



Part I

● **Answer all the questions**

● Select the correct answer

01. The great feeling we get about ourselves is self - esteem. The factor that does not affect self esteem.

(1) Negligence	(2) Bullying
(3) not following rules & regulations	(4) Enthusiasm & dedication

02. By maintaining a healthy physical environment in the school

03. Given below are some facts about Volleyball

- A - The number of players in a team is 12
- B - Game is started by service
- C - The back zone of the play area is 3m in width

The incorrect statement from the above statements is

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

04. This is not a phase in long jump

(1) flight (2) take off (3) bar clearing (4) landing

05. In football, the body part the ball should not be touched except in a special instance is,

- **State whether the statements are true or false**

06. Reaction speed is not relevant for sprinters (.....)
07. In a marching squad there are 3 files and 8 rows (.....)
08. The biodegradable items should be put in the green bin (.....)
09. Running drills do not promote running techniques (.....)
10. Bounce pass in Netball can be sent by both hands and single hand (.....)

- **Select the correct word from the bracket and fill in the blanks**

(heading / fallopian tube / Approach run / Utters / Health services / horizontal / Standing start / Crouched start)

11. Is essential for the development of personal health.
12. The start is used in middle distance running.
13. The fertilized ovum is implanted in the
14. is important in winning the Long Jump.
15. is a skill in football.

- **Match A with B**

A

B

16. Public Health midwife	(A) Volleyball
17. Provide competition and joy	(B) Long jump
18. Vertical jump	(C) Lead up games
19. Ovulation occurs in	(D) Ovaries
20. "Spike" is a skill in	(E) Health services
	(F) Fallopian tube

Part II

- **First question is compulsory. Answer 4 other questions, all together answer 5 questions.**

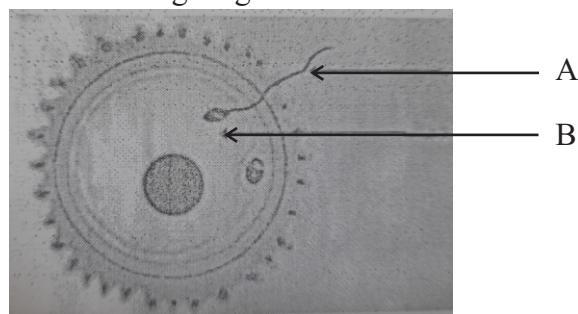
01. Sugathananda school is a popular school. This school has won at the "Sapiri Pasala" competition. This school gets the support from the community to eradicate Dengue safe drinking water, Orderly kept class rooms, adequate toilet facilities were given priority. Due to the facilities for sports, Saman was able to keep a record in high jump at provincial sports competition. Apart from that, he represented the all Island 100m and 200m. This school has launched many programs to protect from non communicable diseases according to the ministry of health. The self esteem of the students is at a higher rate.

- (i) Write two individuals who supported in making the above school a health promoted school?
- (ii) Write 2 health habits to avoid communicable diseases.
- (iii) Write 2 features of the physical environment of this school
- (iv) Write 2 health promotion policies practiced in this school
- (v) Write 2 competencies related to the development of efficiency of this school.
- (vi) Write 2 high jump techniques that Saman used.
- (vii) Write the athletic event category that Saman participated in
- (viii) Write 2 mosquito born diseases which are not mentioned in the paragraph
- (ix) Write 2 skills related to develop self-esteem.
- (x) Write 2 factors that affect the self-steem

(2 x 10 = 20 marks)

02. Having a good knowledge of the reproductive health may lead to a healthy life.

- (i) Name A & B of the following diagram.



(2 marks)

- (ii) Write 4 sexually transmitted diseases
- (iii) Write 3 consequences of sexually transmitted diseases.

(4 marks)

(4 marks)

03. We can develop the skills of Organized games when participating in Lead up games.

- (i) Write 2 lead-up games related to Volleyball and Netball (2 marks)
- (ii) Write one factor for Physical, Social and Mental benefits of participating in lead up games (4 marks)
- (ii) Select an organized game and create a lead-up game (1 marks)

04. Long jump is a main jumping category in athletics.

- (i) Write the 2 phases in long Jump. (2 marks)
- (ii) Write the 2 techniques in Long Jump. (4 marks)
- (iii) Design an activity to practice Long jump. (4 marks)

05. At the 2025 inter house sportsmeet, Rusiru participated in 100m running and Amitha participated in 1500m running.

- (i) Write the starting methods of Rusiru and Amitha separately. (2 marks)
- (ii) Write 2 running drills. (4 marks)
- (iii) Write an activity to increase reaction speed. (4 marks)

06. Volleyball, Netball and Football are organized games that can be practiced easily in school.

- (i) Write 2 body parts that could be used in football (2 marks)
- (ii) Write 3 skills in Volleyball (4 marks)
- (iii) Write 3 one handed ball passes in Netball (4 marks)

Answer Paper - Part I

(01) 4 (02) 4 (03) 4 (05) 02 (06) ✗ (07) ✓ (08) ✓
(09) ✗ (10) ✓ (11) Health services (12) Standing (13) Uthres (14) Approachrun
(15) Heading (16) E (17) C (18) F (19) D (20) A

Part II

01. (i) Parents / past pupils
(ii) Wearing masks / Washing hands with soap / Using hand sanitizes etc
(iii) Clean drinking water / orderly kept classrooms / adequate toilet facilities
(iv) Health friendly environment / Getting support from the community
(v) Self understanding & self esteem / Problem solving / Making correct decision critical thinking
(vi) Scissor jump / Western jump / Fossbery flop
(viii) Filaria / Malaria
(ix) Singing / playing ./ playing instruments / Dancing etc.
(x) Engage in anti social activites / not following rules & regulations

02. (i) A - Sperm B - Ovum
(ii) Syphilis / Aids / Herpes / Genetal warts etc
(iii) Mental trauma / Social stigma / Disruption of education
(iv) Affect the organs, like heart brain and nervous system

03. (i) Volley ball - Serving to a target
Net ball - Running after a ball
(ii) Physical - Endurance / train in the skills of major games
Mental - Fun & enjoyment / likeness to participate in major games
Social - Team spirit / Co - operation / responsibilities
(iii) Give marks to a relevant lead-up Game

04. (i) Approach run / Take off / Flight / Landing
(ii) Sail / hang / hitch kick
(iii) Give marks to suitable activity

05. (i) Rusiru - Crouched start
Amitha - Standing start
(ii) Running drill A
Running drill B
Running drill C
(iii) Give marks to suitable activity

06. (i) Head / Chest / Foot
(ii) Services / Spike / Blocking / Court defending
(iii) Shoulder pass / High shoulder pass / Bounce pass