

Health and Physical Education
Term I 2016
Grade 09

Date: / /

31-03-2016



Underline the correct answer

1. Number of factors of environment, affected by pollution.

- a) 05 b) 03 c) 04 d) 06

2. The order in which the health of an individual affects the health of the whole country,

- a) village → province → country
b) family → village → country
c) individual → village → country
d) district → province → country

3. The following is not an advantage of school health promotion.

- a) build up good relations c) become a safe place
b) knowledge of martial arts d) peaceful place

4. Huge building in cities, pollutes the,

- a) sound b) air c) water d) land

5. Formation of principles of health, belongs to,

- a) beautifying the environment c) holding health clinics
b) Standardisation of food d) love and affection

6. Needs of adolescents such as shelter and protection from elders is a need for

- a) affection b) physical needs c) protective needs
d) self esteem

7. Admitting your mistakes and setting good examples ~~is~~ are skills of

- a) communication c) empathy
b) self actualisation d) decision making

8. _____ the knee while stretching the arms, is

- a) Jog b) knee lift c) lunge d) jumping jack

9. Example for a rhythmic leg movement,

- a) star jump c) forward roll
b) jump, half turn d) knee lift

10. A less organized game is,

- a) throw ball b) para-netball c) pin football
d) Meeyo meemo

Fill in the blanks

11. _____ are necessary to control any game.

12. _____ start is used for 400 m running event

13. _____ and _____ are examples for horizontal jumps.

14. Three throwing events are _____ and _____

15. _____ are the three commands given for a crouch start.

Mark (✓) or (x)

16. There are 4 obstacles for self satisfaction
17. According to Abraham Maslow, the number of needs of adolescents is 06
18. Tempting a child or an adolescent by adults, for sexual needs is called sexual transmission
19. Abnormality of topmost vertebrae pushed forward and the vertebral column pushed backwards is called scoliosis
20. Archery is an indoor game

No.

Date...../...../.....

Part II

1 (i) Write 3 ways of air pollution.

(ii) Mention 3 resources of a healthy person.

(iii) Name 05 diseases caused by environmental pollution

(iv) Mention 05 principles of health promotion.

2 (i) Write 05 needs of adolescents.

(ii) Name 05 skills which help to fulfill the above needs.

(iii) Name 05 abilities you should develop to build up self-realization.

3 (i) Define 'correct posture'

PO shared
Name..... Date.....
(ii) Name 03 factors affecting the physical wellbeing of a person, causing abnormalities.

(iii) Name 05 defects caused by the above factors.

(iv) Name 04 incorrect postures and defects caused by environmental factors.

4 (i) Mention 03 features of organised games.

(ii) Write 04 uses of organised games.

(iii) Write 03 special features of outdoor activities.

(iv) Name 03 uses of outdoor activities.

(v) Write one similarity and one difference of

	<u>Similarity</u>	<u>Differences</u>
(a) organised games and		
(b) outdoor activities		