



**දෙවන වාර පරීක්ෂණය - 2025**  
**Second Term Test - 2025**

**Grade 11**

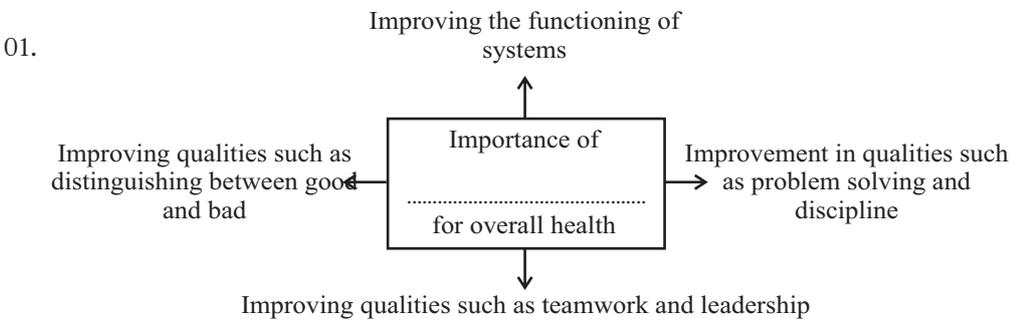
**Health & Physical Education - I**

**Time : 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.



Select the appropriate option for the blank in the chart above.

- (1) Health promotion
- (2) Physical education
- (3) Proper nutrition
- (4) Correct posture

02. Below are some of the personal qualities displayed by Amara, a student studying in Grade 11.

- A - Holds ranks in student unions
- B - Dedicated to religious activities
- C - Shows talent for sports activities
- D - Gets high marks in all subjects

Among the above ABCD, which of the following qualities indicate that Amara's social and physical well-being are good respectively?

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

Some of the positive features found in Godigamuwa College are listed below, answer questions 3 and 4 based on that.

- A - Running a healthy restaurant.
- B - Having adequate toilet facilities.
- C - Conducting school medical examinations within the prescribed periods.
- D - Providing opportunities for sports activities.

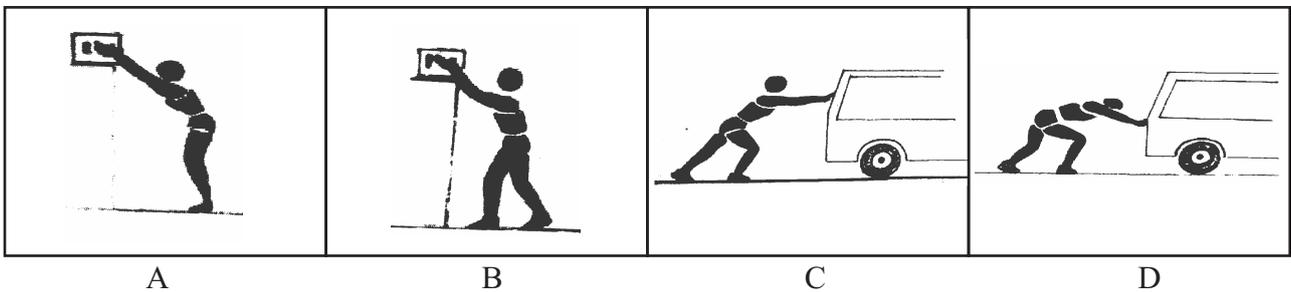
03. Among the above characteristics, a health promotion policy implemented at Godigamuwa College is,

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

04. The Principal of Godigamuwa College is making efforts to,
- (1) To improve the health of students.
  - (2) To improve the physical environment of the school.
  - (3) To gain support from the community outside the school.
  - (4) To create a health promoting school.
05. The most important thing that adults should pay attention to in meeting the psycho social needs of a child in early childhood stage is,
- (1) Protection from infectious diseases.
  - (2) Developing good health habits.
  - (3) Showing love and affection.
  - (4) Providing proper nutrition.
- Ravi needs good nutrition during this period of rapid physical growth. He also enjoys the company of his peers. He is eager to show off his abilities and be appreciated.
06. According to the above information, the life stage that Ravi is going through is;
- (1) Late childhood
  - (2) Adolescence
  - (3) Youth
  - (4) Middle age
07. \* Lack of proper educational qualifications. \* Lack of suitable employment.  
\* Restlessness and competition.

The stage of life where the above problems and challenges are faced most severely are,

- (1) Adolescence
  - (2) Youth age
  - (3) Middle age
  - (4) Adulthood
08. A static position used in sports.
- (1) The take-off position in the high jump.
  - (2) The flight position in the long jump.
  - (3) The set position in the running start.
  - (4) The rotation position in the discus throw.



09. Out of the above ABCD positions, the correct positions are,
- (1) A and C
  - (2) A and D
  - (3) B and D
  - (4) B and C
10. When a player throws a shot the bio mechanical principle that describe the forces applied to the shot to move it (to throw it) is,
- (1) Force
  - (2) Momentum
  - (3) Inertia
  - (4) Center of Gravity
11. A step the housewife has taken to increase the absorption of iron in her food while cooking,
- (1) Adding tomatoes to her sprats curry.
  - (2) Adding coconut to her pala mellum.
  - (3) Closing the lid while boiling manioc.
  - (4) Adding lime juice after cooking.
12. A thing to consider when choosing food for a healthy life,
- (1) Always choose more expensive food.
  - (2) Choose food with added flavors.
  - (3) Include fiber - rich foods in your daily diet.
  - (4) Add more oil, pepper, and salt to your food.

13. Food that are prepared in a way that makes them easier to store and consume by using flavorings, colorings and aromas are called,  
 (1) Processed food (2) Natural food (3) Junk food (4) Fast food
14. Nirmala, who is studying in grade 10, started showing the following symptoms  
 \* Weaknesses in eye sight.  
 \* Easy susceptibility to diarrhea.  
 \* Reduced resistance to diseases.  
 An advice that can be given to Nirmala to prevent the above symptoms  
 (1) To take the iron tablets provided by the government properly.  
 (2) To take the vitamin A dose provided by the government properly.  
 (3) To eat iodized salt.  
 (4) To drink a cup of tea after the main meal.
15. The body's immune system's sensitive response to certain food is called,  
 (1) Allergy (2) Nutritional deficiency  
 (3) Gastritis (4) Dehydration
16. The process that are carried out in a way that reduces the quality of food is called,  
 (1) Food pollution (2) Food preservation (3) Food fortification (4) Food adulteration
17. The system most affected by conditions such as constipation, diarrhea, and appendicitis are,  
 (1) Excretory system (2) Circulatory system  
 (3) Respiratory system (4) Digestive system
18. The acidity in the stomach lining prevents adverse conditions that occur to the stomach wall through,  
 (1) Mucus (2) Enzymes (3) Bile (4) Saliva
19. The most appropriate tournament system for selecting the true winner of a volleyball tournament in which 6 teams of different talents participate is,  
 (1) Knockout Tournament (2) League Tournament  
 (3) Combination Tournament (4) Challenge Tournament
20. How many teams should be given an bye when preparing the match schedule for a single elimination (knockout tournament) involving 10 teams?  
 (1) 2 (2) 4 (3) 6 (4) 8
21. The physical fitness quality that can be developed in an athlete by engaging in the activity shown in the diagram is,  
 (1) Muscular Strength  
 (2) Muscular Endurance  
 (3) Cardiovascular Endurance  
 (4) Flexibility



22. A health - related fitness factor is,  
 (1) Speed (2) Body Composition (3) Co-ordination (4) Agility
23. Today, there are large number of people in society who are suffering from mental stress. A consequences they have to face socially is,  
 (1) Memory loss (2) Decreased social recognition  
 (3) Impaired academic performance (4) Decreased ability to resist diseases

24. \* Good appearance.  
 \* Good development of muscles and blood vessels.  
 \* Reduction of disabilities.  
 \* Improvement of muscle function.

The health-related fitness quality that can achieve the above-mentioned good characteristics is,

- (1) Improving co-ordination (2) Improving agility  
 (3) Improving muscle strength (4) Improving flexibility
25. \* Building houses with strong roofs.  
 \* Removing dangerous vegetation around buildings.  
 \* Cutting down branches of tall trees.

Some of the activities that can be used to control disasters are listed above. The disaster that we can control through these activities is,

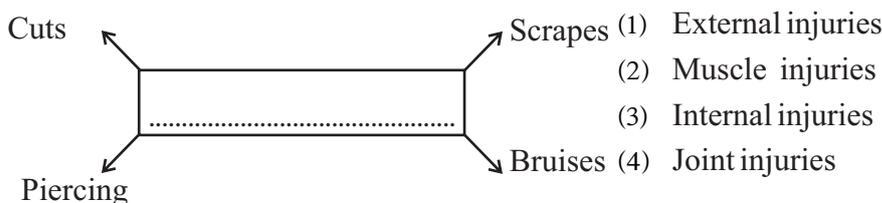
- (1) Tsunami (2) Land slights (3) Flood (4) Cyclones

26. The first aid shown in this diagram is used for,  
 (1) Something stuck in the throat.  
 (2) A dislocation in a joint.  
 (3) Something stuck in the nose.  
 (4) Something stuck in the stomach.



27. In PRICES first aid method, letter E denoted by,  
 (1) Apply pressure (2) Provide support  
 (3) Rest (4) Elevate the part

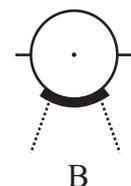
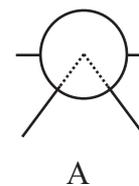
28. The following table shows the injuries that can occur while engaging in sports activities. The appropriate answer to the blank is,



29. The most suitable program held annually to measure the sports skills of the school's students are,  
 (1) Physical Fitness Program (2) Sports Colors awarding Ceremony  
 (3) Sports and Physical Education Day (4) Inter-House Sports Competition

30. A gold medalist in an international competition who was subjected to post-competition testing faced the following,
- \* Loss of gold medal.
  - \* Suspension from the sport.
  - \* Bringing great disgrace to his country.
- The reason for this athlete's disqualification could be,
- (1) Disagreed with decision of the referee.
  - (2) Disturbed another athlete.
  - (3) Used doping
  - (4) Violated the rules of the game.
31. Below is an answer provided by Jagath to a physical education question,
- \* The angle included in a circle of diameter 1.135 m is  $34.92^\circ$  and a stop board is installed on it.
- Jagath has written here about,
- (1) Javelin throw playground
  - (2) Discus throw playground
  - (3) Shot put playground
  - (4) Long jump playground
32. A high jumper rushes to jump on his first attempt, and then changes his mind and touches the landing area below the crossbar. He asks to jump again. As the referee, your decision should be,
- (1) Grant the request of the competitor.
  - (2) Give him the opportunity after all the competitors have jumped.
  - (3) Record the jump as a foul jump.
  - (4) Disqualify the competitor from the event.
33. Select the incorrect statement regarding a 100m x 4 relay race held on a 400m standard track,
- (1) The first runner must start the race with a crouch start.
  - (2) The second runner must be able to run on the curved part of the track.
  - (3) The baton must be carried in the hand throughout the race.
  - (4) The third runner can run a greater distance than the first runner.
- Answer questions 34 and 35 using the table and diagram below.

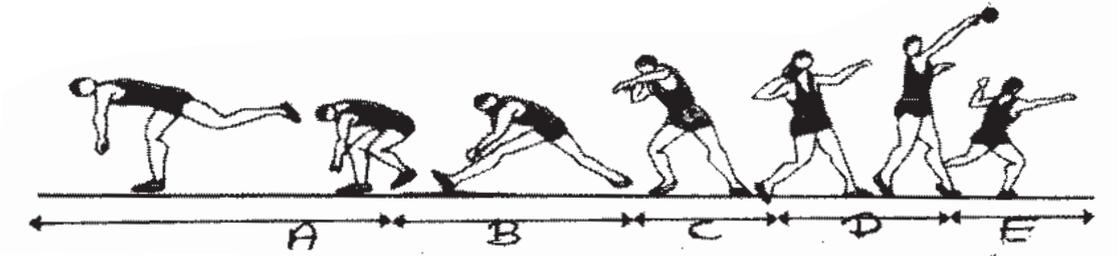
Athlete's Number	Participated Event
19	Discuss Throw, Pole Vault, 1500m
25	Long jump, 100m, Shot put
27	High jump, 110m Hurdles, 100m
45	400m Hurdles, Javelin throw



34. The numbers of athletes required to participate in the matches on the A and B playing fields are,
- (1) 19 and 25
  - (2) 25 and 27
  - (3) 27 and 45
  - (4) 45 and 19

35. The athlete's number who use Fosbery Flop method is,  
 (1) 25                              (2) 19                              (3) 45                              (4) 27

36.



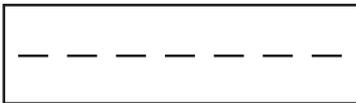
The above shows several stages that a competitor goes through in the shot put event. The stage indicated by the letter C is,

- (1) Preparation              (2) Power position              (3) Release                      (4) Recovery
37. A - Running to a signal while sitting on the floor.  
 B - Running to a signal while sitting on the floor while looking back.  
 C - Running to the sound of a ball being thrown up and falling to the ground

What is expected to be developed by doing the above activities:

- (1) Training the start of sprint events.  
 (2) Developing sprinting technique  
 (3) Practicing the technique of middle-distance running  
 (4) Training the hurdling event
38. In this year's Inter-House Games, Neel was the starting runner in the 400m x 4 relay race, Kamal was the runner in the 110m hurdles, and Indu was the runner in the 1500m. The starting methods that these three should practice are:
- (1) Neel crouch start, Kamal, Indu standing start  
 (2) Kamal standing start, Neel, Indu crouch start  
 (3) Neel standing start, Kamal, Indu crouch start  
 (4) Indu standing start, Neel, Kamal crouch start

39. The box below shows a symbol found on a map used for a forest exploration.



The symbol above represents,

- (1) Tunnel                      (2) Footpath                      (3) Other roads                      (4) Forest
40. The country that will host the 2028 Olympic is:
- (1) India                      (2) Canada                      (3) USA                      (4) China



**දෙවන වාර පරීක්ෂණය - 2025**  
**Second Term Test - 2025**

**Grade 11**

**Health & Physical Education - II**

**Time : 02 hours**

**Name : Index No.:**

- **Answer only five questions, choosing the first question, two questions from Part 1, and two questions from Part 2.**

(01) On the last day of the last term, our school's Grade 11 students organized a Health and Physical Education Day. In addition, parents and alumni (past pupils) also organized a Shramadana campaign to clean the school to suppress dengue fever.

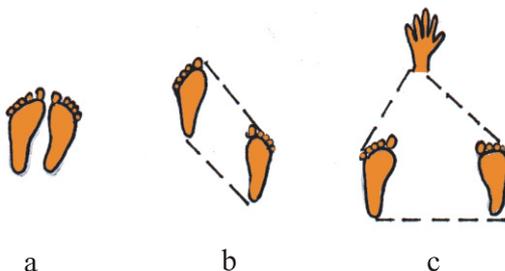
At the beginning of the program, all the students engaged in physical fitness exercises and then their parents gave them a glass of Kola Kanda. After that, the students' body mass index (BMI) values were measured and the physical education teacher's opinion was that most of them had a good BMI. Using the limited resources of the school, the students also organized a volleyball tournament in a short period of time. One of the players fainted here and the students together provided him with first aid.

- (i) In addition to the program mentioned in the paragraph, mention 2 other physical education programs that can be implemented in a school.
- (ii) Using the paragraph, present 2 instances where community participation has been obtained for health promotion in the school.
- (iii) Write down 2 benefits that students of this school can gain from engaging in physical fitness exercises.
- (iv) According to the body mass index chart, what color indicates that the value is at a good level?
- (v) Name 2 macronutrients that students get from drinking Kola Kanda.
- (vi) Name 2 dynamic postures that students might adopt while doing exercises and sports activities.
- (vii) Identify 2 areas of complete health that can be developed in students by participating in such programs.
- (viii) What could be the tournament format followed for the volleyball tournament organized by the students?
- (ix) Draw a schedule for a tournament with 5 teams participating according to the tournament format you mentioned above.
- (x) Give 2 examples of situations where students' interpersonal relationships developed positively during this program.

(2 x 10 = 20 marks )

## PART - I

- (02) (i) Diseases and disabilities, as well as lack of proper nutrition, have led to a decline in overall health. In addition, mention 3 other challenges that threaten the maintenance of overall health. (03 marks)
- (ii) Mention the age limits of the two main stages of childhood, namely early-childhood and late childhood. (02 marks)
- (iii) Mention three measures that can be followed to make the stage of life you are going through successful. (03 marks)
- (iv) Mention the factor that has helped to maintain balance in the physical postures shown in the diagram. (02 marks)



- (03) Food is an essential factor for the well-being of every living being. Choosing the right food is very important to avoid communicable and non-communicable diseases and maintain a healthy life.
- (i) Mention 2 factors that affect the safety of food. (02 marks)
- (ii) Mention 2 measures that can be followed to preserve the nutritional value of food while cooking. (02 marks)
- (iii) Mention 2 situations where toxic substances are added to food. (02 marks)
- (iv) Mention 3 ways in which a person can develop skills related to nutrition (03 marks)
- (v) Mention an example of a fortified food. (01 marks)
- (04) Briefly describe how you can successfully face the following challenges.
- (i) Your friend, who is appearing for the GCE (Ordinary level) examination this year, is not paying much attention to his academic activities and is practicing, sports in hopes of showing his best in the competition this season. (02 marks)
- (ii) You see your friend holding his hand in pain after falling during a football match. (02 marks)
- (iii) The Public Health Inspector visits your house saying that there is a dengue risk in the area. (02 marks)
- (iv) You come to know that your friends, who are participating for an educational trip, are preparing to carry some kind of drug. (02 marks)
- (v) You see your friend riding his father's motorcycle on a single wheel on the main road without a protective helmet. (02 marks)

**PART - II**

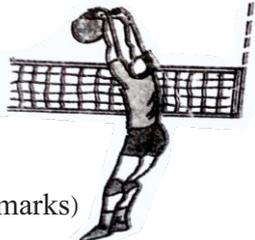
- (05) Obtaining the oxygen needed by the body and expelling carbon dioxide is one of the factors that can show the beauty of the respiratory system.
- (i) Mention three diseases that interfere with the functioning of the respiratory system. (03 marks)
  - (ii) Mention two lifestyle habits that are suitable for preserving the functioning of the respiratory system. (02 marks)
  - (iii) Write down three physical activities that can improve the cardiovascular endurance. (03 marks)
  - (iv) Write down two benefits of maintaining a good body composition. (02 marks)
- (06) Athletics events should use a common set of rules and techniques to demonstrate skills.

Athletes	Events
Athula	100m, High Jump, Long Jump
Nikhila	110m Hurdles, 400m
Suseema	800m, 1500m, Shot put

- (i) Name the 4 stages of the technique of the vertical jump event that Athula participated in. (02 marks)
  - (ii) Name the athletes among the above who should use starting blocks. (02 marks)
  - (iii) Mention 2 factors that affect the running speed of an athlete. (02 marks)
  - (iv) (a) Mention two rules related to the horizontal jump event that Athula participated in. (02 marks)
  - (b) Create and mention two activities to practice baton changing for novice (beginning) athletes in your house. (02 marks)
- (Use diagrams if necessary)
- (07) Answer only one of the ABC questions.

**PART - A**

- (I) Name two stages of attacking skill in volleyball. (02 marks)
- (ii) A player's match situation in a volleyball tournament is shown in the diagram.
 



(01 marks)

  - (a) Name this skill (01 marks)
  - (b) Mention two things that the player should pay attention to in order to perform this skill correctly. (02 marks)
- (iii) (a) Create two suitable activities to train the attacking skill of the novice volleyball player in your house. (03 marks)
- (b) When you are acting as a referee in a volleyball match in an inter-house tournament, state the decision that you will make in the following situation.

A back row player hits the ball below the top of the net in the front zone and sends it to the opposing team (02 marks)

## PART - B

- (i) When the two teams of Paravi and Lihini were playing netball, it was a notable feature that the Paravi players often committed footwork related faults such as running a few steps with the ball in their hands. In addition to this fault, write other footwork faults that the Paravi players may have committed. (02 marks)

- (ii) A player's skill in a netball tournament is shown in the diagram.

- (a) Name this skill (01 marks)
- (b) Mention 2 things that the player should pay attention to in order to perform this skill correctly. (02 marks)



- (iii) (a) Write 3 appropriate activities to practice the ball handling to the new netball players in your house. (03 marks)
- (b) Mention the decision that you would give in the following situation when you are acting as a referee in a netball match.

When a player sends the ball out of the court. (02 marks)

## PART - C

- (i) In the football match between Thisara and Mayura teams, the Mayura team players mostly used the inside of their foot to pass the football. The Thisara team players used different parts of their foot to pass the ball. Name two other kicks that can be used to pass the ball, apart from the inside of their foot. (02 marks)

- (ii) The diagram shows a player's activity in the above match.

- (a) Describe this situation. (01 marks)
- (b) Write two things that the player should be careful about while doing this situation. (02 marks)



- (iii) (a) Write three activities that are suitable for new football players in your house to practice kicking the ball. (03 marks)

- (b) When you are acting as a referee in the above football match, state the decision you would make in the following situation.

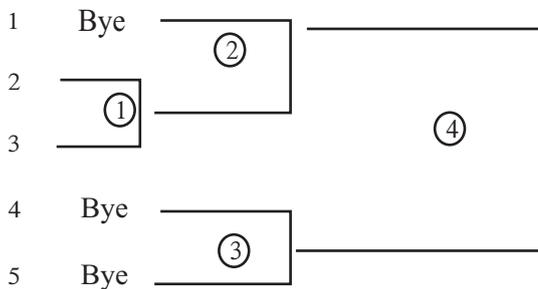
When a player from Thisara team takes a free kick, the players from Mayura team stay close to the ball (02 marks)

Answer Paper - (Part I)

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

(1 x 40 = 40 marks)

- (i) i. Physical fitness tests, Health week  
physical education teaching,  
Inter house sports meet, Colour awarding ceremony  
Sports camps etc.,
- (ii) (i) Parents and past pupils organized shramadana campaign  
(ii) Parents provided glass of kola kanda to students
- (iii) (i) Improves cardiovascular health  
(ii) Enhances flexibility and strength  
(iii) Help to maintain body mass index etc.
- (iv) ● Green color
- (v) Carbohydrates (from rice), Proteins (from coconut milk or green leaves), Fat
- (vi) Jumping , running, walking, throwing,
- (vii) Physical, mental social and spiritual health
- (viii) Knockout tournament system
- (ix) Bye = 8 - 5 = 3    Nu. of matches = 5 - 1 = 4



- (x) Collaborating to organize the event, Providing first aid as a team  
Engaging in physical fitness exercises  
Participating to this program  
Organizing the tournament etc.

(2 x 10 = 20 marks)

- (02) (i)
  - Increasing population density
  - Issues related to tourism industry
  - Bad influence of media
  - Natural disasters (03 marks)
- (ii)
  - Early childhood: 1–5 years
  - Late childhood: 6–10 years (02 marks)
- (iii)
  - Develop critical thinking, Engaging in sports and aesthetic activities
  - Time management, Effective communication
  - take responsible decisions etc. (03 marks)
- (iv)
  - Wider supporting base. (02 marks)
- (03) (i) 1. Physical Factors 2. Chemical Factors 3. Biological Factors (02 marks)
- (ii) 1. Use low heat, Using microwave ovens to protect the colour of food  
2. Avoid overcooking, cooking several types of food together etc. (02 marks)
- (iii) 1. Using metal utensils while preparing pickles, Environmental factors  
2. Storing food items together, toxins produce by micro-organisms  
While cooking (02 marks)
- (iv) 1. Attending health education programs  
2. Reading food labels  
3. Practicing healthy cooking at home  
Do not miss the main meals, selecting different food items (03 marks)
- (v) Iodized salt  
Vitamin A fortified oil (01 marks)
- (04) Give marks for positively addressed answers (2 × 5 = 10 marks)
- (05) (i) 1. Asthma 2. Bronchitis 3. Pneumonia etc. (03 marks)
- (ii) 1. Avoiding smoking, taking immunity vaccines on time  
2. Doing regular aerobic exercise etc. (02 marks)
- (iii) 1. Jogging 2. Swimming 3. Cycling etc. (03 marks)
- (iv) 1. Reduces risk of non communicable diseases, reduce injuries  
2. Enhances physical appearance and fitness etc. (02 marks)
- (06) (i) 1. Approach run 2. Take-off  
3. Bar clearance 4. Landing (½ × 04 = 02 marks)
- (ii) Athula (100m) Nikhila (110m hurdles, 400m) (02 marks)
- (iii) 1. Stride length  
2. stride frequency (02 marks)
- (iv) (a) 1. When taking off, touching the area beyond the take-off line with any part of the body.  
2. When taking off stepping on the ground on either side of the take-off board.  
3. Touching the ground between the take off line and the landing area while jumping.  
4. Using summersaults while running or jumping. Etc. (02 marks)

- (b)
  - Changing Baton with 2 players standing on a position
  - Doing this activity while walking
  - Changing baton while running slowly etc.
  - Provide mark for correct suitable activities (02 marks)

(07) **Part - A**

- (i) Hitting approach, Take - off, Hit the ball, Landing (02 marks)
- (ii) (a) Blocking (01 marks)
- (iv) (b)
  - Correct timing of jump
  - Eye contact with the ball etc. (02 marks)
- (iii)(a) Provide marks for suitable activities (03 marks)
- (b) This is not a fault continue the game. (02 marks)

**Part - B**

- (i)
  - The player jumps on any foot while holding the ball
  - Dragging the player's landing foot along the ground with ball in hand
  - Jumping and landing from both sides with ball in hand etc. (02 marks)
- (ii)(a) Shooting (01 marks)
- (b)
  - Obeying the foot work rule
  - Keep the ball above the head
  - Release the ball with the wrist
  - Following 3 second rule. (02 marks)
- (iii)(a)
  - Catching the ball by throwing up, catching the ball by bouncing, rolling the ball on ground etc. (03 marks)
- (b)
  - A throw in is given to an opposing player who can play in that area from outside the line, from near the place where the foul committed. (02 marks)

**Part - C**

- (i)
  - Kicking with the toes
  - Kicking with the inside of the foot
  - Kicking with outside of the instep
  - Kicking with the heel (02 marks)
- (ii)(a) Throw in (01 marks)
- (b)
  - Thrower, should face the field of play
  - Deliver ball from behind and over the head
  - Using hand while throwing the ball
  - After delivering the ball, the thrower must not touch the ball again until it has touch another player. (02 marks)
- (iii)(a)
  - Strike the ball with the foot while keeping it in one place
  - Kick the ball with foot and drag it forward
  - Kick the ball while walking by using toes, heels, soles of foot etc. (03 marks)
- (b)
  - When a free kick is taken the opposing player must be positioned 10 yards (9.15 m) away from the ball. Therefore mayura team must be sent back to that minimum distance (02 marks)