



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

THIRD TERM TEST - 2019

Grade 11 HEALTH AND PHYSICAL EDUCATION - I Time : 1 hour

Name / Index No.

- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternative (1), (2), (3), (4) which you consider as correct or most appropriate.
- Mark a (x) on the number corresponding to your choice in the answer sheet provided.

01. The following answer was written by a student of grade 11 for a question.

"The ability to identify one's own talents, and use them for the betterment of the society, to face challengers successfully and be a productive and happy member of the society." Select the question relevant to the above answer,

- (1) What is social health? (2) What is quality of life?
(3) What is mental health? (4) What is empathy?

02. A - Proper disposal of garbage.

B - Provide school dental clinical facilities for the students who are above 18 years of age.

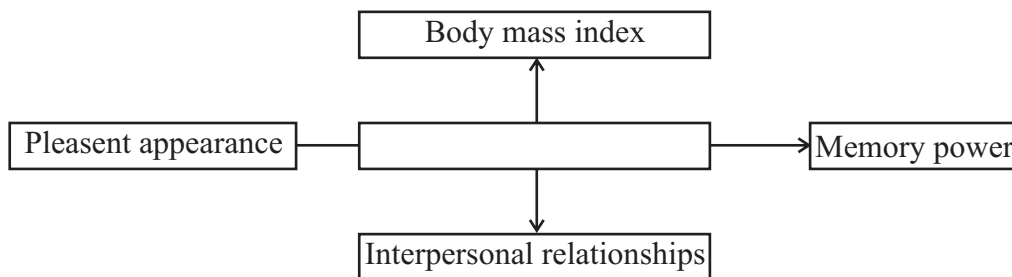
C - There should not be any form of harassments and insults.

D - Encourage to use chemical fertilizer for the home gardens.

From the above details which can be considered as health promotional policies to create a favourable environment for the health promotions.

- (1) A and B (2) A and C (3) B and D (4) C and D

03. The most suitable sentence for the empty cage in the following diagram is,



- (1) criteria to assess the state of individual health.
(2) criteria to assess the state of physical health.
(3) criteria to assess the state of mental health.
(4) criteria to assess the physical fitness.

04. What is the most correct statement about the infant stage from the following statements,

- (1) Powdered milk can be given to the infant after 03 months of age.
- (2) Salt and sugar must mix to the infant food.
- (3) On completion of 04 months, complementary food should be started.
- (4) The infant should be given only breast milk during the first six months.

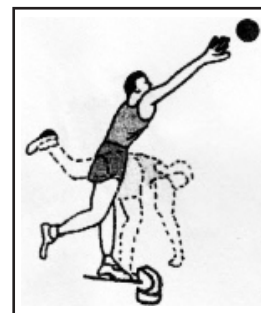
05. He always expects love and kindness from his children and grandchildren. In the mean time his physical fitness and the mental fitness become weak. He likes to engage in more religious activities to over come his loneliness. He is happy when others accept him.

According to above information it can be guessed that he is a,

- (1) A middle age person accepted by the society.
- (2) A helpless father neglected by the children.
- (3) An old aged person.
- (4) A person suffering from mental stress.

06. This diagram shows the follow through stage of the shot put. In this stage the athlete maintains the balance by,

- (1) Having the centre of gravity at a higher position.
- (2) Standing with one foot.
- (3) Widening the supporting base.
- (4) Having the centre of gravity at a lower position.



07. According to this figure it is more difficult to lift object B than the object A. Because the resistance of object B to move is higher. It is known as,

- (1) Force
- (2) Inertia
- (3) Momentum
- (4) Direction of force

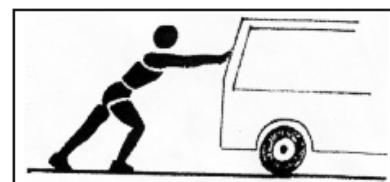


08. In sports and Physical Education activities, athletes or equipment are sometimes released to the air. It is known as projection. Here the athlete or the equipment are known as projectile. The event that the athlete's body function as a projectile is,

- (1) 400m
- (2) Shot put
- (3) Javelin throw
- (4) 100m hurdles

09. The correct feature shown in this posture is,

- (1) The line of gravity stays away from the supporting base.
- (2) The size of the supporting base is smaller.
- (3) The centre of gravity is at a higher level.
- (4) The head, torso and the back foot lie in a straight line.



10. An outdoor activity doing by using a compass and map reading is,

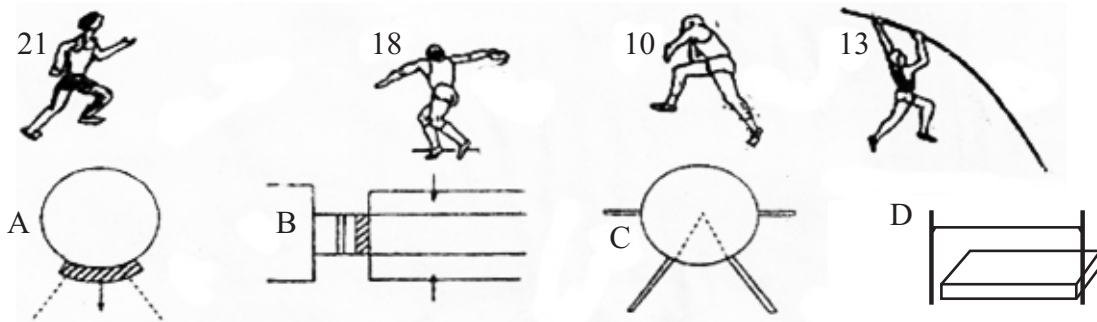
- (1) Camping
- (2) Cycling
- (3) Jungle exploration
- (4) Bonfire

11. The field event which is not included into Pentathlon is,

- (1) Triple jump
- (2) Long jump
- (3) Javelin throw
- (4) Discuss throw

12. How many hurdles that the hurdler should run over in the 100m hurdling event?
 (1) 7 (2) 9 (3) 10 (4) 11

- Answer questions 13 to 15 by using the athletes No. 21, 18, 10 and 13 and the diagrams of play area A, B, C and D.



13. Which play area is used by the athlete No. 21 for his event?
 (1) D (2) B (3) A (4) C
14. The competitor who has to report to the play area C, for his event is,
 (1) 10 (2) 18 (3) 13 (4) 21
15. The athlete who uses the Parry O'Brien technique should report to the play area,
 (1) A (2) B (3) C (4) D

16. This diagram shows a technique of a jumping event. It is,
 (1) Sail technique
 (2) Straddle
 (3) Scissor jump
 (4) Fos bury flop



17. During a javelin throw event, the following incidents have been happened.
- A - The javelin landed on the sides of the angle marked on the landing area.
 - B - The metal point of the javelin hit the landing area before any other part of the javelin touched the ground.
 - C - The athlete made a complete turn of the body and threw the javelin.
 - D - While the javelin was being thrown, the other end of the javelin was hit the ground at the moment of releasing it.

Among the above incidents,

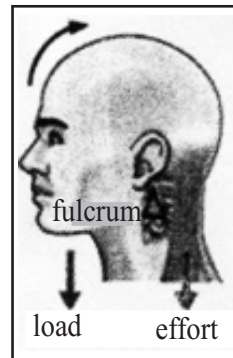
- (1) A and B correct (2) B and D correct (3) B and C correct (4) A and C correct
18. A - Communication skill
 B - Being not flexible
 C - Skills in human resource management
- Among the above qualities, which qualities that a manager should possess.
 (1) A and B (2) A and C (3) B and C (4) all the above qualities

19. A possible condition can be happened to an athlete when the use of illegal performance enhancing drugs is,
 (1) Providing protection (2) Social acceptance
 (3) Secure of the players rights (4) Loss of skills

20. A compulsory physical education programme that could be implemented in a school is,
 (1) Physical fitness programme (2) Cadeting camps
 (3) Inter school competitions (4) Organizing walks
21. An effect of Iodine deficiency that could be influence for the well-being of an individual is,
 (1) Existance of defects in eye sight. (2) Interfere with the intellectual development.
 (3) Anaemia. (4) Decayed mouth.
22. Asserting that there is no harm or danger occured by the food in the preparation and consumption is,
 (1) Fortified food (2) Food Adulteration
 (3) Food allergies (4) Food security
23. When adding melomine to the milk powder,
 (1) Increase nutrition (2) decrease nutritional value
 (3) increase immunity power (4) developing brain power
24. A method that should not be followed when cooking is,
 (1) Cooking sprats and tomatoes together.
 (2) Mixing drumstick leaves (Murunga leaves) when cooking rice.
 (3) Adding yoghurt when preparing yellow rice.
 (4) Cooking lentils and legumes with grains.
25. It is not an important factor when consuming food for a healthy life,
 (1) Minimizing the use of salt. (2) Reducing the amount of fat and oil in food.
 (3) Consuming food rich in fiber everyday. (4) Eating food until the stomach full.
26. A - Manufacture blood corpuscles.
 B - Storage of glycogen needed to genarate energy.
 C - Protects the internal organs.
- From the above details functions of the skeletal system are,
 (1) A and B (2) A, B and C (3) A and C (4) B and C
27. The function of epiglottis in the larynx is,
 (1) Helping to exchange air.
 (2) Prevention of food from entering the trachea.
 (3) Pushing the food in to the Oesophagus.
 (4) Purification of air.
28. Select the correct order where the food travels through the digestive system,
 (1) mouth oesophagus stomach small intestine large intestine
 (2) mouth oesophagus small intestine gall bladder pancreas
 (3) oesophagus stomach liver small intestine large intestine
 (4) small intestine stomach liver gall bladder large intestine

29. The following diagrams shows the two movements of bones and muscles of the human body. The types of levers relevant to these movements are,

- (1) A type I lever B type II lever
- (2) A type I lever B type III lever
- (3) A type III lever B type II lever
- (4) A type II lever B type III lever



A



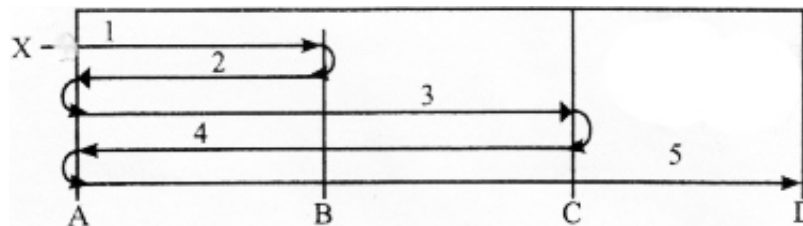
B

30. • Improves the Oxygen circulation in the body.
• Able to perform more work with less effort.
• Burning fat and weight reduction.

Which of the physical fitness have to be developed for gaining above benefits,

- (1) Flexibility
- (2) Cardio vascular fitness
- (3) Speed
- (4) Body composition

31. The activity depicts in the following diagram is more suitable for,



- (1) improving balance (2) improving coordination
- (3) improving speed (4) improving agility

32. The examples of instances where reaction speed is useful in sport,

- A - At the start of short distance running events.
- B - The wicket keeper should have the reaction speed to keep the wicket.
- C - To run between the stations (Katti) in elle.

- (1) A and C (2) A, B and C (3) A and B (4) C and B

33. An activity for improving the coordination is,

- (1) Doing exercises according to the musical rhythm.
- (2) Jump up and turn full circle and land on the ground.
- (3) Run fast for approximately 30m.
- (4) Hop forward with one foot.

34. A person who got mental stressed might have to face one of the following affects in the society,
- (1) failure of education (2) poor immunity
(3) loss of social acceptance (4) poor memory power
35. One of the health related physical fitness components is, the amount of fat in a healthy person is mentioned as a percentage of the body weight. This physical fitness component is known as,
- (1) Reaction speed (2) Body composition
(3) Flexibility (4) Balance
36. The condition occurs when the reduction of oxygenated blood to the brain temporary is,
- (1) Stress (2) Dehydration (3) Shock (4) Faint
37. When giving first aid according to the Basic Life Support method, the first aider should first follow is,
- (1) Opening the patient's airway if it has been blocked.
(2) Checking whether the blood circulation is functioning.
(3) Giving artificial respiration if it is necessary.
(4) Paying attention for the disability.
38. When diagnosing a person's blood positive with HIV antibodies a further confirmatory test has to be done, That is,
- (1) Elisa Test (2) Rapid Test
(3) Western Blot Test (4) X-ray test
39. Which of the following instances that HIV/AIDS can be infected,
- (1) By a mosquito which stung to an infected person.
(2) Via blood transfusion of an infected person.
(3) By towels which used by an infected person.
(4) Living in a same house with an infected person.
40. Which of the sport that the world Wimbledon Trophy tournament is being held for?
- (1) Boxing (2) Badminton (3) Tennis (4) Football



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Third Term Test 2019

Grade 11 **HEALTH AND PHYSICAL EDUCATION - II** Time : 2 hours

Name / Index No.

- **First question is compulsory. Select 02 questions from Part I and 02 questions from Part II and answer 05 questions only.**

(01) Dhanuja and Vinuja study in Grade 11 at Hansagiri Vidyalaya. Dhanuja was the first runner of the 4 x 100m relay race and he won the 1st, place at the Provincial sports competition. Vinuja actively engaged in organizing the inter-school Volleyball tournament which was held for the Sports Day of his school. There were six teams participated in it and the defeated teams were removed from the tournament.

Dhanuja normally has, his breakfast at home where as Vinuja always buys some food from the canteen for his breakfast Dhanuja's Body Mass Index is within the green zone in the chart and Vinuja's is in the light purple zone. One of the athletes collided with another athlete and got swollen muscles and the first - aid was given him by Vinuja.

- Mention Dhanuja's and Vinuja's nutritional status separately according to their body Mass index and the colour zones depict them.
- Present two healthy life styles to maintain the body Mass index within the healthy zone.
- Write two special abilities that Dhanuja might have as the first runner of the 4 x 100m relay team.
- Name two organized games that can be functioned in the school except the mentioned organized game.
- Mention two things that Vinuja should take into consideration when choosing suitable food to consume from the market.
- Write down two dynamic postures that players are likely to follow when playing volleyball.
- Mention the method of first aid should be provided by Venuja to the athletic who got swollen muscle.
- Name the tournament method that was used in the Volleyball tournament organized by Hansagiri Vidyalaya and write down your reason for doing so.
- Sketch the draw according to the above mentioned tournament method with the participation of six teams.
- Suggest two other activities that adolescents can engage in to take advantage of their skills (potentials) except the participation in sports.

(02 × 10 = 20 m.)

PART - I

- (02) Our food is very important to lead a healthy life. By planning a well-balance diet the nutritional problems can be minimized. Therefore the development of knowledge related to nutrition and food habits must be properly adjusted.
- (i) Mention three ways that you can contribute as a student to improve the nutritional status of your family by minimizing the nutritional problems. (03m.)
 - (ii) Write down 3 methods in which the nutritional quality of food could be protected and increased. (03m.)
 - (iii) State two factors that affect the food safety. (02m.)
 - (iv) Write down an advantage and a disadvantage when consumption of junk food. (02m.)
- (03) At the zonal sports competition, Nimal and Kamal showed their skills by winning the first places at 100m sprint and 5000m race respectively.
- (i) Regarding the above information state separately the types of muscle fibres each of them have in higher ratio. (02m.)
 - (ii) Name the energy supplying method that help Kamal for his event and express it as an equation. (03m.)
 - (iii) Mention three wonderful functions of nervous system regarding the movements. (03m.)
 - (iv) Name two locations where hinge joints that help for the movement present in the body. (02m.)
- (04) Explain in brief, the way you face to the following challengers successfully.
- (i) While you are practising with the target of participation in the all island sports competitions, one of your friends suggests you to use illegal performance enhancing drugs saying that it is easy to win the competition
 - (ii) Your younger sister has a habit of consuming junk food like ice-cream, bites etc. when she is returning home from school every day.
 - (iii) One of your classmates is worrying about her fifteen years old sister because she is not attained to the puberty yet.
 - (iv) One of your classmates has a habit of using mobile phone constantly. One strange person requests her to start a love affair through the facebook.
 - (v) You see that your heighbour's kid is playing near an unprotected well.
- (2 × 5= 10m.)

PART - II

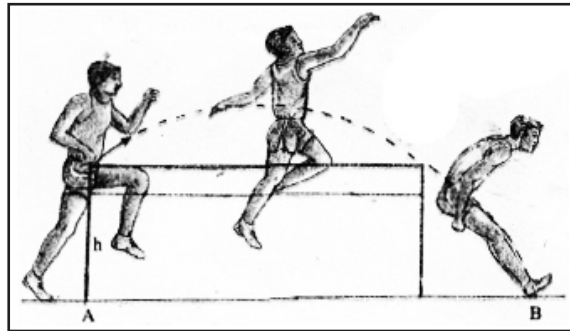
- (05) The classification of athletic events is done by according to the distance of walking and running events, the way of take off of jumping events and the way of throwing of throwing events.
- (i) An athlete participated in an event which consists of three jumps and three landings. Name the event that he participated in and name the three jumping phases of that event. (03m.)
 - (ii) Write down two main factors that influence the speed of the running competition. (02m.)
 - (iii) Mention two reasons that the jump is considered to be foul, in high jump. (02m.)
 - (iv) Mention separately the distance of the men's and women's hurdling events at national and international levels. (03m.)

(06) Physical fitness is the abilities that can be improved to perform physical activities effectively.

- (i) Name two health related physical fitness factors. (02m.)
- (ii) ● Brisk walking more than 30 minutes. ● Cycling.
● Engaging in aerobics.

State three benefits by engaging in the above activities. (03m.)

- (iii) This diagram shows the path of the centre of gravity of a long jumper from his take off to landing. Mention two factors that effect the performance of the long jumper. (02m.)

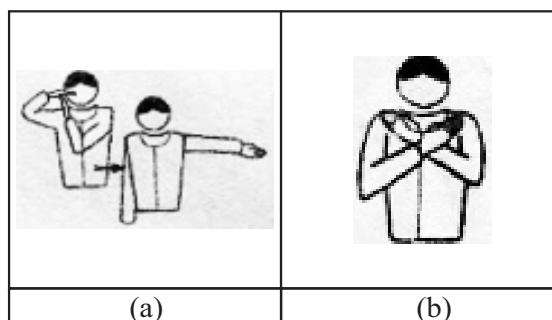


- (iv) When playing 'elle' you can easily catch the ball that the player throws at you. But if a heavier object is thrown at you, it would be more difficult to catch it.
- (a) What is the principle of biomechanic relevant to above incident? (02m.)
- (b) Write two factors that the above mentioned principle depends on. (02m.)

(07) Answer only one question out of the questions A, B and C.

Part - A

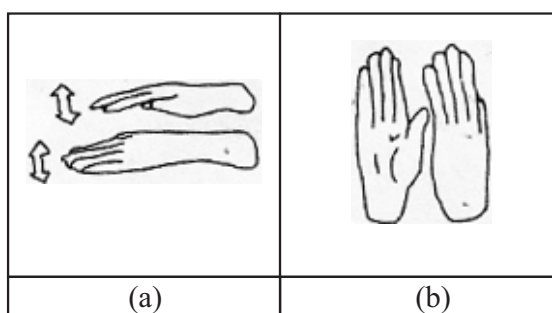
- (i) Volleyball is the national game of Sri Lanka. Briefly explain how valleyball players should take positions in the volleyball event. (02m.)
- (ii) Imagine you get a chance to train a volleyball team for beginners. Describe three activities that are suitable to train beginner Volleyball players to practise setting the ball. (03m.)
- (iii) (a) Explain the judgement given by you for the following situations as a referee. (03m.)
- (1) During the match between A and B, when a player in team A is giving the 'service' five players and the libro player are in the court of their side.
 - (2) When a player of team Y was blocking the ball that was spiked by team X, the ball was hit his hand and again it was hit by another three players in the same team and was sent to the opponents.
 - (3) The ball served by a player of team A, was blocked by a player in team B.
- (b) Explain the following hand signals used by the referee during the match. (02m.)



Part - B

Netball is an international game, based on passing and catching the ball. It is a game between 02 teams with 7 players for a team.

- (i) State 03 methods of one handed passing. (03m.)
- (ii) Show the areas that the centre C can play using a diagram of a netball court. (02m.)
- (iii) (a) Mention the judgement given by you for the following situations as a referee of netball.
 - (1) When the ball touches the ground outside the court.
 - (2) Passing the ball while kneeling or lying on the ground.
 - (3) At the beginning of the game when the centre belongs the ball, her free leg places outside of the centre circle. (03m.)
- (b) Explain the following hand signals used by the referee.

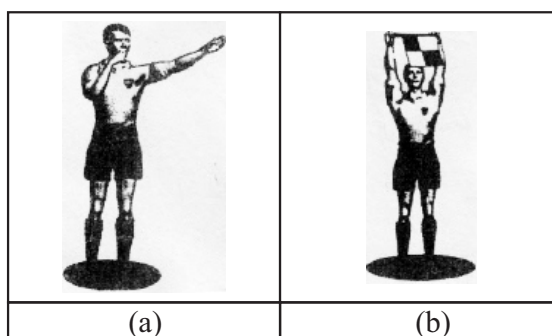


(02m.)

Part - C

Football has won the recognition as the most popular game in the world as it has become the game that is watched by the most numbers of people.

- (i) Write down two ways of controlling the ball. (02m.)
- (ii) Imagine you got a chance to train a beginners' football team. State three things the player should follow when the throw in is taken correctly. (03m.)
- (iii) (a) State what decisions you would give the players as the referee in the following situation. (03m.)
 - (1) During the match between teams A and B, a player in team B purposely pushes a player in the opponent team B.
 - (2) A wrong positioning of a team A player.
 - (3) A player in team B kicks the ball outside the football ground over the goal line.
- (b) Explain the following hand signals of the football referee. (02m.)



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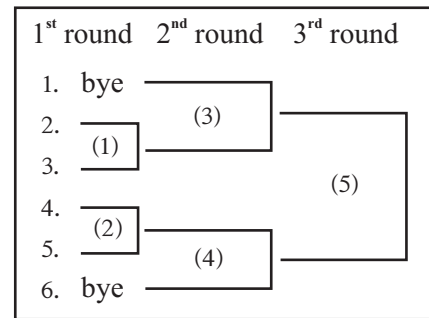
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Answer Sheet - Paper I

1 - (3)	11 - (1)	21 - (2)	31 - (4)
2 - (2)	12 - (3)	22 - (4)	32 - (3)
3 - (1)	13 - (2)	23 - (2)	33 - (1)
4 - (4)	14 - (2)	24 - (1)	34 - (3)
5 - (3)	15 - (1)	25 - (4)	35 - (2)
6 - (4)	16 - (4)	26 - (3)	36 - (4)
7 - (2)	17 - (2)	27 - (2)	37 - (1)
8 - (4)	18 - (2)	28 - (1)	38 - (3)
9 - (4)	19 - (4)	29 - (1)	39 - (2)
10 - (3)	20 - (1)	30 - (2)	40 - (3)

(නිවැරදි පිළිතුරකට ලකුණු 01 බැගින්)

- (01) (i) ● Dhanuja - normal weight / suitable weight ● Vinuja - over weight
- (ii) ● Good eating habit ● Adequate sleep and rest
- Active life style and exercise ● Simple life style
- (iii) ● The runner can be made correct speed at the start
- They can be run in a curved track.
- The baton should be given in the correct way.
- (iv) Netball, elle, football, cricket
- (v) ● The ingredients ● The date of manufacture
- The nutritional value ● SLS mark or mark given by Sri Lanka Standard.
- Date of expiry
- (vi) running, jumping, throwing, walking
- (vii) PRICES method
- (viii) ● Knock out system
- defeated team must be removed from the tournament.
- (ix) Number of byes = 8 - 6
- = 2
- Number of matches = n - 1
- = 6 - 1
- = 5
- (x) ● Engaging in social work ● Engaging in religious activities
- Engaging in aesthetic activities



(02 × 10 = 20m.)

PART - I

- (02) (i) ● Developing the knowledge and skills related to nutrition.
- Developing the correct food habits.
- Helping the nutrition of the family.
- Preparing home gardens for the consumption of food. (03m.)
- (ii) ● Cook in the correct temperature do not over cook.
- Do not chop food into very small (tiny) pieces
- Do not cook some food together - tomatoes with sprats
- Prepare various vegetable together (Hathmaluwa)
- Use of fortified food.

(03m.)

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- (iii) • Biological factors
 • Chemical factors
 • Physical factors (02m.)

- (iv) Advantages :- 1. They can be consumed during off season.
 2. They can be consumed without cooking, save time.
 Disadvantages :- 1. Could be contained high in energy, sugar oil and salt.
 2. Low in dietary fiber and nutrition.
 3. More expensive. (02m.)

- (03) (i) • Nimal - Fast twitch fibres - ETF - Red fibres
 • Kamal - Slow twitch fibres - STS - White fibres (02m.)

- (ii) Aerobic method :- (01m.)
 ★ Glucose + CO₂ → CO₂ + H₂O + energy
 ★ Fatty acid + O₂ → CO₂ + H₂O + energy

(One of the above two equations)

- (iii) • Ability to acquire senses from the external environment.
 • Ability to transform stimuli from the external environment into electrical impulses.
 • Ability of the nerve fibers to transmit the impulses to the effectors within a very short period of time.
 • Ability to respond without intention.
 • Ability to form conditioned reflexes.
 • Ability of the brain to control bodily activities and to retain memory. (03m.)

- (iv) knee, elbow, digits of fingers and toes (02m.)

- (04) Give 02 marks for each answer with two positive factors. (2 × 5 = 10m.)

PART - II

- (05) (i) • Triple jump (01m.)
 • Hop, Step, Jump (03m.)

- (ii) • The distance between the running strides - stride length
 • Increasing the stride frequency (number of steps made within one second) (02m.)

- (iii) • Bar falling off the rests due to an action of the jumper while jumping.
 • Making contact with the landing area or the area outside the two supporting poles with any part of the body before clearing the bar.
 • The take off has been done with both feet.
 • Not taking the opportunities of jumping within the time. (02m.)

- (iv) • Male - 110m, 400m • Female - 100m, 400m (½ × 4 = 02m.)

- (06) (i) • Cardiovascular fitness • Muscular endurance
 • Muscular strength • Flexibility
 • Body composition (02m.)

- (ii) • Increasing the Oxygen circulation in the body.
 • Able to perform more work with less effort.
 • Effective clearance of waste from body.
 • Burning fat and weight reduction.
 • Improve performance in sports and other physical activities. (03m.)

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- (iii) The angle of the taking off / The height of the taking off. (02m.)
- (iv) (a) momentum (02m.)
- (b) mass / velocity (02m.)

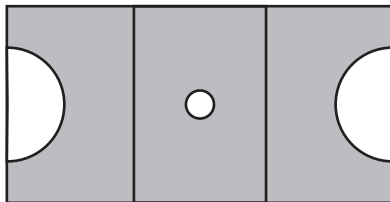
(07) - Part - A

- (i) While the ball is being served, all the players of both teams, except for the server, should remain inside the court. (02m.)
- (ii) Give marks if the relevant activities have been described correctly. (03m.)
- (iii) (a) (1) Awarding the service to the team B with a point.
- (2) It is not an offence. The game is going on. (continuation of game)
- (3) Awarding the service to the team A with a point. (03m.)
- (b) A - Time out B - End of set or match (02m.)

PART - B

- (i) (1) Shoulder pass
- (2) Lob pass, over shoulder pass
- (3) under arm pass
- (4) bounce pass (02m.)

- (ii) (03m.)



● Shaded places the court.

- (iii) (a) (1) Awarding a throw - in
- (2) Awarding the free pass
- (3) It is not an offence. The game is going on. (03m.)
- (b) A - Stepping B - Short pass (02m.)

PART - C

- (i) ● By keeping the foot on the ball.
- Using the inner side of the foot.
- Using the chest.
- Using the abdomen. (02m.)
- (ii) ● Each foot of the thrower should be touching the ground.
- After delivering the ball, the thrower must not touch the ball again until it has been touched another player.
- Should deliver the ball from behind or over the head.
- At the moment of delivering the ball the thrower should be facing the field of play.
- Should be holding the ball with both hands when delivering the ball. (03m.)
- (iii) (a) (1) Blow the whistle and place the ball in the relevant place and award a penalty kick to the opposing team.
- (2) Awarding an indirect free kick to team B.
- (3) Blow the whistle and stop the game and awarding a corner kick to the team A. (03m.)
- (b) A - Direct free kick B - Substitution (02m.)