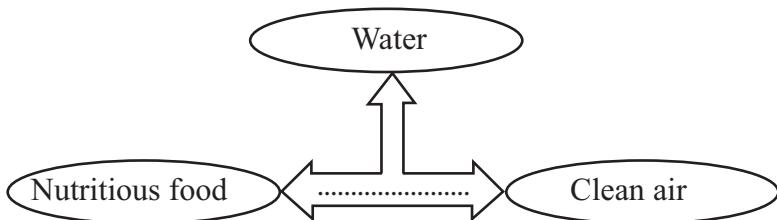


Part I

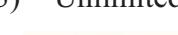
- **Answer the all questions.**
- **Select the most suitable answer**



The suitable topic for the blank is,

05. According to the diagram, This is a

- 1) Needs
- 2) Wants
- 3) Unlimited resources



1) Wrong posture.

2) Correct posture.

3) Inappropriate posture.



• **Select the correct answer from the bracket**

(desires - flexibility - artificial - supporting base - monotony)

06. We can get rid of by engage in educational and sports activities.
07. When pulling or pushing things we can have a wider by stretching our legs.
08. Due to the lack of conflicts arise in the society.
09. Limiting our we can lead a simple life style
10. We should limit food to overcome non communicable diseases.

• **State whether statements are true or false**

11. Netball is played by only women. (.....)
12. Natural foods do not have flavours and colours. (.....)
13. "Jumping jack" is a rhythmic leg movement. (.....)
14. Obesity is proper height for the weight. (.....)
15. The Pulses are rich in protein. (.....)

• **Match A with B**

A

B

16. Done according to standard rules and regulations.	* Iodine deficiency
17. Played in a 18m length and 9m in width play area.	* Mental wellbeing
18. Weaken the mental development	* Coordination
19. Work with self esteem.	* Volleyball.
20. The link between nerve and muscless.	* Organized games.

(2 x 20 = 40 marks)

Part II

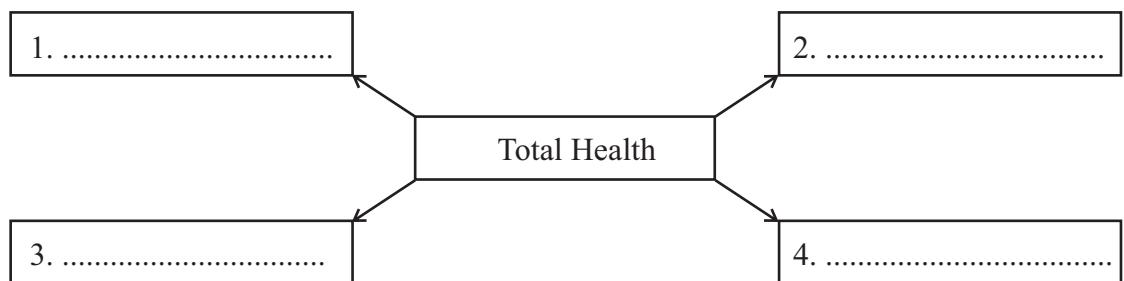
- **First question is compulsory select 4 other questions and answer.**

01. The villages of Gamunupura celebrated the new year festival in a grand scale. They arranged the playground cooperatively. The festival was started according to the old customs and traditions. The invited guest spoke about the importance of such festivals. After that, few games were held not only for the youngsters but also for the adults children. They served traditional foods. All the winners were awarded valuable prizes. Finally all got together and cleaned the playground and happily went off.

- (1) Write two good qualities of Gamunupura villagers.
- (2) Write two importance of organizing such festivals according to the invited guest.
- (3) Write two games that could be participated individually.
- (4) Write the physical fitness quality of the persons who participated in cross country running
- (5) Write the correct way of keeping the body and the leg in tug a war game, to maintain balance
- (6) Write the National game of Sri Lanka in which the youngsters participated eagerly.
- (7) Write a rhythmic event which was held in the New year festival.
- (8) Write two benefits of engage in sports and exercises.
- (9) Write two nutritious traditional foods served during the festival.
- (10) Write how to separate the wastes collected in the playground. (marks $2 \times 10 = 20$)

02. "Health is not only free from diseases" This is the statement from World Health Organization.

- (1) According to the above statement fill in the blanks of the following diagram. (2 marks)



- (2) The class teacher assigned you to calculate the BMI (Body Mass Index) of the classmates. Write the two measurements you need to calculate BMI. (4 marks)
- (3) Write 2 ways to maintain social relationship with your friends (4 marks)

03. Correct posture is essential to maintain good health and appearance.

(1) Complete the following table.

body part	How to maintain healthy	
1. Skin	i. regular bath ii.	
2. Hair	i. Cleaning regulaly ii.	
3. Nails	i. Triming & cleaning ii.	
4. Teeth	i. Regular brushing twice a day ii.	(04 marks)

(2) Write the correct posture you take during the following instances.

- (i) Listening to the speech of the principal at the morning assembly
- (ii) Lifting an object on the floor.
- (iii) Relaxing during a march past in a squad.
- (iv) Hoisting the national flag.

(3) Write 2 safety precautions you take when handling equipment.

(04 marks)
(02 marks)

04. By engage in sports and exercises we can gain happiness joy and good health.

- (1) Write 2 minor games that you can play with your friend. (02 marks)
- (2) Write the way you can score a point in Volleyball (04 marks)
- (3) Write 2 activities to practice foot work in Netball. (04 marks)

05. Physical fitness factors helps us in our daily activities amensly.

- (1) What is the rhythmic activity you perform at school in the morning. (02 marks)
- (2) Write a suitable activity to measure the following physical fitness factors. (04 marks)

Fitness factors	Activity
1. endurance	running 600/800 m
2. Strength
3. Flexibility

(3) Write two activities to promote physical fitness. (04 marks)

06 A balanced diet promote healthy life

- (1) Write 2 functions of food. (02 marks)
- (2) Write 2 problems related to the following nutritional condition.
Under nutrition (due to the lack of macro nutrients) (04 marks)
- (3) Write 4 things that you have to consider when selecting healthy foods, (04 marks)

07. Rules and regulations in sports protect the dignity of sports and fairness.

- (1) Write a game you do in school and write 2 rules of it. (02 marks)
- (2) Write 2 disadvantages of neglecting rules and regulations in sports. (04 marks)
- (3) Write 4 advantages we gain by rules and regulations in sports, (04 marks)

Answers - Part I

(01) Green (02) Speed (03) Foot ball (04) Needs (05) Correct Posture
 (06) Monotony (07) Supporting base (08) Flexibility (09) Wants
 (10) Artificial (11) ✗ (12) ✓ (13) ✓ (14) ✗ (15) ✓
 (16) Organized games (17) Volleyball (18) Iodine deficiency
 (19) Mental fitness (20) Coordination

PART II

01. (1) Unity/co-operation/ enthusiasm
 (2) Improving interpersonal relationship/ Leadership/ followership ... etc
 (3) Kottapora / Blowing & bursting balloon
 (4) Endurance
 (5) Keeping both legs apart and leaning backward.
 (6) Volleyball.
 (7) Raban Gaseema/Folk dance / Singing competitions
 (8) Strengthening bones & muscles/ healthy systems in the body control weight
 (9) Mung Kiribath/ Helapa / Laddu
 (10) Degradable and nondegradable/ Poly thene papers / glass

02. (1) Physical/Mental / Social / Spiritual
 (2) Height & Weight
 (3) Team spirit / Respecting others /Flexibility / Tolerance

03. (1) Give marks for suitable answers.
 (2) (i) Standing easy
 (ii) Keeping the body straight and bending the knees and holding the weight with both hands
 (iii) Stand of ease (iv) Stand at attention
 (3) Own safety / balance of the body / weight of the body

04. (1) Hopscotch / Gal pelima / Catching the ball

05. (1) Morning fitness programme
 (2) Throwing the ball / standing and jumping
 (3) Cycling / swimming / skipping rope

06. (1) Gaining strength / protection/ growth
 (2) Slowing down growth/ Prone to communicable diseases / slowing down memory
 (3) Nutrition /freshness/cleanliness/natural condition

07. (1) Give marks for suitable answers according to the sports.
 (2) Expelling from the game/ corned by the society /Loosing friends etc
 (3) Good relationships /respected by the society / being popular etc