



**Third Term Test - Grade 9 - 2019**  
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**Name/Index No: ..... Health and Physical Education Time: 02 hours**

**Part I**

- \* Answer all questions.
- \* Two marks for each question and the total is 40 marks.

● **Underline the most suitable answer.**

- (1) Health is a state of being free of diseases and disabilities, and having physical, mental, social and spiritual well being, mental health is,
  - (i) Having physical fitness while refraining from diseases.
  - (ii) Living effectively in the society while facing challenges successfully.
  - (iii) Living co-operatively with the people around us.
  - (iv) Maintaing healthy relationships by identifying meaning of life.
  
- (2) Excessive curvature of the lower region of the spinal cord.
  - (i) Kyphosis
  - (ii) Scoliosis
  - (iii) Lumba Iordosis
  - (iv) Flat back
  
- (3) A diet which contain all the nutrients required to our body is,
  - (i) Balanced diet
  - (ii) Special diet
  - (iii) Lunch
  - (iv) Dinner
  
- (4) An adverse effect due to not receiving proper nutrition during adolescence for girl?
  - (i) Will be healthy
  - (ii) Low birth weight
  - (iii) Ability to free from diseases.
  - (iv) Be an active person
  
- (5) According to classification of games, a self defenced game is,
  - (i) Kabadi
  - (ii) Cricket
  - (iii) Diving
  - (iv) Kung Fu
  
- (6) Games that played using standard equipment, play ground and standard rules and regulation is,
  - (i) Minor games
  - (ii) Enjoyable game
  - (ii) Organized games
  - (iv) Non-organized games
  
- (7) If the receiver looks at the baton when receiving the baton in a relay race, it is called,
  - (i) Non-visual pass
  - (ii) Outside pass
  - (ii) Mixed pass
  - (iv) visual pass

- (8) A test mostly used in school of Sri Lanka, to measure the muscular endurance,  
 (i) 600m continuous running (ii) Sit up test  
 (iii) Jump and reach the wall test (iv) Sitting and reach test.
- (9) An advantage gain by maintaining correct postures,  
 (i) Looks pleasant (ii) Minimized accidents.  
 (iii) Minimized waste of energy (iv) Above all
- (10) In 2020 the Olympic games will be held in,  
 (i) Japan (ii) America  
 (iii) China (iv) England

● **Fill in the blanks of the questions 11 - 15 choosing the most suitable answer from the brackets.**

- (11) ..... can be caused as a result of air pollution.  
 (Cancers / Hepatitis / Cholesterol)
- (12) The system which is related to producing offspring is .....  
 (Respiratory system / Blood circulatory system / Reproductive system)
- (13) ..... of calories are required for a breast feeding mother per day.  
 (2700 / 3200 / 2200)
- (14) ..... is the stage before the releasing of the equipment.  
 (Starting position / Power position / Releasing position)
- (15) Acting towards minimizing the social problems of yourself and community is known as .....  
 (Health promotion / Total health / Social health)

● **Read the following statements of the questions 16 - 20 and mark ( ✓ ) if correct and mark ( ✕ ) if incorrect.**

- (16) Helping others by understanding their feelings is sympathy. ( )
- (17) Placing the hand on the ball or shaking the net ball post is not a foul in netball. ( )
- (18) A correct posture is the proper alignment of body to carry out daily activities easily. ( )
- (19) Appearing of teeth at two different time is diphyodont. ( )
- (20) In football game "throw in" is used to bring the ball back to the court when the ball has gone out of the court across the side line. ( )

(2 × 20 = 40 Marks)

## Part II

● Answer only 5 questions including the question no. 01.

- (1) Dharmasoka College has organized outdoor education activities and relay carnival with related to annual sport day in 2019. All the students were gathered in the outdoor tents according to their houses. Lectures were held about, rules regulations and ethics, communicable diseases and non-communicable diseases in the morning. After the lunch break, they conducted some out door activities practically. Relay running events were an attractive events, held in this programme of the spectators. Finally, they end up their programme by a bonfire.
- (i) What are known as rules, regulations in sports as depicted by the lectures?
  - (ii) Write 2 bad impacts of not following rules, regulations.
  - (iii) Write 2 relay events which was at the relay carnival.
  - (iv) Write 2 knots or lashes that can be used in preparing tents.
  - (v) Write 2 types of bonfires that could be used in bonfires.
  - (vi) Name 2 types of hearth / fire places that are used to cook food in outdoors.
  - (vii) Write 2 ways of transmitting communicable diseases.
  - (viii) Write 2 examples for non-communicable diseases.
  - (ix) Mention 2 ways that can follow to minimize mosquito breeding places.
  - (x) Mention 2 social skills gain by the children by conducting a bonfire.
- (2 × 10 = 20 Marks)
- (2) We have to face different challenges and situation in our life.
- (i) Mention 4 challenges we face mostly in present. (4 marks)
  - (ii) Name an example for instant food and write 2 bad effects to our body by consuming them. (3 marks)
  - (iii) Write 3 precautions to avoid flood conditions. (3 marks)
- (3) The main reasons of occurring health problems are, careless, actions of human and natural phenomenons. To minimize this condition, health promotion should be strengthen.
- (i) Write 4 barriers related to social health promotion. (4 marks)
  - (ii) Write 4 advantages gain by the society through health promotion. (4 marks)
  - (iii) Name 2 strategies of health promotion. (2 marks)
- (4) Needs of Nutritions change in different stages of the life cycles.
- (i) How many main functions are done by food we take and what are they? (4 marks)
  - (ii) Name 4 groups of people having special nutritional needs. (4 marks)
  - (iii) Write 2 conditions arise due to missing the breakfast and taking excess amount of instant food. (2 marks)
- (5) Good relationships should build between parents and children and also husband and wife by understanding special duties assigned as socially and economicaly in family.
- (i) Write 4 responsibilities of parents towards their children. (4 marks)
  - (ii) List out 4 duties and responsibilities of husband towards his pregnant wife. (4 marks)
  - (iii) Write 5 conditions arise due to negative consequences of irresponsible sexual behaviour before marriage. (2 marks)

- (6) A special place is assigned for athletics in sports field.
- (i) According to classification of athletics, write 2 jumping events. (2 marks)
  - (ii) Name 2 techniques of long jump event. (2 marks)
  - (iii) Write 2 rules and regulation related to high jump. (2 marks)
  - (iv) Select one of the event mentioned below and write 2 basic activities.
    - (a) Shot put
    - (b) Discus throw
    - (c) javelin throw(use diagrams if necessary) (4 marks)
- (7) (i) What is the technique used in football game in preventing the ball from entering the goal. (2 marks)
- (ii) Write 2 skills in netball game. (2 marks)
  - (iii) Write 2 ways of defending an opposing member in netball game. (2 marks)
  - (iv) Write 2 faults of blocking the ball in volley ball game. (4 marks)

**Third Term Test - Grade 09 - 2019**

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**Health and Physical Education - Answer Sheet**

**Part I**

- |     |       |      |       |      |                     |      |   |
|-----|-------|------|-------|------|---------------------|------|---|
| (1) | (ii)  | (6)  | (iii) | (11) | cancer              | (16) | ✓ |
| (2) | (iii) | (7)  | (iv)  | (12) | reproductive system | (17) | × |
| (3) | (i)   | (8)  | (iii) | (13) | 3200                | (18) | ✓ |
| (4) | (ii)  | (9)  | (iv)  | (14) | power position      | (19) | × |
| (5) | (iv)  | (10) | (i)   | (15) | health promotion    | (20) | ✓ |

(2 × 20 = 40 marks)

**Part II**

- (1) Compulsory question.
- (i) Give marks for the correct definition.
  - (ii) Liable to be sent out of the game, To be debarred from the sports, face disgrace, face criticism, negligence, lose respect from spectators.....etc.
  - (iii) 500m × 4, 100m × 4, 200m × 4, 400m × 4, medly relay.
  - (iv) Reef knot, sheet bend, bowline knot, clove hitch, square lashing, shear lashing.
  - (v) Pyramid fire, 'A' fire, Reflector fire, rectangular fire.
  - (vi) Three - stone fire place (Carter's fireplace), ditch fire, stone - row fire place, Unit fire place, Double - fork fire place, Flat-rock fire place, Tin can stove.
  - (vii) Air, water, food, animals, touch, sexually transmitted diseases / unsafe sexual behaviour.
  - (viii) Diabetes, High blood pressure (Hypertension), cancer, Hearts diseases.....etc.
  - (ix) Suitable answers for the breeding of dengue mosquitoes....
  - (x) Co-operative, collaboration, respect the leaders....etc. (2 × 10 = 20 Marks)
- (2)
- (i) food, diseases, weather, disaster, culture, new technology conflict.
  - (ii) potato chips, desert which are high in sugar, toffees, fizzy drinks....etc.  
obesity, diabetes, hypertension, increased cholesterol level of body.
  - (iii) Not blocking water ways, not lifting lowlands, arrange proper ways to flow water, creating town according to a plan, creating underground water system.
- (3)
- (i) Air pollution, water pollution, land / soil pollution, noise pollution, communicable diseases, tobacco and related drugs, accidents, abuse and coercious, nuisance.
  - (ii) Ensuring a pleasant environment, minimizing conflicts, reduction of communicable diseases, retrenchment for health developing good environment, extensive social relationships improved quality of life.
  - (iii) Arrange health policies.  
Improve knowledge and skills of health.  
create a healthy environment.  
community participation for health.  
Re-organizing of health services.  
develop skills about health.

- (4) (i) Three (3)
1. Body with energy
  2. Repair our body/ To growth of the body
  3. Protect our body
- (ii) Pregnant mothers, breast feeding mothers, sports persons, sick person, people who do heavy work, vegans.
- (iii) When get used to the above habits the body get excess calories and limited amount of nutritious food. This leads to getting various illnesses.
- \* Over weight and illnesses.
  - \* More susceptible to develop non communicable diseases....etc.
- (5) (i) Provide adequate nutrition, provide love and protection, provide opportunities to express their ideas and develop their creativity, provide a suitable time for the engage enjoyable activities, protect from accident, help for the children to learn, provide a conflict free home environment....etc.
- (ii) Provide adequate love, care and security for the wife, provide food, attend the maternity clinics with the wife, provide a home and environment suitable for her, engage in religious activities, avoid alcohol consumption and smoking.
- (iii) Disruption of education, unplanned pregnancies, breakdown of mind, sexually transmitted diseases, break up of family relationship, disruption of future plans.
- (6) (i) Horizontal jump, verticle jump
- (ii) Hang technique  
Sail technique  
Hitch kick technique
- (iii) \* After 3 consecutive failiures, the jumper is removed for the competition.  
\* Take-off should be taken from one foot.  
\* If the crossbar falls the supports due to same action of the jumper while jumping, it is considered to be a failure.  
\* If the jumper touches with any part of the body. the area outside the two posts or the landing area before clearing the bar.
- (iv) Using some substitute equipments and throw.  
rotate and throwing  
first using easy equipments  
finally using the standard equipment.
- (7) (i) Technique of goal keeping
- (ii) Ball controlling, footworking, attacking, defending, shooting
- (iii) standing infront of the attacker  
standing behind the attacker  
standing opposite the attacker  
standing beside the attacker
- (v) Blocker's hand toucher over the top level of the net.  
Blocking the ball by the libero player.  
A blocker should touch the ball is in the opponents side.