healthy food. (03m.)
 - (ii) Write 03 instances where toxins get mixed in food. (03m.)
 - (iii) Write 02 methods to increase the nutritional value in food. (02m.)
 - (iv) Write 02 unfavourable effects of consuming pre cooked food. (02m.)
- (03) The systems in our body functions properly in order to maintain its fascination.
- (i) Write the organ relevant to the following functions.
 - A - Through the peristaltic movement food is pushed along.
 - B - Prevent food entering the trachea. (02m.)
 - (ii) Write two functions of the circulatory system for the protection of our body. (03m.)
 - (iii) Write two diseases related to the digestive system. (02m.)
 - (iv) Write 03 steps to be taken to protect the excretory system. (03m.)
- (04) How do you face the following challenging situations.
- (i) You see a fallen electric cable when you were walking in a rainy day.
 - (ii) Your friend says that she has stopped having her breakfast and having two eggs and a cup of tea for dinner, as she was putting up weight.
 - (iii) The PHI of your area comes to your place to check for Dengue mosquito breeding grounds.
 - (iv) You notice your brother who is in his adolescent period having conflict with your younger sister.
 - (v) You were given an opportunity to present a speech on how to avoid from abuses for grade 10 students.

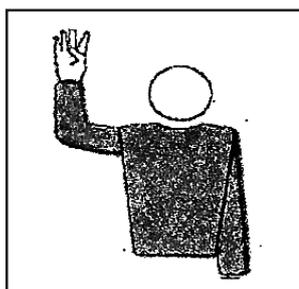
(2 x 5 = 10 marks)

PART - II

- (05) Inter house sports meet is an extra curricular activity that promotes the skills and develop personality.
- (i) Write 03 organizing stages of inter house sports meet. (03m.)
 - (ii) Write 02 qualities of a manager. (02m.)
 - (iii) 05 teams compete in an elle tournament. Prepare the draw according to the knockout system. (03m.)
 - (iv) Write 02 advantages of league method. (02m.)
- (06) (i) Dasun took part in the 200m event and at the very begining he was expelled from the event. Write 02 reasons for this, (02m.)
- (ii) Relay is a very popular athletic event. Write the events for visual and nonvisual baton changing methods seperately. (02m.)
 - (iii) Write two rules for Gayan who was participating in putshot and Amila who was participating in discus throw. (02m.)
 - (iv) Write two activities that you can do to train a fresher of your house to throw the discus. (02m.)
- **Select one question from the A, B & C sections.**

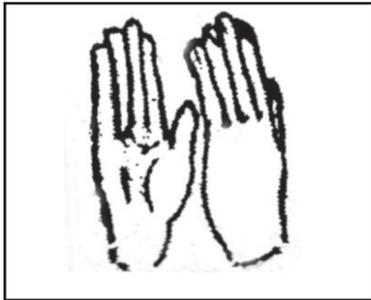
PART - A - (07)

- (01) At the volleyball tournament held between Lihini and Paravi teams, the player No. 3 from Lihini team spiked the ball and player No. 5 of Paravi team blocked it, so the ball went to the opposing team and fall on the side line.
- (i) Write your decision as a referee on this situation. (02m.)
 - (ii) Write two fouls could be made by the player of Paravi team during blocking. (02m.)
 - (iii) Write two activities to train blocking to a fresher illustrate by a diagram. (04m.)
 - (iv) Explain the hand signal of the referee. (02m.)



PART - B

- (02) At the Netball tournament held between Araliya and Olu houses, while the centre player of Araliya house preparing to throw the ball, the Goal defender of the same team ran to the center before the whistle.
- (i) Explain your decision at this incident. (02m.)
 - (ii) Write two faults made by a Goal shooter. (02m.)
 - (iii) Write an activity to practise the above ball passing methods. (02m.)
 - (iv) Explain the following hand signal (02m.)



PART - C

- (03) At the Football Match held between Parakum and Gemunu team,s No. 10 player of Parakum Team, kicked the ball to the goal within the goal circle while the No. 2 player trying to stop it, the ball hit on the goal post and reached the ground again.
- (i) Write your decision regarding the above incident. (02m.)
 - (ii) Write two faults done by the front row players purposely. (02m.)
 - (iii) Write two kicking methods done by different parts of the leg and explain how to train a fresher, on one of the kicking methods. (04m.)
 - (iv) Explain the following signal given by a referee. (02m.)



Part I

1 - (4)	11 - (1)	21 - (2)	31 - (3)
2 - (2)	12 - (4)	22 - (3)	32 - (4)
3 - (3)	13 - (3)	23 - (3)	33 - (1)
4 - (3)	14 - (2)	24 - (2)	34 - (1)
5 - (3)	15 - (4)	25 - (4)	35 - (4)
6 - (2)	16 - (2)	26 - (4)	36 - (1)
7 - (4)	17 - (4)	27 - (3)	37 - (2)
8 - (1)	18 - (3)	28 - (4)	38 - (2)
9 - (2)	19 - (4)	29 - (1)	39 - (2)
10 - (1)	20 - (1)	30 - (2)	40 - (1)

(1 x 40 = 40 marks)

01. i. * Compulsory health education up to grade 9
 * One toilet for 50 students.
 * Safe school environment, free from accidents.
 * Dengue eradication programmes.
 * Smoking, drugs & alcohol should not be allowed.
- ii. * Establishing school health promotion committees.
 * Condition of the school canteen.
 * Physical fitness programmes.
 * Physical fitness tests.
- iii. * High nutritional value * less cost
 * able to grow in the home garden. * Natural condition
- iv. * No prior planning
 * Not using the equipment properly
 * High fatigue
 * Careless ness
- v. 30 minutes
- vi. * should have a good knowledge of first aid.
 * ability to make quick decisions.
 * Self confidence
 * Tolerance
 * Kindness
- vii. * Volleyball, Netball, Cricket.... etc.,
- viii. * Proper nutrition * Sleep and rest
 * proper training.... etc.,
- iv. * Get rid of dehydration
 * For proper functioning of the body
 * Proper circulation of oxygen
- ix. * Mountaineering * Jungle exploration
 * Outdoor cooking * Cycling
02. i. 1. Avoiding food eaten by animals, or damaged food.
 2. Not consuming spoiled food.
 3. Washing fruits before eating.
 4. Not using the same oil again and again.
 5. Using clean utencils.

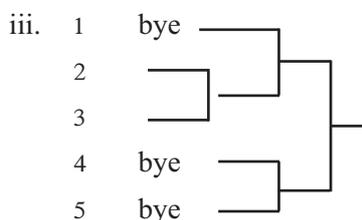
- ii. 1. Addition of toxic substances
- 2. Environmental factors
- 3. Micro organism spread on food
- 4. Agro chemicals, pesticides
- iii. 1. Preparing mixed food
- 2. Adding maldivian fish, lime
- 3. do not over cook
- iv. 1. Artificial colouring and flavours
- 2. less fiber content
- 3. causing diseases

03. i. A - Oesophagus B - Epiglottis (2m.)
- ii. * Controlling temperature
 - * Providing nutrients to the cells
 - * Blood clotting
 - * Heart muscles do not get fatigued. (3m.)
 - iii. * Cholera - diarrhoea - piles - gastritis (2m.)
 - iv. * Drinking enough water
 - * Avoid using Alcohol
 - * Avoiding carbonated / artificial drinks
 - * Passing urine when need arise (3m.)

04. Give 02 marks for positive answers.

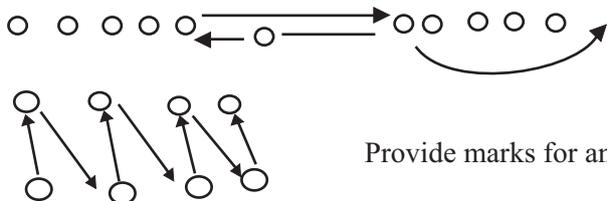
(2 x 5 = 10m.)

05. i. * Pre-preparation * Implementation * End conclusion (3m.)
- ii. * leadership qualities / communication skills / proper knowledge / flexibility (2m.)

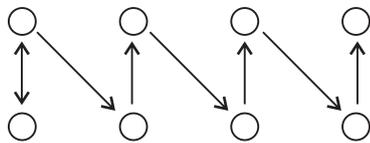


(3m.)

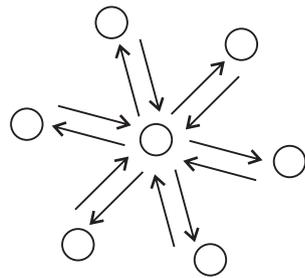
- iv. * Ability to select the best team.
- * More chances to play.
- * Able to get experience
- * ability to meet many team members. (2m.)

06. i. 1. Changing the posture before the pistol sound.
 2. Disturbing others by making noise.
 3. Take more time to start. (2m.)
- ii. Visual change - 400m x 4
 Non visual change - 100m x 4 (3m.)
- iii. 1. Should start the throw within the circle.
 2. Should maintain a proper posture.
 3. Leaving the circle from the back of the circle.
 4. do not wear gloves. (2m.)
- iv. 1. Throwing a ring.
 2. Throwing the discus keeping the legs horizontally.
 3. Allocate marks for correct activities. (4m.)
07. A) i. blowing the whistle and awarding a point and the service to the Paravi team. (2m.)
- ii. * rouching the net
 * the ball fall off the court after being touched by the hand.
 * touching the ball which is in the opponents side.
 * Back raw player or a libero player engage in blocking. (2m.)
- iii. * Circulating the ball around the body.
 * Holding the ball and sloming on the ground.
 * Asking a frined to hold the ball close to the net and fitting. (2m.)
- iv. The ball was touched 4 times. (2m.)
- B) i. leting the Olu team player to come o the place where the offence taken place and giving a free pass. (2m.)
- ii. * Foot work rule was violated.
 * Keeping the ball more than 3 minutes.
 * Personal contact (2m.)
- iii. chest pass / over head pass / side pass / bounce pass
- 1.
- 
- Provide marks for any suitable activity.
- iv. making two rows of the players and practising the passing methods.

- C) i. ball in play (2m.)
- ii.
 - * kicking an opponent
 - * Tackling an opponent
 - * Jumping over the opponent
 - * Purposely hitting or kicking (2m.)
- iii.
 - * inside kick
 - * instep kick
 - * out side kick
 - * kicking by the heel.... etc., (2m.)



Kicking the ball to each other by standing in two rows.



Players stand in a circle and kicking the ball to each other.

Goal kick