

## REFERENCE

ONLY

14.07.2016

Grade 9

Health and Physical Education.  
Gr. 9<sup>A</sup>

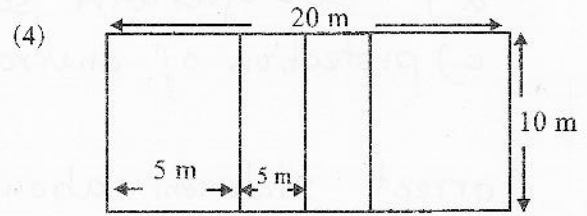
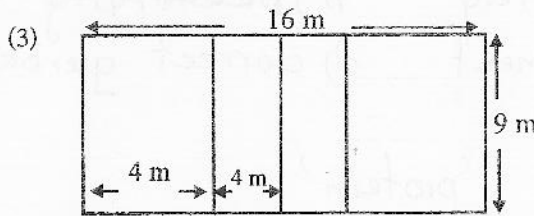
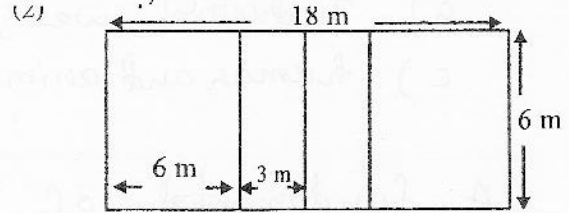
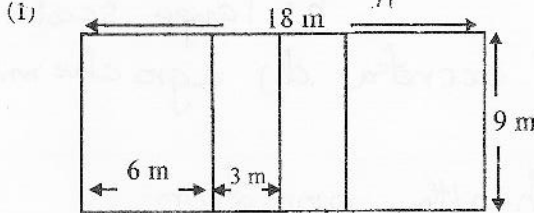
## Part I

- 1 Water pollution does not occur by,  
 a) Industrial waste.                      b) large scale building  
 c) human and animal excreta        d) agrochemicals.
- 2 A fundamental of health promotion,  
 a) co-operative society                  b) beautifying environment  
 c) protection of environment          d) correct garbage elimination
- 3 Correct statement about 'protein'  
 a) necessary for energy                  b) necessary for bones.  
 c) growth and reconstruction of body tissues.  
 d) necessary to activate vitamins.
- 4 An example for a rhythmic rotation,  
 a) cart wheel.                              b) march.  
 c) kick.                                        d) scissor jump.
- 5 Abnormality of the human body, due to environmental conditions,  
 a) bow legs                                  b) scoliosis                      c) kyphosis  
 d) flat feet.
- 6 Example for middle distance running.  
 a) 800 m                                      b) 10,000 m                      c) 400 m                      d) 400 m hurdles -

7 Following is not considered as an outdoor activity,  
 a) cycle races      b) canoeing      c) organised games  
 d) mountaineering.

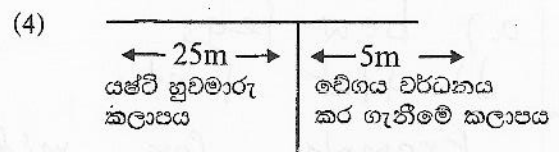
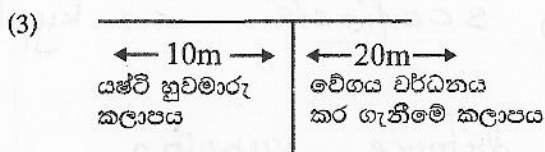
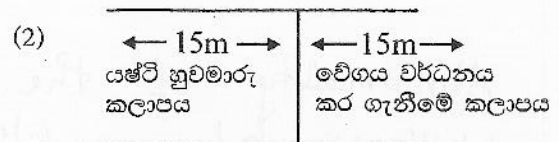
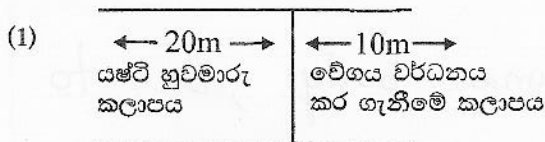
8 A skill in the game 'net ball'  
 a) foot work      b) serve  
 c) goal keeping      d) court defence.

9 Correct volleyball court, with correct measurements



10 Out of the types of football, a 'foot ball kick' is  
 a) kick with head      b) chest kick  
 c) shoulder kick      d) kick with toes.

11 The correct 'baton exchange zone'



12) Nutrient not a must, in a balanced meal,

- a) Carbohydrates                      b) fats  
c) Vitamins                              d) Carbon dioxide.

13) Supplementary food is added to the an infant's meal, at the age of,

- a) above 3 months                      b) above 6 months.  
c) above 9 months                      d) above 1 year.

14) Amount of breast milk, given to an infant, in a d is about

- 1) 1000 ml                      2) 750 ml                      3) 850 ml                      4) 600

15) Not an example for a 'local food,'

- a) Hath maluwa                      b) jack seeds                      c) Kithul porridge                      d) B

16) Patients having heart problems, should

- a) use fatty foods                      b) not use fibrous food                      c) not control body wt  
d) avoid salty, sugary food.

17) Food is not necessary for

- a) living                      b) growth of body                      c) kill germs                      d) beauty.

18) A technique in 'Long Jump'

- a) scissor jump                      b) changing feet in air                      c) Western roll                      d) E

19) Not a stage in 'triple jump'

- a) crouch                      b) stepping                      c) jump                      d) flight.

20) Not an example for an organised game,

- a) Volley ball                      b) Net ball                      c) dogle ball                      d) foot ball.



DE MAZENOD COLLEGE  
KANDANA

REFERENCE ONLY

14.07.2016 Grade 9

Name:..... Class:.....

Subject: Health..... Class No:.....

2<sup>nd</sup> Term 2016 Health Science Part II Grade 9

Answer Question No. 1 and 4 other questions.

1. Kanda Ketiya M.V. holds their Annual Sport Meet, outdoor activities and camping regularly.
  1. Name 2 group events held during the Sports Meet.
  2. Athletics are of 2 types. Name them.
  3. Name 2 outdoor activities done by these students.
  4. Mention 2 advantages of outdoor activities.
  5. Mention 2 advantages of organized games.
  6. Name the 2 main types of jumps
  7. Name 2 throwing events done at the meet
  8. Mention 2 techniques of high jump.
  9. Name the 4 stages of Long Jump
  10. Name two groups of events a single athlete can participate in an athletic meet.

2. 1. What is "health"?

2. Name 4 resources of a healthy person
3. Name 4 factors of the environment subject pollution.
4. Name 3 diseases caused by environmental pollution.

- 3.
1. Explain correct posture
  2. Mention 3 factors causing abnormalities in the human body.
  3. Name 2 incorrect habits which cause abnormalities
  4. Name 2 disadvantages of incorrect posture.

- 4.
1. Mention 3 factors considered during outdoor cooking
  2. Name 2 types of fire places/hearths.
  3. Give 4 skills of Volleyball
  4. Draw the standard netball court with measurements

- 5.
1. Name 4 nutrients in a balanced meal.
  2. We consume food for 3 main reasons. Name them.
  3. Name 3 people who need "special food"
  4. Name 4 types of local food.

- 6.
1. Name 3 needs of an adolescent
  2. Name 2 needs of a person according to Abraham Maslow.
  3. Name 3 skills you should develop to overcome challenges
  4. Name 2 problems which arise when your needs are not fulfilled.

- 7.
1. Name 4 rhythmic leg movements.
  2. Name 3 advantages of No. 1.
  3. Mention 4 skills of netball
  4. Name 3 types of kicks in football.