

Sri Jayawardenapura Education Zone

Mid Term Test – 2014

Health and Physical Education - Grade 7

Part 1 & 11

Name/Index No.....

Time 2 hours

Select the most suitable answer for questions 1 -5

1. Leading a simple life style by following good health habits.

- I. Affects physical wellbeing
- II. Affects complete health
- III. Affects correct life style
- IV. All the above

2. Jump over – Break your neck
creep wider – Thorns will prick

In which folk game this folk song is used.

- I. Lee keli (pole dance)
- II. Neranchi
- III. Eluwan Kama
- IV. Chuck gudu

3. Below mentioned are the characteristics of a healthy home environment.
considering them and answer questions. 3 – 5

- A. All the family members work in unity
- B. Keep the happiness at home
- C. Always think about one's own needs and desires.
- D. Take part in religious activities enthusiastically.
- E. Cleanliness inside and out side the home.
- F. well ventilated house.

3. Qualities suitable for social wellbeing environment.

- I) A II) B III) C IV) D

4. Qualities of physical wellbeing environment.

- I) AB II) CD III) BCD IV) EF

5. B is about

- I. Physical Environment
- II. Mental Environment
- III. Social Environment
- IV. None of the above

Question no. 6 -10 Put (✓) if the answers are correct, put (×) if the answer are incorrect.

06. There is a simple life style in a correct life. (.....)
07. When sitting on a chair head body, shoulder are in straight (.....)
08. 'Dog' and 'bokka' used in the game Neranchi (.....)
09. In organized games there are common equipment, rules and regulations play grounds. (.....)
10. Mintonet is used for badminton in carlier (.....)

For question no. 11 – 15 select the correct answer from B and put the letters in brackets.

- | A | B |
|---------------------------------------|---|
| 11. Rhythmic movements (.....) | (A) Mung Kewum |
| 12. Static posture (.....) | (B) with the help of teeth |
| 13. To break food into pieces (.....) | (C) Sunami |
| 14. A natural disaster (.....) | (D) Sitting |
| 15. A Sweet meet (.....) | (E) Happers according to time and rhyme . |

For question numbers 16 -20 select the answers from brackets.

16. A throwing events
17. Not a non – communicable disease
18. a vertical jumping event
19. A skill of net ball
20. Use to sit
(Javeline, throw, diabetes, squatting, shooting, triple Jump, Pole vault)

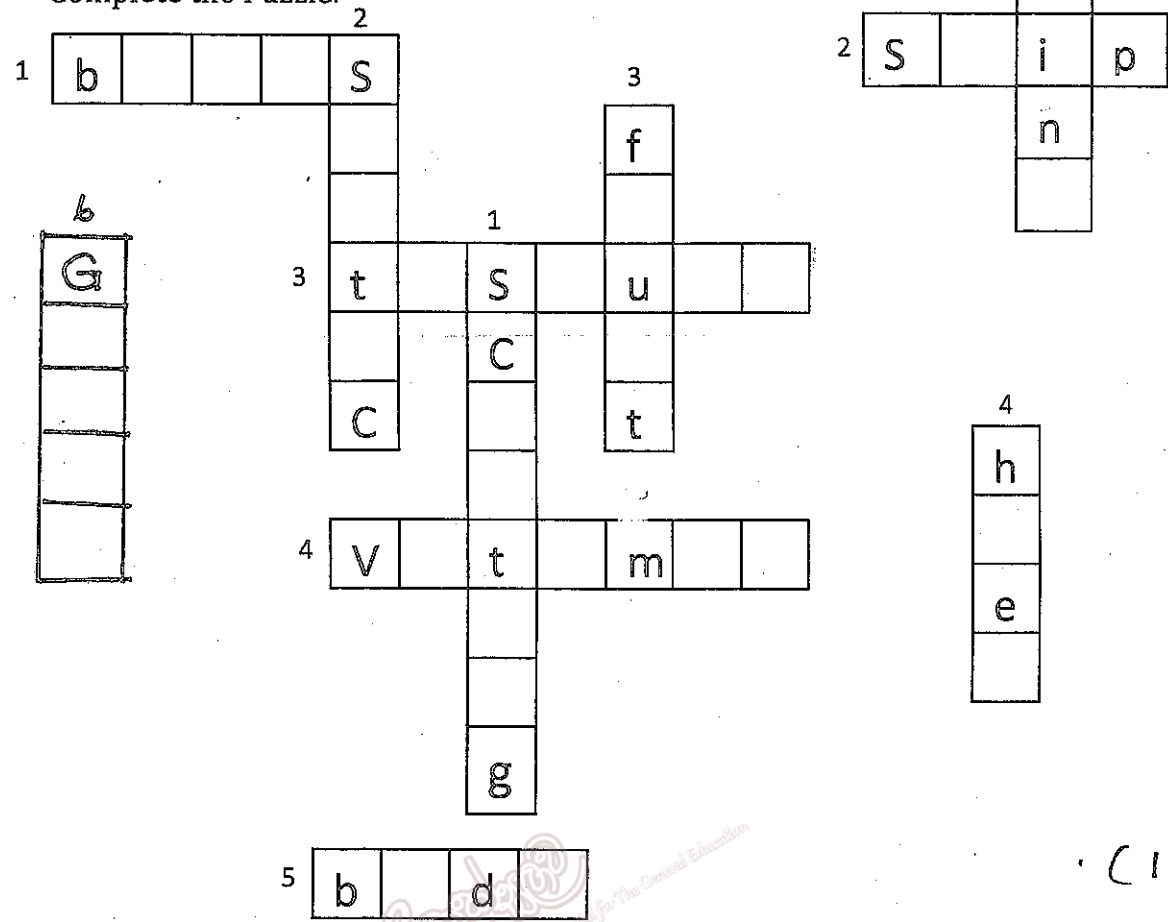
(2 x 20)

Part II

Answer question no – 1 and 4 other questions.

1. The children of grade 7 got the opportunity to make a poster about "Natural Food For Good Health " in their physical Education Lesson. It made to high light the food items which contain lot of nutrients.
 - i. Write 2 advice you got from your teacher. (02)
 - ii. Name 4 nutrients in our diets (04)
 - iii. Divide those nutrients according to their functions and show it in a food triangle. (03)
 - iv. Write 2 energy giving food (02)
 - v. Write 2 functions of body building food (02)
 - vi. Write 2 ways of preparing meals hyginically (02)
 - vii. According to food pyramid what are the food items-you should take in less amount (01)

2. Complete the Puzzle.



Across

- 1) By using incorrect postures these will get tired.
- 2) One of the seven leg movements.
- 3) If you take food in items which contain protein is a growth of these.
- 4) Your eyes get weak if you do not take this nutrients.
- 5) When you walk you should keep the balance of this

Down

- 1) A method of lying
- 2) Sleeping, sitting and lying are included in this method of postures.
- 3) It has vitamins and fibre.
- 4) When You walk correctly this part will touch the ground first.
- 5) When controlling emotions this is very important.
- 6) The set of players in any game is introduced by this name.

(1 x 11)

(1 x 11)

03) We have to obey certain rules at home and as well as in school. Sport help to make a law abiding person. To lead a healthy life sports is very important.

- I. Write 2 qualities of a discipline player (02)
- II. Write 2 advantages of having sportsmanship qualities (02)
- III. What are "rules" ? (03)
- IV. Write 2 institutions where law is taking place. (02)
- V. Write 2 rules that you have to obey at school (02)

(11)

04) Folk games originated as a source of recreation, fun and enjoyment based on social economical religious and geographical factors. These are a mixture of dances and songs. Village folks, to forget the suffering of poverty and fatigue after working hard and for relaxation, composed songs to enjoy. Folk games reveal that the background of games are based on various beliefs, offerings, faiths in the society.

- I. Write 2 indoor folk games and 2 outdoor folk games. (04)
- II. Write 3 common feature of folk games (03)
- III. Write folk song used by when go on a swing (02)
- IV. Before sunrise
Get up with a wish
Do away Laziness
Work for your success.

Write 2 lessons that you can get from this folk song. (02)

(11)

05) Walking is a natural human action. When we grow up it is also developed naturally. Like that running, Jumping, Throwing are also natural human actions.

- I. Write 3 walking methods. (03)
- II. Write 2 short distance running events (02)
- III. Write 2 occasions that you are Jumping in real life. (02)
- IV. Write an example for Jump for a long distance and Jump up. (02)
- V. Write 2 throwing events that you have seen in a sports meets. (02)

(11)

06) Correct posture is the position of hands, feet, trunk, and head positions in a static position or in a series of movements, with out ill effects to the body

- I. Write 3 features of a correct posture. (03)
- II. Write 3 factor that affect correct posture (03)
- III. Write 3 disadvantages of incorrect posture (03)
- IV. Write 2 dynamic postures (02)

(11)

07) Recall a volleyball match in your sports meet. Remind the skill that they have used. With the help of what you had seen answer the following questions.

- I. Write 4 skill of volley ball (04)
- II. Write 2 methods of service (02)
- III. Write 3 mistakes which had been done by the players when serving (03)
- IV. Write the number of rounds and marks they got for the victory (02)

(11)