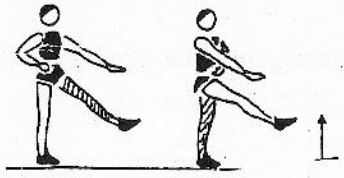


සියලුම හිමිකම් ඇවිරිණි Department of Education - Western Province Department of Education - Western Province Department of Education - Western Province Department of Education - Western Province	බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province	සියලුම හිමිකම් ඇවිරිණි Department of Education - Western Province Department of Education - Western Province Department of Education - Western Province Department of Education - Western Province	
වර්ෂ අවසාන ඇගයීම ஆண்டிறுதி மதிப்பீடு - 2016 Year End Evaluation			
21.11.2016			
ශ්‍රේණිය } 09 தரம் } Grade }	විෂය } Health and Physical Education பாடம் } Subject }	පත්‍රය } I, II வினாத்தாள் } Paper }	කාලය } 02 hrs காலம் } Time }
Name :		Index No	

• **Undeline the correct or the most suitable answer.**

- (01) For people to contribute to the improvement of the health condition of themselves and society and the ability to maintain social well being is,
- (1) Health education (2) Total health
(3) Health promotion (4) Reorganization of health services.
- (02) The break down of the environmental balance due to the informal activities of man is,
- (1) Air pollution (2) water pollution
(3) Land pollution (4) Environmental pollution
- (03) The diagram indicating the rhythmic leg movement is



- (1) March
(2) Skip
(3) Knee lift
(4) Jog

- (04) Owing to wrong postures of a person, the pushing forward of the vertebral column and pushing backward of the hip. occurs the deformed state called,
- (1) Lordosis (2) Kyphosis (3) Hunchback (4) Flat back
- (05) Motivating or making tempted an unmatured child or an adolescent who is dependant upon others, into an unusual sexual act that he cannot achieve is termed as
- (1) Human sexuality (2) Male and Female social state
(3) Sexual transmission (4) Sexual abuse

(06)



- The two diagrams shown above indicate respectively
- (1) Athletics and organized games.
(2) Indoor and outdoor games
(3) Outdoor activities an organized games.
(4) Outdoor activities and athletics.

- (07) The number of time outs that can be taken during a set of a volleyball match is
 (1) One (2) Two (3) Three (4) Four
- (08) In netball, the player who dominates play or keeps playing in the, greatest area of the court is,
 (1) G.D. (Goal Defence) (2) G.A. (Goal Attack)
 (3) C (Centre) (4) G.S. (Goal Shoot)
- (09) The minimum and maximum number of players that can represent a team during a football match
 (1) 8 and 12 (2) 7 and 11 (3) 6 and 11 (4) 10 and 12
- (10) Shown in the diagram is a campfire prepared in an outdoor camp. It is a
 (1) Reflector fire
 (2) 'A' - Fire
 (3) Pyramid fire
 (4) Rectangular fire



• For questions 11, 12, 13 and 14 make use of the following information.

- Amal - Uses the straddle method for an activity.
 Kamal - gets the help of an item like a winowing fan.
 Nimal - Does an activity using a cage
 Sunil - Uses the take off leg for the second take off and the opposite leg for the third take off.

- (11) The event Amal participates in can be
 (1) Long jump (2) 100 meters (3) Discus (4) High jump
- (12) The one who takes part in the pole vault is,
 (1) Sunil (2) Kamal (3) Nimal (4) Amal
- (13) The event Sunil participates in is,
 (1) High Jump (2) Spot jumping (3) Triple jump (4) Long jump
- (14) The competitor taking part in the Discus throw is
 (1) Nimal (2) Kamal (3) Amal (4) Sunil
- (15) The stage of life that needs more of vitamins, minerals, iron and iodine in the foods is
 (1) Infancy (2) Childhood (3) Youth (4) Adult age
- (16) What is the sense organ that involves in the quick start of a sprint event like 100 meters.
 (1) Eye (2) Skin (3) Ear (4) Nose

- (17) The hormone that controls the glucose content of blood is,
 (1) Oestrogen (2) Adrenalin (3) Thyroxin (4) Insulin
- (18) A disease condition occurring as a result of the decrease of iodine content of the food we consume.
 (1) Tetanus (2) Diabetes (3) Goitre (4) High blood pressure
- (19) During activities related to joints in the body, the ability to move to a greater range is called,
 (1) Speed (2) Energy (3) Flexibility (4) Running
- (20) The country where olympic games 2016 was held
 (1) Japan (2) Canada (3) France (4) Brasil

Part II

♦ **Answer question No. 1 and 4 others**

- (01) The principal of Divithuragam Maha Vidyalaya takes a great effort in promoting the moral and creative qualities of the children of his school. He has planned an assessment by appointing a few committees as follows.

Religious affairs - Development of morals and ethics necessary for society life.

Sports activities - * Make children used to correct postures.

* Inter house sports meet

* Recognition of talents and aptitudes of children and directing them to athletics and major organized games.

* Effective life style through outdoor education.

Food and Nutrition :- * Identify nutritional needs and plan the necessary activities

* Prepare growth charts of children and maintain them and promote health

- (i) Mention two competencies necessary to live in society.
- (ii) Mention two congenital and hereditary defects.
- (iii) Explain briefly two creative activities to make an inter house sports meet colourful
- (iv) Mention two organized games.
- (v) Mention two jumping types under the classification of athletics.
- (vi) Mention two types of hearths used in outdoor camps.
- (vii) Mention four nutrients found in foods.
- (viii) State two important nutrients on which sportsmen should pay their attention on.

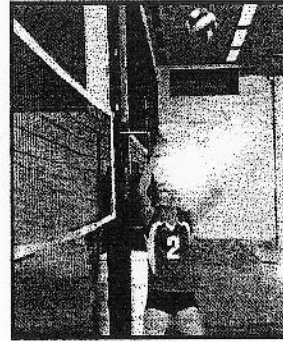
- (02) Man cannot live without the environment. But the present day man misuse the environment.
- (i) What is meant by land pollution?
 - (ii) What is the environmental factor that gets polluted by way of noisy vehicle horns?
 - (iii) Mention 3 environmental conditions that are unfavourable to man because of air pollution?
 - (iv) Write 2 causes for destroying sources of water.
 - (v) Mention 2 natural phenomena that cause problems in the environment.
- (03) Prevention is better than cure. Think about the situation an illness of a family member.
- (i) Mention 3 criteria for health promotion.
 - (ii) Mention 2 programmes that can be implemented in building up relationships between school and community.
 - (iii) Mention 3 programmes that can be organized in the school to develop skills.
 - (iv) Mention 3 advantages of health promotion.
- (04) Students engage in sports and acquire a lot of experience in life.
- (i) Mention 3 special qualities that a sportsman should develop while working as a team.
 - (ii) Mention 3 qualities you should develop while working as a team.
 - (iii) Mention two moral or ethical qualities that can be seen while participating or witnessing different games according to your experience.
 - (iv) Mention two types of local food items you should consume as a sportsman.
- (05) You have various skills and you must train properly to improve your talents.
- (i) Mention 3 physical fitness qualities to be developed in a sportsman.
 - (ii) What is the fitness quality to be developed for events like shot put and weights lifting.
 - (iii) Mention two activities to develop speed.
 - (iv) Mention the fitness quality to be developed for gymnastics.
 - (v) What is the physical fitness factor that can be developed by running nonstop for a long time?
- ((06) (i) Illustrate the Relay Batton change zone and the acceleration zone with the measurements.
- (ii) Mention the stages in the triple jump.
 - (iii) Mention the stages in the pole vaulting
 - (iv) Write two techniques of high jump
 - (v) Mention the stages in the shot put

(07)

A.



B.



- (i) Mention the skills shown in A and B.
- (ii) Draw the volleyball court and mark the measurements.

A.

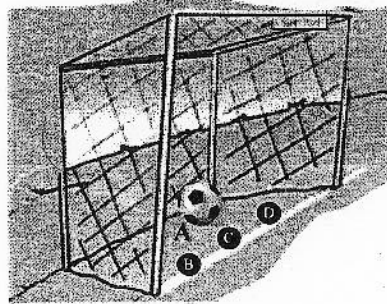


B.



- (iii) Mention the netball skills shown in A and B.
- (iv) Draw a netball court and mark the measurements.

(v)



according to football rules which of the 3 balls, A, B, C has gone into the goal?