



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE
SECOND TERM TEST - 2019

Grade 09 Health and Physical Education Two Hours

Name / Index No. :

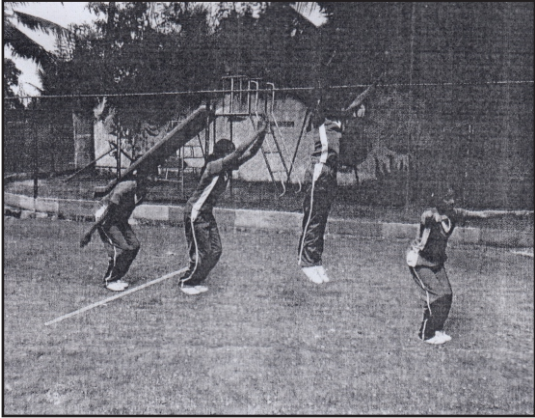
Part - I

- **Answer all questions.**
 - **For questions 01 to 10, Select the most suitable answer from the words given in the brackets and write in the blank.**
- 01 Main functions of food are (six / two / three)
- 02 can cause due to lack of iron in blood. (diabetes / anemia / heart diseases)
- 03 Adults should take more calcium andto prevent from weakening of bones (vitamin A / vitamin B / vitamin D)
- 04 Osteoporosis causes due to lack of (Calcium and Iron / Protein and Vitamin / Calcium and Protein)
- 05 Need of calories of a breast feeding mother is the need of calories of a pregnant mother. (less than / more than / equal to)
- 06 3R method is used to (food preservation / disposal of garbage / giving first aid)
- 07 is used in 400 m x 4 . (Visual pass / non - visual pass / mixed pass)
- 08 The indoor game that uses a racket, a ball and a table is (table tennis / scotch / basket ball)
- 09 Race walking, track and field events / road race and marathon belong to (Sports played without equipments / Athletics / Outdoor games)
- 10 There are phases in a technique of long jump. (four / three / five)
- **Underline the correct answer for questions 11 to 15.**
- 11 A characteristic of a person who has achieved self actualization.
- (i) being creative (ii) Supply maximum service to the society
- (iii) having good attitudes (iv) All above

12 Being diphyodont means.

- (i) Teeth erupt at two different times (ii) Having different types of teeth
(iii) Having strong enamel (iv) Having permanent teeth

13 The physical fitness factor shown by the diagram is ;



- (i) muscular endurance
(ii) muscular strength
(iii) body composition
(iv) flexibility

14 Nutritional needs during childhood should provide adequately for;

- (i) Proper growth (ii) Maintaining good health
(iii) Reduce risk of malnutrition (iv) for all above.

15 The technique of preventing the ball from entering the goal in foot ball is called;

- (i) Goal keeping (ii) Throw - in (iii) Attack (iv) Control the ball

● For questions 16 to 20, if the statement is correct mark a (✓) and if the statement is incorrect mark (✗) in the bracket.

16 Health promotion programmes are conducted in a healthy environment. ()

17 Food is categorized into six groups depending on the nutrients it supplies ()

18 According to the classification of athletic long jump event belongs to vertical jump. ()

19 A goal can be scored directly from throw in ()

20 We should reduce the use of mobile phones to have healthy ears. ()

(2 x 20 = 40)

• **Answer 05 questions including the first question.**

01 Following items were included in the school health promotion programme.

- ★ Football training programme under organized games.
 - ★ Relay and long jump training camp.
 - ★ A lecture on myths about food and Nutrition for athletes and others who need nutrients.
- (i) Write 02 organized games except football.
 - (ii) Mention an instance where throw - in is used in football.
 - (iii) Write 02 baton change techniques in relay - races.
 - (iv) Mention 02 techniques of long jump.
 - (v) Mention 02 groups who have special nutritional needs except sports persons.
 - (vi) Write 02 nutritional needs of one of the above mentioned group.
 - (vii) Name the stage between year 01 to 09.
 - (viii) Write 02 myths about nutrition.
 - (ix) State 02 messages that can be given to the society about nutrition.
 - (x) Write 02 ways that you can contribute to select safe and nutritional foods.

(2 x 10 = 20 marks)

02 Deterioration of social health has become a great problem today.

- (i) State 02 factors affect on maintaining good social health. (02 m.)
- (ii) Write 04 aspects of environmental pollution and mention one disease caused by each of them. (04 m.)
- (iii) Mention 02 things that should be considered when promoting social health. (04 m.)

(Total 10 marks)

03 Nutritional needs are different in different stages.

- (i) After 06 months of age complementary feeding starts. Mention 02 food items that can be given after 06 months. (03 m.)
- (ii) State 04 factors that should be considered when fulfilling nutritional needs of middle aged and old age people. (04 m.)
- (iii) Write 04 factors that should be considered when fulfilling nutritional needs of a vegan. (04 m.)

- 04 If we do not maintain correct postures, it results physical deformities.
- (i) Mention 04 instances where correct postures are used in day to day life. (02 m.)
 - (ii) Write 02 environmental factors that cause physical deformities. (04 m.)
 - (iii) State 02 activities to prevent from excessive lumbar lordosis (04 m.)
- 05 Physical fitness is very important for a healthy life.
- (i) Name the two categories of physical fitness. (02 m.)
 - (ii) Write one test for each to measure the following physical fitness factors.
 - a. Cardio - vascular endurance
 - b. Muscular endurance
 - c. Flexibility
 - d. Body composition (04 m.)
 - (iii) Write the procedure of one test you mentioned above in brief. (04 m.)
- 06 Relay races is an attractive event among sports.
- (i) Mention 02 techniques of baton change depending on the side of the body from which the receiver receives the batton. (02 m.)
 - (ii) Write 04 rules related to relay races. (04 m.)
 - (iii) Describe an activity can be done to practice batton change. (04 m.)
- 07 Football, Volleyball and Net ball are very famous sports in school level.
- (i) Write 02 skills of football. (02 m.)
 - (ii) a. State 02 fouls in blocking in volley ball. (02 m.)
b. State 02 foul's in net ball. (02 m.)
 - (iii) Describe an activity to practice keeping the ball that is coming along the ground.(04 m.)

Answer Paper - Part I

- (01) Three (02) anemia (03) vitamin D (04) Calcium & Protein (05) More than
 (06) Disposal of garbage (07) Visual pass (08) Table tennis (09) Athletics
 (10) 04 (11) iv (12) ii (13) ii (14) iv (15) i (16) ✗ (17) ✓
 (18) ✗ (19) ✗ (20) ✓

(2 × 20 = 40 marks)

Part - II

- 01 (i) Volley ball, Net ball, Cricket, Elle etc....
 (ii) When the ball passes the side line either along the ground or on air.
 (iii) Over arm, under arm
 (iv) Sail technique, hang technique, hitch kick technique.
 (v) Pregnant mothers, breast feeding mothers, patients, hard workers, vegans.
 (vi) give marks for appropriate answers.
 (vii) childhood
 (viii) Believe that expensive food are rich with nutrients.
 Bring consider that brinjal is a not good for health.
 Prevent eating fish and meat during menstruation.
 Colostrum is not good for a new born.
 Fat body means having good nutrition.
 Small fish are not given to pregnant mothers.
 (ix) Not using artificial flavour.
 Minimize oily, salty and sugary food.
 Adding diary product to every day meals.
 Minimize instant food etc....
 (x) Consider about the nutritional values.
 Consider about manufacture date and expiry dates of packeted food.
 Use only natural food.
 prevent buying chopped and damaged fruits and vegetables. (2 x 10 = 20 marks)
- 02 (i) The way of acting of a person
 Sensitivity to the nature
 Loyalty (02 m.)
 (ii) Air - respiratory diseases, cancers, skin diseases.
 Water- cholera, diarrhoea, dengue, filaria, malaria, skin diseases.
 Land - diseases transmitted by mosquitoes, cancers.
 Sound- hearing impairments, and story disorders. (02 m.)
 (iii) generosity instead selfishness.
 make group decisions instead individual decisions. (04 m.)
- 03 (i) rice, green gram, cowpea, chick pea, potatoes, green leaves, vegetables, meat, fish, egg, fruits etc..... (02 m.)
 (ii) balanced nutrition, limit, energetic and
 limit food that cause deseases, (salt, sugar and oil)
 Intake fibrous food
 take food with less calory (04 m.)

Answer Paper - Part II - continued

- (iii) Chick pea, green gram, with rice
add tofu as a soya product
intake dark green leaves, cereals, raw grains daily. (04 m.)
- 04 (i) standing, sitting, walking, lying, weight lifting etc... (02 m.)
- (ii) Incorrect postures, using high heels,
use of heavy school bags, unsuitable dresses, use of equipment, not using nutritional food
etc..... (04 m.)
- (iii) maintain correct postures
exercises to strengthen the muscles in the back, shoulders and the chest.
promotion of mentality (04 m.)
- 05 (i) physical fitness related to talents, physical fitness related to health. (02 m.)
- (ii) a. 800 m / 600 m continuous running test
b. sit - ups test
push - ups
c. sit and bend forward test
stand and bend forward test
d. BMI test
measure waist line (04 m.)
- (iii) give marks for appropriate answers. (04 m.)
- 06 (i) Inside change
outside change
mixed change (02 m.)
- (ii) baton should be a soft tube
baton should be carried by the runner through out the race
baton should be made of wood metal or another hard material
if drop the baton the particular runner should pick it.
baton change should be done. within baton changing zone. (04 m.)
- (iii) give mark for appropriate answers. (04 m.)
- 07 (i) ● controlling the ball ● kicking ● field defending ● heading the ball
● t h r o w i n ● g o a l k e e p i n g ● d r i b b l i n g
(02 m.)
- (ii) a. ● touch the opponents ball before or while touched by an opponent ● blocking the ball
by a libero player or a back - court player. ● blocking the serve of opponents ● after
blocking, going the ball out of the court. ● block the ball that comes out side of the
antenna on the net. ● block the libero player individually or by a group.
b. ● Obstruct the opposing player within a distance of less than 5 feet. ● While
defending or attacking, knock against, push, strike the opponent or grab the ball from
opponent etc... (02 m.)
- (iii) give marks for appropriate answers. (04 m.)