

**De Mazenod College**  
**Grade 7**  
**1<sup>st</sup> Term Test – 2016**  
**Health & P.E.**



Name : ..... Class : ..... Class No.....

**PART I**

1. Number of types of folk games.  
 a. 03                      b. 04                      c. 02                      d. 05
2. A common feature of folk games  
 a. Simple                      c. rules and regulations  
 b. Competitiveness                      d. using equipment
3. 'Mewaro Kaliya' is a,  
 a. Indoor folk games                      c. folk game without equipment  
 b. Outdoor folk game                      d. a Religious folk game
4. Folk games are popular among,  
 a. Children                      c. youth  
 b. Elderly villages                      d. everyone
5. National game of Sri Lanka  
 a. Elle                      c. Volleyball  
 b. Football                      d. Kabbadi
6. Members of the nuclear family,  
 a. Uncle, aunt                      c. mother, father  
 b. Grandparents                      d. Uncle and mother's sister
7. Love and protection is a,  
 a. Social need                      c. need in childhood  
 b. Mental need                      d. need in old age
8. There are six skills in,  
 a. Volleyball                      c. Minor games  
 b. Netball                      d. Football
9. The number of main ways of serving,  
 a. 04                      c. 02  
 b. 03                      d. 01
10. 'Serving' is a skill of,  
 a. Football                      c. Basketball  
 b. Volleyball                      d. Netball
11. This is not a communicable disease,  
 a. Tuberculosis                      c. influenza  
 b. Mumps                      d. diabetes

12. The 'strength' in physical fitness is the ability,
- Quality to perform a activity in minimum time.
  - Quality to work against any resistance.
  - To work for a long time.
  - Carry a small weight for a long time.
13. The concept used in waste management.
- Reduce
  - Reuse
  - recycle
  - 3R
14. Basic needs of man,
- Air, clothes, food
  - Food, water, home
  - air, water, food
  - home, air, clothes
15. 'Posture' while singing the National Anthem
- Stand at ease
  - Stand in any posture
  - standing
  - stand in attention
16. Correct posture during lifting heavy weight
- Knees straight
  - Bend knees and life the weight.
  - Bend the body and lift the weight.
  - Use one hand to lift the object.
17. Main classification of games,
- Sports, water sports, lead up games
  - Minor games, water sports, lead up games
  - organized games, folk games, lead up games
  - organized games, in organized games.
18. This is not an example for a minor game
- Hop scotch
  - Meeyo memo
  - panchi
  - table tennis
19. The game netball originated in,
- China
  - Japan
  - America
  - England
20. The game Volleyball was introduced by,
- William G. Morgan
  - Jenny Green
  - Carl Rogers
  - Marian Jones

## Part II

1. Define 'A Health Promotion'
2. Mention 04 reasons, why family health is important.
3. Explain 'Love and Protection' in a family.
4. Name 5 groups who give you, love and protection.
5. Write 5 skills of Volleyball.
6. Draw a diagram and explain the 'Under arm Serve' in Volleyball.
7. Write the advantages of a 'Correct serve' in Volleyball.
8. Mention 5 skills of Netball.
9. Mention 5 skills of football.
10. Mention 3 methods to control the ball in football