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## Provincial Department of Education - NWP

දෙවන වාර පරීක්ෂණය - 2025  
Second Term Test - 2025

Grade 9

Health & Physical Education

Time 2 hours

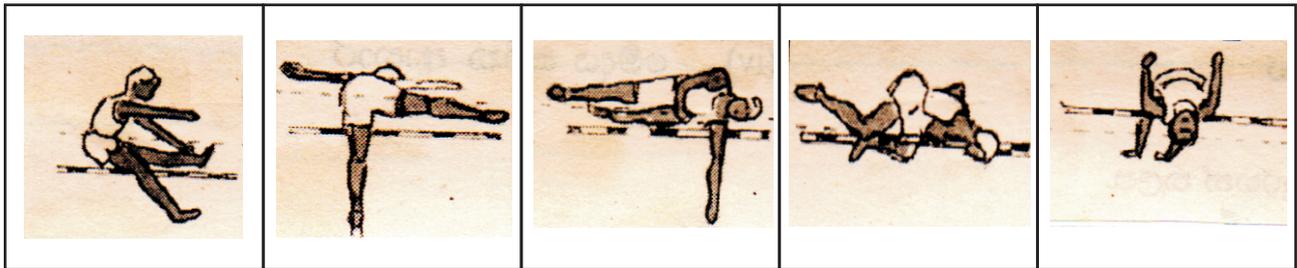
Name / Index NO.

### Part - I

- Answer all the questions
- Underline the correct answer

01. There are ..... main functions of food. (six / two / three)
02. Due to air pollution ..... occur. (Jaundice / Cancer / Cholesterol)
03. According to the classification of sports ..... can be stated as an indoor game. (Kabadi / Cricket / Badminton)
04. .... deficiency cause osteoporosis (Calcium & Iron / Protein & Vitamin / Calcium & Protein)
05. 3R concept is used for ..... (food preservation / waste management / first aid)
06. An indoor game played with a ball and a table .....(Table tennis / Scosh / Basket ball)
07. The deformity caused due to the excessive curvature of the upper back region of the body is, (Scoliosis / Lumber lordosis / Kyphosis)
08. This changing method is used in 400 x 4m (Visual change / Non visual change / Inside change)
09. Race walking, Track & Field. Road running and Cross country running can be categorized as (Games without equipment / Athletics / Out door games)
10. There are ..... stages in Long jump (4 / 3 / 5)

- Answer the questions 11 & 12 by looking at the following diagram.



A

B

C

D

E

11. The jumping event denoted by the diagram is

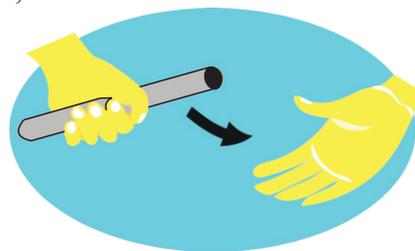
- (1) Tripple jump      (2) High jump      (3) Hurdles      (4) Long jump

12. The technique shown by letter E is

- (1) Western roll      (2) Star jump      (3) Flop method      (4) Scissor jump

13. The baton changing method denoted by the diagram is,

- (1) inside change  
 (2) down sweep method  
 (3) upsweep method  
 (4) mixed change



14. The minimum number of players in a football team during play,

- (1) 7      (2) 9      (3) 10      (4) 11

15. The term 'Diphyodont' means

- (1) Irruption of teeth of two different times      (2) Different types of teeth  
 (3) Strong enamel on teeth      (4) Permanent teeth

- No. 16 - 20 state whether the statements are true or false

16. Food can be categorized into 6 groups according to their nutritional level (.....)
17. According to the categorization of Athletic Long Jump belongs to Vertical jump (.....)
18. There are 7 rhythmic leg movements. (.....)
19. A point can be scored directly by a "Throw - in" (.....)
20. There are 5 main themes of health promotion (.....)

## Part II

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

01. For the development of sports, skills training and nutrition is essential. We need to have a balanced diet to maintain physical activities qualitatively and actively.

- (1) What is a balanced diet ?
- (2) Write 2 nutrients that contain in a balanced diet.
- (3) Write 2 functions of the above mentioned nutrients.
- (4) Write 2 myths regarding food.
- (5) Write 2 additional foods that can be given to a baby after 6 months.
- (6) Write 2 special nutritional need categories.
- (7) Write 2 skills of the National game of Sri Lanka.
- (8) Write the number of players who can play at a time in the above game.
- (9) Write one horizontal and Vertical jump.
- (10) Write 2 Long jump techniques. (02 x 10 = 20 marks)

02. We should maintain correct posture in our daily life in order to gain a good personality and good appearance.

- (1) What is correct posture ? (2 marks)
- (2) Write 2 factors that affect correct posture. (2 marks)
- (3) Write 3 postural defects that cause due to environmental or congenital conditions. (3 marks)
- (4) Write 3 good health practices to avoid incorrect posture and postural defects. (3 marks)

03. Deterioration of Social health has caused many social problems in the present society.

- (1) Write 2 factors that affect the social health. (2 marks)
- (2) Write the 4 aspects of environment pollution and write one disease related to each aspect (4 marks)
- (3) Write 2 things we have to consider when promoting social health. (4 marks)

04. Relay races come under athletic events. The victory of relay races depend on the skills and talents of all the 4 players. They should maintain speed and the baton changing techniques through out the play.
- (1) Write 2 rules in baton changing (2 marks)
  - (2) Write 2 baton changing methods according to the distance of the relay races and write 2 events accordingly. (4 marks)
  - (3) Explain an activity to practice baton changing in the playground. (4 marks)
05. By maintaining proper physical fitness, we can lead a healthy life.
- (1) What are the two categories of fitness ? (2 marks)
  - (2) Write one activity to measure the following physical fitness factors.
    - (a) Cardio - vascular endurance.
    - (b) Muscular endurance.
    - (c) Flexibility.
    - (d) Body composition (4 marks)
  - (3) Explain how to measure one of the above activities you mentioned, (4 marks)
06. The National Game of Sri Lanka is Volley ball. It is played according to strict rules and regulations and excellent skills.
- (1) Draw the Volleyball court with measurement. (4 marks)
  - (2) Write the two methods of serving in Volleyball. (2 marks)
  - (3) Write an activity to train a fresh player to practice "spiking" with diagram. (4 marks)
07. Netball is a popular game among women.
- (1) Write 4 skills in Netball. (2 marks)
  - (2) Write the play area of the following players. by drawing and shading the areas in a netball court.
    - (a) GA
    - (b) WA (4 marks)
  - (3) Write an activity to practise goal keeping, when the ball come rolling over ground to the goal area. (4 marks)

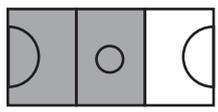
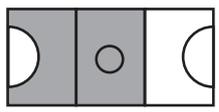
## Answer paper - Part I

- (01) Three                      (02) Cancer                      (03) Batminton                      (04) Calcium Iron  
 (05) Waste management      (06) Table tennis                      (07) Kyphosis                      (08) V i s u a l  
 change  
 (09) Athletic                      (10) Four                      (11) 2                      (12) 4                      (13) 2                      (14) 1                      (15) 2  
 (16) ✗                      (17) ✗                      (18) ✓                      (19) ✗                      (20) ✓

## Part II

01. (1) A diet that contain all the required amount of nutrients  
 (2) Carbohydrates / Protien / Fat  
 (3) Carbohydrates - provides energy  
 Protein - growth  
 (4) Expensive food contain high nutrition  
 Brinjals cause air  
 high nutritional value in larger fruits ... ets.  
 (5) Rice / green gram / gram / green leaves / Meal / fish ... ets  
 (6) Sportsman / Pregnant mothers / Sick persons ..... etc  
 (7) Services / setting / blocking / spiking ..... etc  
 (8) 6 players  
 (9) Vertical - high jump / pole vault  
 Horizontal - Long jump / Tripple jump  
 (10) Hang / hitck kick / sail
02. (1) The correct alignment of the body during static & dynamic postures.....  
 (2) Congenetal / Environmental  
 (3) Kypbosis / Lordorsis / Lumber lordosis / Knock knees / flat back ..... etc  
 (4) (i) Having a balanced diet  
 (ii) regular exercises  
 (iii) Rest & sleep  
 (iv) Maintain proper BMI .....etc
03. (1) 1. Good interpersonal relationship  
 2. Being sensitive to others

## Answer paper - Part II

- (2) Air pollution - lung cancer / skin cancer  
water pollution - Cholera / dysentery  
Land pollution - Skin diseases / worm diseases  
Sound pollution - Hearing problems
- (3) Health problems / Family background / diversity in people
04. (1) \* Should hand over the baton hand to hand  
\* Should hand over within the baton changing zone  
\* When the baton falls, the giver should pick the baton and give back.
- (2) Visual change 400 x 4 Non visual change - 100 x 4
- (3) Give marks for correct answer.
05. (1) Health related / skill related
- (2) (a) 800m / 600m running  
(b) Standing jump / Jump and touch a height area.  
(c) Bending by sitting or standing.  
(d) BMI / Waist circumference.
- (3) Give marks for correct answer.
06. (1) Give marks for correct measurement of play area
- (2) Over arm service / Under arm services
- (3) Give marks for correct answers.
07. (1) Ball controlling / Throwing / Catching / defending / Attacking / Shooting
- (2) Give marks for correct answers
-   
(a)
-   
(b)
- (3) Give marks for correct answers.