



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

**THIRD TERM TEST - 2018**

**Grade 07 HEALTH AND PHYSICAL EDUCATION**

Two Hours

Name / Index No. :

- Answer all questions. **PART - I**
- Underline the most suitable answer for the question No. 01 - 05.

01 An environment with the features such as, pure air, food, water and sanitary facilities, is known as,

- (1) physical environment (2) mental environment  
(3) social environment (4) all of the above

02 Write a duty that you should do for those who give love and protection is,

- (1) being obedient to them (2) criticizing their ideas  
(3) helping them (4) preventing them from being sad

03 What is the posture depicted by the following posture?



- (1) Kneeling  
(2) Sitting on heels  
(3) Sitting - crossed legs  
(4) Crook sitting

04 Choose the correct saying about the posture of lying,

- (1) Lying cannot be used for exercising.  
(2) Lying in crook position is a correct posture of lying.  
(3) Lying in crook position is an incorrect posture of lying.  
(4) Excessive amount of energy is wasted for correct posture of lying.

05 Folk games can be categorized as,

- (1) out door folk games (2) folk games with equipments  
(3) folk games associated with religion (4) all of the above

- **Put a tick (✓) or a cross (✗) in the given brackets for the questions 06 - 10.**

- 06. Court defending is a skill of volleyball. (.....)
- 07. Skills of Netball cannot be practiced without the ball. (.....)
- 08. There are three stages of correct jumping. (.....)
- 09. Throwing is used only for athletics. (.....)
- 10. The behavioral patterns that are used for keeping the wellbeing of a society is known as ethics. (.....)

- **Fill in the blanks of the question No. 11 - 15, choosing the most suitable answer from the brackets.**

- 11. .... grows our body. (Protein / Vitamin / Carbohydrates)
- 12. .... can be known as one of our traditional food. (Kottrottee / Diyabath / Noodles)
- 13. .... is an organ of the blood circulatory system. (Heart / Lung / Liver)
- 14. Bladder is an organ of the ..... system. (digestive / respiratory / excretory)
- 15. .... is the ability of doing a certain task within the shortest period of time. (Speed / Strength / Flexibility)

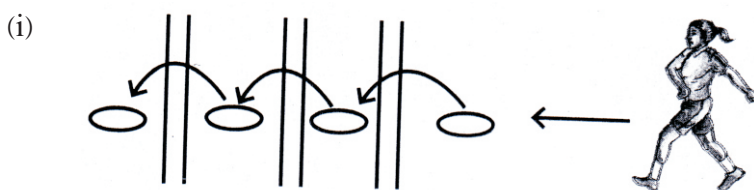
- **Match 'A' with 'B'.**

- | Part A          | Part B                          |
|-----------------|---------------------------------|
| 16 Flexibility  | (a) a hormone                   |
| 17 600m running | (b) a non communicable disease  |
| 18 Happiness    | (c) a fitness factor            |
| 19 Oestrogen    | (d) a test to measure endurance |
| 20 Thalassemia  | (e) an emotion                  |
|                 | (f) a communicable disease      |

● **Answer only five questions including the question No. 01.**

- 01 You are an adolescent, Parents are bound to look after you at home and the teachers are bound to protect you at school. Those who are in this age should be careful to keep correct postures, to engage in sports, following rules and regulation and to be free from communicable diseases and then you can lead a better life.
- (i) Write 02 groups of people those who love and protect you. (02m.)
  - (ii) Write 02 correct features of correct walking. (02m.)
  - (iii) Write 02 advantages of using correct posture of sitting. (02m.)
  - (iv) Define ' the rules and regulations in sports'. (02m.)
  - (v) Write 02 advantages that you can get by following rules and regulations of sports. (02m.)
  - (vi) What is the age limit that the stage of life mentioned in the above passage belongs to. (02m.)
  - (vii) Write 02 secondary sexual characteristics that can be appeared in that stage. (02m.)
  - (viii) Write 02 health habits that can be followed to avoid noncommunicable diseases. (02m.)
- 02 The concept of health promoting can be used to develop the features that should be in a healthy family environment.
- (i) Write 03 steps of health promotion. (03m.)
  - (ii) Write 02 advantages that you can get by having a favorable mental environment. (04m.)
  - (iii) Write 04 activities that you can use to spend your leisure time effectively. (04m.)
- 03 The nutrients that you get from your food give the nutritional requirements that body needs.
- (i) Write the 03 macro nutrients. (03m.)
  - (ii) Write 02 advantages of having fibrous food items. (04m.)
  - (iii) Write 02 ways that you can contribute to find nutritious food. (04m.)
- 04 Taking Oxygen into the body from the environment and passing out CO<sub>2</sub> from the body are the two main functions done by me.
- (i) Who am I? Write 02 organs that belong to me. (03m.)
  - (ii) Write 02 diseases that I have to face. (04m.)

- 05 Keeping physical fitness in a favorable manner is very important to lead a healthy life,
- (i) Write 03 advantages of developing physical fitness. (03m.)
  - (ii) Write 02 day to day activities that can be used to develop physical fitness factors. (04m.)
  - (iii) Explain the way a fitness factor is measured in your school. (04m.)
- 06 Athletics is very helpful to lead an active and a healthy life and it has been developed through our natural movements as walking, running, jumping and throwing.
- (i) What are the main stages of long jump. (03m.)
  - (ii) Write 02 features of the movements of legs and hand in a correct running. (04m.)
  - (iii) Explain an activity that can be done for practicing throwing. (04m.)
- 07 Various kinds of activities can be created for practising the skills of Volleyball, Netball and Football.



What is the skill of Netball that could be developed by using the activity depicted by the above diagram. (03m.)



Write two facts that should be considered when the activity depicted by the above diagram is being practised. (04m.)



Explain an activity that could be used to practise the skill depicted by the above diagram. (04m.)

**Grade 07 ANSWER PAPER - PART - I Health & Physical Education**

(01)	1	(02)	3	(03)	3	(04)	2	(05)	4	(06)	✓	(07)	✗	(08)	✓
(09)	✗	(10)	✓	(11)	Potein	(12)	Diyabath	(13)	Heart	(14)	Excretory				
(15)	Speed	(16)	c	(17)	d	(18)	e	(19)	a	(20)	b	(2 × 20 = 40 marks)			

**PART - II**

- 01 (i) Parents / Teachers (02m.)  
 (ii) Keeping the body straight / Similar gap among steps / Weight of the body moves from heel to the toes of the foot. etc., (02m.)  
 (iii) Pleasant appearance / developing personality / tirelessness etc., (02m.)  
 (iv) An agreed set of conventions in accordance with which a sport has to be conducted. (02m.)  
 (v) developing personal skills / being admired in the society / being able to play without conflicts. etc., (02m.)  
 (vi) 10 - 19 years old (02m.)  
 (vii) Increasing height and weight / Pimples in the face / Hair around the sex organs (02m.)  
 (viii) Consuming (healthy) nutritious food  
 Engaging in exercises  
 Being refrained from smoking (02m.)
- 02 (i) Making policies, Developing knowledge and skills, creating a health environment, obtaining the support of the community, Making proper use of the health services provided (03m.)  
 (ii) Solving problems / getting joy / being free from stress etc., (04m.)  
 (iii) Engaging in sports / Engaging in aesthetic activities Engaging in home gardening Engaging in literature Going on trips (04m.)
- 03 (i) Carbohydrates, Protein, Fat (03m.)  
 (ii) Being easy to be digested / Being easy to excreting (Being easy to pass faeces) / Being late to absorb cholesterol to blood. (04m.)  
 (iii) Be used to consume food prepared at home.  
 Being aware of adverising through media.  
 Using nutritious short-eats (04m.)
- 04 (i) Respiratory system / Lungs / Alveoli / Trachea etc., (02m.)  
 (ii) Flue (cold) / Tuberculosis / Lung cancer etc., (04m.)  
 (iii) Avoiding (refraining) from smoking / Engaging in excises / Being away from unhealthy environment (04m.)
- 05 (i) Being efficient / Being healthy / Loss of obesity / Less fatigue (03m.)  
 (ii) Walking, Swimming, Cycling, Day to day house hold activities (04m.)  
 (iii) Give marks for appropriate answers. (04m.)
- 06 (i) Take off, Flight, Landing (03m.)  
 (ii) Swinging hands forward and backward after bending at elbows.  
 Moving legs and hands rhythmically as left leg to right hand. (04m.)  
 (iii) Explaining a suitable activity for training throwing. (04m.)
- 07 (i) Foot work  
 (ii) Kicking with the out side of the foot.  
 Eyes must be focused on the ball.  
 After kicking the ball, the foot used for kicking must move forward. etc., (04m.)  
 (iii) Give marks for appropriate answers. (04m.)