



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

First Term Test 2018

Grade 09 HEALTH AND PHYSICAL EDUCATION Time : 2 hours

Name / Index No.

- Answer all questions on this paper itself. **Part I**
- Fill in the blanks using the correct words given in the brackets for question No. 01 to 05.

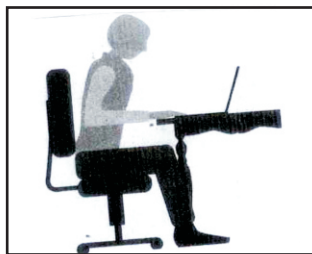
01. is known as the state of being free from diseases and being physically fit.
(Health / Physical health / Mental health)
02. Subjecting to diseases such as diarrhoea, allergies and cholera are due to
pollution. (air / water / land)
03. Encouraging someone to engage in antisocial activities is known as
(coercion / abuse / offense)
04. is an example for indoor games. (Football / Badminton / Rugby)
05. is a sport played without using equipments. (Kabadi / Squash / Hockey)

- Underline the correct answer for the question No. 06 - 10.

06.



A



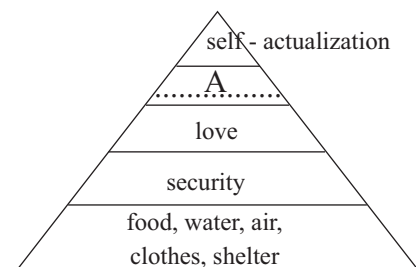
B



C

What are the correct postures depicted by above diagrams?

- (1) A and B (2) A and C (3) B and C (4) A, B, C
07. According to this diagram, what is labeled as A?
 - (1) Secondary need
 - (2) Self-esteem
 - (3) Fitness
 - (4) Education



08. Examples for a non-communicable disease and a communicable disease respectively,
 - (1) Dengue, Tuberculosis (2) Dengue, Cancers
 - (3) Diabetes, Malaria (4) Malaria, Diarrhoea

09. ★ Loss of tranquility
 ★ Stress
 ★ Difficulty in concentration

Above conditions occurs due to,

- (1) Water pollution (2) Air pollution
 (3) Sound pollution (4) Above all

10. A quality needed to attain self-actualization is,

- (1) being a master in the area studied. (2) being satisfied with what you have.
 (3) having good principles. (4) above all.

● **Put a right (✓) or wrong (✗) in the brackets given.**

- 11 Quantitative improvement of good interpersonal relationships lead to developing of healthy ways of thinking. ()
 12 Vitamin D deficiency causes Rickets. ()
 13 There are three major environmental aspects in pollution. ()
 14 With the Libero player, total number of players of a Volleyball team is 12. ()
 15 Camping is a outdoor educational activity. ()

● **Underline the correct answer for question No. 16 to 20.**

16. We can see that there are differences among individuals in a community. A reason is for this,

- (1) Various races (2) Various religions (3) Various skills (4) Above all

17. Games are,

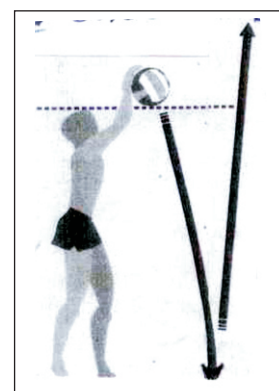
- (1) Physical or mental competitions, that are following accepted set of rules.
 (2) Physical competitions, that are not following accepted set of rules.
 (3) Competitions that are following accepted set of rules to develop mentality.
 (4) Competitions that are doing only for gain fun through activities.

18. The netball game starts with a,

- (1) side pass (2) centre pass
 (3) over head pass (4) bounce pass

19. A skill developed by the above depicted activity is,

- (1) Receiving
 (2) Spiking
 (3) Blocking
 (4) Setting



20. Next Olympic Games will be held in,

- (1) 2019 (2) 2020 (3) 2021 (4) 2022

Grade 09

Health And Physical Education - Part II

- Answer 05 questions including the question No. 01.

01. Damsara is a very popular child who was the best athlete of under 16 in the inter house sportsmeet. He is good at both athletics and games. He does not interrupt his studies because of his sports practices. But Damsara's mother is afraid of her son that he will be getting addicted to illicit drugs because of his companionship with youths of the village.

1. Write two athletic events which Damsara may be participated. (2m.)
2. Name two benefits which Damsara can be gained by, engaging in sports. (2m.)
3. Write two games which Damsara may be participated in the inter house sportsmeet. (2m.)
4. Write two things which are not mentioned in the paragraph that cause for the development of sports skills. (2m.)
5. Write two remedial actions that you can take for not interfering the sports to studies. (2m.)
6. Suggest two activities that can be engaged in to spend the leisure effectively, except sports. (2m.)
7. Mention two strategies that can be implemented to protect the youth from drug usage. (2m.)
8. Write two harmful conditions arisen due to the usage of drugs. (2m.)

(2x8 = 16m.)

02. Healthy person is a resource for the country.

1. What is meant by health of an individual. (3m.)
2. Name four health problems common in our society. (4m.)
3. Briefly explain two problems that you mentioned earlier by focusing on how those problems interfere the wellbeing of life. (4m.)

03. Experts say that, health promotion speeds up the development of the country.

1. Define the term 'Health promotion'. (3m.)
2. Write four themes of health promotion. (4m.)
3. Mention two examples of programmes which can be carried out under two themes that you mentioned earlier. (4m.)

04. Following correct postures is a feature of an attractive personality.
1. Write three advantages of following correct postures. (3m.)
 2. Write four physical deformities caused due to congenital or environmental factors. (4m.)
 3. Name four good habits that you can practise for preventing deformities and incorrect postures. (4m.)
05. Organized games are popular among all of us.
1. Mention three common features seen in organized games. (3m.)
 2. Write an example for each category of sport.
 - a. Water sports
 - b. Air sports
 - c. Winter sports
 - d. Self-defence sports (4m.)
 3. Write two physical skills and two psycho social skills developed by engaging in outdoor activities. (4m.)
06. Volleyball is the national game of Sri Lanka.
1. Write the number of front players and back players of Volleyball game separately. (3m.)
 2. Name four stages in spiking. (4m.)
 3. Write two factors to be considered by a player to perform an effective blocking. (4m.)
07. Netball is very popular among women.
1. Mention three ways of defending that can be seen in netball. (3m.)
 2. Write two fouls committed when shooting. (4m.)
 3. Describe an activity to practice attacking in netball. (4m.)

Answer Sheet - Part I

01. Physical health 02. water 03. coercion 04. Badminton 05. Kabadi
 06. (2) 07. (2) 08. (2) 09. (3) 10. (4) 11. (✖) 12. (✓) 13. (✖) 14. (✓) 15. (✓) 16. (4)
 17. (1) 18. (2) 19. (2) 20. (2)

Part II

(2 × 20 = 40m.)

01. 1. Athletic events - 100 m, 200 m, 400 m, long jump, high jump, shot put, discus throw, javelin throw etc..., (2m.)
 2. Improving physical fitness / being active / being free from diseases / having an attractive body / Improving learning skills etc..., (2m.)
 3. Volleyball, Elle, Cricket, Football etc..., (2m.)
 4. ★ Healthy food habits. ★ Adequate rest. ★ Following advices of teachers. ★ Using correct techniques etc..., (2m.)
 5. ★ Working according to a time table. ★ Not postpone the educational activities. ★ Engaging in practices in the evening etc..., (2m.)
 6. ★ Societies / clubs ★ Aethetic activities ★ Reading books ★ Meditation etc..., (2m.)
 7. ★ Awareness programmes. ★ Following advices of adults. ★ Using alternatives to spend the leisure effectively. ★ Explaining about the harmful effects of drugs. (2m.)
 8. ★ Subjecting to diseases ★ Economic problems ★ Being marginalized by the society ★ Deteriorate health (2m.)
02. 1. Complete state of physical, mental, social and spiritual wellbeing and not merely the absence of diseases or infirmity. (2m.)
 2. ★ Environmental pollution ★ Alcohol and drugs ★ Abuse and coercion ★ Accidents and disasters ★ Communicable and non-communicable diseases etc..., (2m.)
 3. Give marks for correct answers. (2m.)
03. 1. Health promotion is the process of enabling people to improve their health by gaining control over factors affecting health. (2m.)
 2. ★ Establishing policies regarding health. ★ Developing skills and knowledge on good health. ★ Creating a healthy environment. ★ Community participation. ★ Reorganization of health services. (2m.)
 3. Give marks for correct answers. (2m.)
04. 1. ★ Energy expenditure is minimized. ★ Less fatigue. ★ Increasing the efficiency. ★ Minimizing accidents. ★ Free from diseases etc..., (2m.)
 2. ★ Kyphosis ★ Lordosis ★ Scoliosis ★ Flat back ★ Bow legs and knock knees (2m.)
 3. ★ Having a balanced diet. ★ Engaging in exercises. ★ Adequate rest and sleep. ★ Maintaining the weight according to height and age. etc..., (2m.)
05. 1. ★ Having standard rules. ★ Fixed number of players. ★ Fixed court measurements. ★ Having standard equipments etc..., (2m.)
 2. a. Water sports - Swimming, water ballet diving etc...,
 b. Air sports - para jumps, sky diving etc...,
 c. Winter sports - snow skating, snow dancing etc...,
 d. self-defense sports - Karate, Wushu, Judo etc..., (2m.)
 3. Physical skills - ★ developing physical fitness. ★ Not getting fatigue easily ★ strengthening of bones and muscles etc..., / Psycho - social skills - ★ having joy and happiness ★ get used to work with cooperation ★ Leadership ★ Being friendly etc...,
06. 1. Front players - 3 players / Back players - 3 players
 2. Hitting approach - ● Take off ● Hitting the ball ● Landing
 3. Give marks for correct answers.
07. 1. ★ Defending the player. ★ Defending the ball. ★ Defending the position.
 2. Give marks for correct answers.
 3. Give marks for correct answers.