Health and Physical Education
I Part

Class: -..... Index no: - .....

Underline the correct answer.

1. An important feature of good mental health ?
(1) Doing exercises regularly.
(2) Being happy always.
(3) Maintaining appropriate body mass with the age.
(4) In taking a balanced diet.

2. The organization that introduced the concept of total health is,
(1) United Nations Organization. (2) World health organization.
(3) UNESCO Organization. (4) United nations children organization.

3. The normal Body Mass Index range of a person should be,
(1) 23.0 – 26.9 (2) 27.0 – 30.5 (3) 18.5 – 22.9 (4) 15.5 – 18.5

4. Which of the following fields of person will be developed by being encouraged in implementing his good conducts and virtues ?
(1) Spiritual (2) Physical (3) Social (4) Mental

5. A correct habit which influences for the personal wellbeing is,
(1) Good food habits. (2) Consumption of instant food.
(3) Watching television for a long period of time. (4) Use of drugs and smoking.

6. Breakdown of good interpersonal relationship causes,
(1) For social wellbeing (2) for anxiety and unease.
(3) for mental happiness (4) to reduce the mental stress.

7. The colour zone which belong for suitable Body Mass Index (BMI) in 5 – 19 years old.
(1) Light purple (2) Green (3) Dark purple (4) Orange

8. Light purple in Body Mass Index (BMI) represent.
(1) Overweight (2) Under weight (3) Obesity (4) Normal

9. The weight of the mother who provide with proper nutrition during the pregnancy should increase by,
(1) 2 ½ kg – 3 kg (2) 15 kg – 8 kg (3) 10 kg – 12 kg (4) 5 kg – 8 kg

10. Rubella vaccine helps to prevent from,
(1) Mleases (2) Mumps (3) German Mleases (4) Chicken pox

11. What is the percentage of nerve cells that should have been developed at the time of birth a healthy child.
(1) 10% (2) 50% (3) 75% (4) 20%

12. It is very important of giving breast milk with colostrum during the first few days after because the colostrum helps.
(1) To generate anti-bodies for developing immunity.
(2) To initiate to activities of the alimentary canal and to develop it.
(3) The colostrum contains the required of proteins for development of the body.
(4) All the information stated above.

13.



A



B

Select the correct statement related to the above A & B postures.
(1) A is a correct and B is incorrect.
(2) B is a correct and A is an incorrect.
(3) Both A and B are incorrect.
(4) Both A and B are correct.

14. Weight of the object when act around a single point can called as,
(1) Friction (2) Balance (3) Centre of gravity (4) Velocity

15. How should you be when the national flag is being hoisted,
(1) Standing at ease. (2) Standing at easy.
(3) Standing as you wish. (4) Standing attention.

16. Volleyball was introduced by Mr,
(1) Robert Walter Camac (2) Jenny Green
(3) William G. Morgan (4) James Naismith

17. How many players can play in a netball team.
(1) 06 (2) 07 (3) 11 (4) 08

18. Event that can start with using standing start.
(1) 400 M (2) 4 x 400M (3) 1500M (4) 200M

19. Technique which can perform maximum for athlete who is engage in long jump.
(1) Hitch kick technique. (2) Linear technique.
(3) Perry O Brian technique. (4) Fosbury Flop technique

20. It is possible to identify the environment and face challenges successfully through,
(1) Organized games (2) Outdoor education
(3) Physical education (4) Leadup games & minor game.

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The four postures showing by the 04 children in the playground are given below.
Malith - Stands at easy
Pasindu - Stands with one leg
Yethum - Stands in attention
Kasun - Makes hand stand

Among them the most balance child is,
(1) Pasindu (2) Yethum (3) Malith (4) Kasun

The length of a standard track is,
(1) 400M (2) 200M (3) 300M (4) 150M

What is the distance the goal keeper should keep from the goal shooter in netball,
(1) 02 feet (2) 03 feet (3) 01 feet (4) 04 feet

Which of the following vaccinations should take when having deep wound ?
(1) Antriabies (2) Polio (3) Triple vaccination (4) Tetanus



A B C D

Which of the sign boards are related to race walking ?
(1) A & B (2) B & C (3) A & C (4) C & D

"Little Dipper" constellations can be seen in the months,
(1) May – June (2) October – November
(3) March – February (4) July – August

When preparing road maps this ▬▬▬ mark is used to indicate,
(1) Main roads (2) Main road under construction
(3) Other roads (4) Foot paths

Select a game that can be played at a low cost with minimum space,
(1) Badminton (2) Cricket (3) Volleyball (4) Football

The most popular game in the world,
(1) Foot ball (2) Elle 93) Cricket (4) Volleyball

What is the game introduced by Mrs. Jenny Green ?
(1) Volleyball (2) Badminton (3) Football (4) Netball

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31. Anuththara couldn't face for the interview which was held to select the members for ... of prefects at school due to destroying his certificates by Tsunami. The accident ... faced is,
(1) An occupational accident.
(2) A domestic accident.
(2) A natural accident.
(4) An accidents caused by chemicals.

32. Select the incorrect statement from the following statements.
(1) By playing Chess and draugh, mental health can be improved.
(2) Holding heats during the sports meet can be more productive.
(3) Rules and regulation of sports are essential for a fair competition.
(4) By engaging in outdoor activities, good interpersonal relationships can be develope...

33. If you are participating in a relay race, what is the maximum length of the acceleration ... you can use is,
(1) 20M (2) 30M (3) 10M (4) 05M

34. Ahemed is training himself for walking events. His trainer advised him during arm acti... keep shoulder in a relaxed way, and to keep the elbow in ..... angle and to do a na... swing. What is suitable for the blank ?
(1) 90^0 (2) 60^0 (3) 45^0 (4) 120^0

35. Not a technique of High jump event,
(1) Fosbury flop (2) Scissor jump (3) Straddle flop (4) Sail

36. Mayumi participated in put shot event. Her first release was a failure and the judge raised ... red flag. A reason for the decision taken by the judge can be,
(1) Entering the ground through the half circle of the ring.
(2) After the release touching the front part of the ring.
(3) Release the shop put in the rotating motion.
(4) Using the Parry O Brien method.

37. What is the illness caused be heavy Weight and obesity,
(1) High blood pressure
(2) Anemia
(3) Night Blidness
(4) Cancer

38. What is the disease associated with digestive system ?
(1) Gastritis
(2) Appen dicitis
(3) Cirrhosis
(4) All of the above

39. According to the classification of athletics events, 110M hurdles, 4 x 400M relay an... steeplechase belong to the,
(1) Track event category
(2) Short distance running event category
(3) Middle distance running event category.
(4) Field event category.

40. The country that won the football world cup held in 2022 in Qatar is,
(1) Argentina (2) Croatia (3) France (4) Morocco

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Health and Physical Education
Paper II

Name: - ..... Class: -..... Index no: - .....

First question is compulsory. Select two questions from part 01 and two questions from part II and answer 05 questions.

Health promotion week was conducted by Vijayaba Maha Vidyalaya with the participation of their primary section. On the sports day, the morning session was allocated for sports and evening session comprised with lectures. There was a principal session on fundamental knowledge regarding volleyball for students in secondary section of the school.

The evening lecture on healthy life style was focused to students and the community. In this about healthy eating habits were discussed by the doctor and at the end of it, the nutritional level of the participants was determined by calculating the BMI. Out of the students about 60% of them belonged to orange colour area and about 40% of the students belonged to Green colour area of the BMI chart. Out of adults, most of them belonged to dark purple area.

(i) Name the growth stage of the students in primary section of Vijayaba Maha Vidyalaya.
(ii) Mention 02 ways of expression emotions by above mentioned stage child.
(iii) Write 02 organized games except the game which has been mentioned stage child.
(iv) Write the length and the width of the court that they engaged in the game at the practical session.
(v) Write 02 points to consider when spending a healthy lifestyle, except the point mentioned in the paragraph.
(vi) Write the equation with the units which was used by the doctor to calculate BMI.
(vii) Write another indice which can be used to determine the nutritional status of a person.
(viii) Who need special attention of the doctor among the students who were in orange and green colour area, Write on external feature of students who belongs to that area.
(ix) Write 02 non communicable diseases that could be subjected to people those who are in dark purple area.
(x) Name the disease condition that is caused due to skipping breakfast.

(2 x 10 = 20 marks)

Of these athletic events, walking and running events have been classified based on the distance of the race, All events identified under athletics have been classified into 05 groups.

(i) Write down 02 main events from that classification. (02 marks)
(ii) Name 02 types of starting methods and their commands separately. (02 marks)
(iii) Three are 02 main rules applicable for race walking state these 02 rules. (04 marks)
(iv) When an athletic violates the above stated rules. What should you do as a judge of this event. (02 marks)

(10 marks)

The foundation of growth takes place during the pre natal and infant stage of life. Childs mental and psych social skills develop in this period, you learn about 05 stages of childhood.

(i) Write 02 points to know before becoming a mother. (02 marks)
(ii) In infant stage,

(a) Write 02 physical needs and,
(b) Write 02 psychological needs. (02 marks)

(iiii) Name 04 activities that you can do withing the school to develop the personality of a child during the late childhood stage. (04 marks)

04). Explain in brief, how you would face the following challenges.

(i) A friend of yours who has a good knowledge in computer invites you to print illegal cover notes.

(ii) Due to financial difficulties at home, friend of yours want give up school education and go for a job.

(iii) You see an old person standing near the road to cross the road on you way back home from school.

(v) Dulen is the champion athletic of under 16 age group at the annual inter house sport meet of your school. He tells you that he will not participate in the divisional sports competitions since he intends to go on a trip on that day.

(vi) You see one of your friend always drives the vehicle at a great speed.

Part II

(2 x 5 = 10 marks)

05. We are all trying to manage our day to day life without any hardship, less effort and control our body properly.

(i) Write 02 types of postures. (02 marks)
(ii) Write 02 example of above postures. (04 marks)
(iii) Write 02 benefits of maintaining good postures. (02 marks)
(iv) Name the 02 principles of bio mechanics that affect postures. (02 marks)

06. It is reported that the road accidents, accidents caused by animals and sexual harassments and abuse are bring increased day by day.

(i) State 02 main factors effect to the above harmful situations. (02 marks)
(ii) State 04 measures that can be taken to prevent road accidents. (04 marks)
(iii) Explain briefly how do you prevent bleeding from an external wound. (04 marks)

07. Answer only one question from A, B, C

A – Volleyball

A) (i) Write 03 skills of volleyball. (03 marks)
(ii) The blocking technique can be studied under 04 stages. What are they ? (04 marks)
(iii) Write activity can be done to practice blocking technique. (You can show with diagrams) (03 marks)

B - Netball

B) (i) Write 03 skills of Netball. (03 marks)
(ii) Describe the occasions where a team is obstructed by the opposing team when attacking in netball. (03 marks)
(iii) Describe the activity that can be done in order to practice shooting in netball. (You can show them with diagrams) (04 marks)

C - Football

C) (i) Write 03 skills of football. (03 marks)
(ii) Name 04 types of kicks used in football. (04 marks)
(iii) Describe the activity that can be done in order to practice heading the ball in football. (03 marks)

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