



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

First Term Test 2018

Grade 07 **HEALTH AND PHYSICAL EDUCATION** Time : 2 hours

Name / Index No.

Part I

- Answer all questions on this paper itself.
- Two marks will be given for each question.

01. House is,

- (1) a place where we spend much time.
- (2) a temporary place of staying.
- (3) a place where we are free to make decisions.
- (4) a place where we can sleep much time.

02. Your responsibility as a member of the family is,

- (1) behaving noisily in the house.
- (2) not helping mother.
- (3) bringing health related messages to house.
- (4) fighting with brothers.

03. The most suitable way of spending leisure time fruitfully is,

- (1) watching TV always.
- (2) walking with friends.
- (3) reading books.
- (4) sleeping well.

04. A folk game that can be played without instruments is,

- (1) *Eluwankema*
- (2) *Pancha dameema*
- (3) *Leekeliya*
- (4) *Coppara coppara Pipingya*

05.



The above diagram shows,

- (1) an activity of football.
- (2) an activity of Cricket.
- (3) an activity of Netball.
- (4) an activity of Volleyball.

● **Select the most suitable answer from the brackets for the questions 06 - 10.**

(non-communicable / water / *walakaju gesima* / football / volleyball)

06. is a folk game.
07. diseases are caused lack of correct food habits.
08. Goal keeping is a skill of
09. Diarrhea is a disease that could be spread through
10. Underarm receiving is a skill of

● **Put a tick (✓) or a cross (✗) in the given brackets for the questions 11 - 15.**

11. Kicking with the inside of the foot, is a skill of football. ()
12. Cycling is a folk game in the new year season. ()
13. 5R method is used to manage waste. ()
14. It is good to use a lunch box to bring your food to school. ()
15. Reading books helps to develop the skills of creating. ()

● **Match the correct answer for the questions 16 - 20.**

16. A part of the physical environment. (i) *Olindakeliya*
17. A common feature of a folk game (ii) Over hand method
18. An indoor folk game (iii) Fresh air
19. A mental need (iv) Simplicity
20. A way of receiving the volleyball (v) Love

Grade 08

Health And Physical Education - Part II

- Answer only 05 questions including the question No. 01.

01. You should know the way how to build a healthy society as you are a child who studies *Health and Physical Education* and also you should develop physical fitness by engaging in sports activities and should be a better child in the society.

1. Write 02 features of mental environment in your house. (spiritual) (2m.)
2. Write 02 advantages of keeping better sanitary facilities in your house. (2m.)
3. Name two persons, in an extended family, who give you love and protection. (2m.)
4. Write two bad effects of lacking love and protection. (2m.)
5. Name two folk games that are played with instruments. (2m.)
6. Write an activity that can be used to practise the skill of underarm receiving of Volleyball. (2m.)
7. What is *foot work* of Netball? (2m.)
8. Write two ways of stopping the football. (2m.)

02. Healthy family environment is very important to lead a healthy life.

1. Write three features of a healthy house. (3m.)
2. Write two health policies of a school. (4m.)
3. Write by one tactic of using electricity and water frugally, in the school. (4m.)

03. Love and protection help to build a pious society.

1. What is protection? (3m.)
2. Write by two persons who give you love and protection away from house and school. (4m.)
3. Write two of your duties that you should do for those who give you love and protection at your school. (4m.)

04. We can see many special games during the new year season.

1. Name the folk game for which the following words are used.

Salu , Ondu , Bokka (3m.)

2. Write two folk games associated with dancing. (4m.)

3. Write two qualities that you can develop in you by engaging in folk games. (4m.)

05. The national game of Sri Lanka is Volleyball and it is popular among both men and women.

1. Define, *the service of Volleyball*. (3m.)

2. Write the two main methods of serving the Volleyball. (4m.)

3. Describe an activity that can be used to practise one of the methods. (4m.)

06. Netball is a popular game among women.

1. Write three more skills of netball except foot work. (3m.)

2. Write two activities that can be used to practise *foot work* briefly. (4m.)

3. Describe an activity that can be used to practise movements in different directions. (4m.)

07. The most popular game in the world is football.

1. Name three parts of the body that can be used to controll the football. (3m.)

2. Write two factors that should be cared when kicking the football with the inside of the foot. (4m.)

3. Briefly, describe an activity that can be used to practise *Ball controlling*. (4m.)

Answer Sheet - Part I

01. (2) 02. (3) 03. (3) 04. (1) 05. (3) 06. Walakaju gesima 07. non communicable
 08. football 09. Water 10. Vallyball 11. ✓ 12. ✗ 13. ✗ 14. ✓ 15. ✓
 16. 3 17. 4 18. 1 19. 5 20. 2

(20 x 2 = 40marks)

Part II

01. 1. ★ Love ★ Protection ★ rest etc..... (2m.)
 2. ★ being pleasant ★ being free from germs ★ breeding mosquitoes etc....., (2m.)
 3. ★ Uncle, Aunt, Father's younger brother, Mother's younger sister (2m.)
 4. ★ Breaking studies ★ When coming to school ★ Breaking peace in the family etc....., (2m.)
 5. ★ Mewarakeliya ★ Leekeliya ★ Porapolgesima etc....., (2m.)
 6. Give marks to relevant activity. (2m.)
 7. Foot work is the correct movement of the feet with the ball in hand. (2m.)
 8. ● Stopping the ball with the foot on the ball. ● Stopping the ball with the in side of the foot. ● Stopping the ball with the outside of the foot. (2m.)
02. 1. ★ Fresh air ★ Clean environment ★ Enough space (3m.)
 2. ★ Minimizing polythene usage ★ Disposing garbage properly ★ Using a lunch box (4m.)
 3. ★ ★ ★ (4m.)
03. 1. Make necessary arrangement to prevent them from would be harm. (3m.)
 2. ★ Doctor ★ Police officer ★ P.H.I. . (4m.)
 3. ★ Being obedient to the teachers. ★ No to hurt them. ★ Helping others. (4m.)
04. 1. "Pancha demeema" (3m.)
 2. Eluwankema, Mewarakeliya, Porapol gesima (4m.)
 3. ★ Leadership ★ Patience ★ Developing function of the body (4m.)
05. 1. Sending the ball to the opposite side from the serving area in order to start the game. (2m.)
 2. Over arm service / Under arm service (4m.)
 3. Give marks to a proper activities. (4m.)
06. 1. ★ Attacking ★ Defending ★ Shooting (3m.)
 2. Give marks to suitable activity. (4m.)
 3. Give marks to suitable activity. (4m.)
07. 1. Head, Chest, Thighs, Stomach (3m.)
 2. ★ Controlling the ball with the act of the foot.
 ★ Keeping the free foot near the ball.
 ★ Keeping the hands relaxed. (4m.)
 3. Give marks to a correct activity. (4m.)