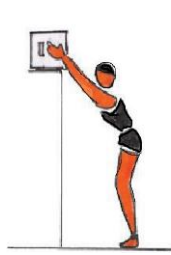




7) Which one is the correct posture?



1.



2.



3.



4.

8) What is the occasion that you **must** be in Attention?

- 1. Morning assembly
- 2. Singing the National Anthem
- 3. Listening to a lecture
- 4. At School House Meet

9) It is a harmful effect of bad posture,

- 1. Hunchback
- 2. Physical appearance
- 3. Active
- 4. Physical fitness

10) Select the Minor Games,

- 1. Fishing Net, Volleyball
- 2. Hopscotch, Stepping on poison
- 3. Netball, Elle
- 4. Cricket, Meeyo-Meemo

11) Select the pair of Organized Games,

- 1. Stepping on poison, Football
- 2. Bear family, Netball
- 3. Netball, Volleyball
- 4. Hopscotch, who is the king?

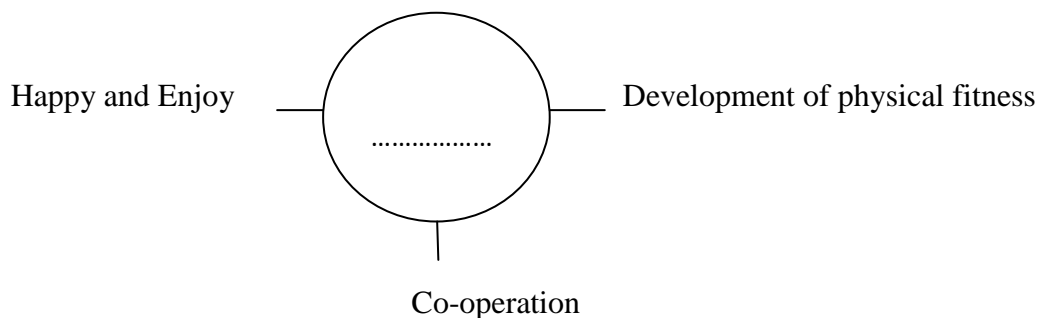
12) It is not a sensible organ which keeps a connection with the environment,

- 1. Eye
- 2. Ear
- 3. Nail
- 4. Skin

13) Basic Human Needs are,

- 1. Money, food, vehicles
- 2. Fresh air, water, food
- 3. Clothes, vehicles, shelter
- 4. Education, jewelers, perfume

14) Fill in the blank with the suitable topic.



1. Obey the sports rules and regulations

2. Advantages of doing recreational games

3. Co-operate with friends

4. Listening to the teachers

15) To protect the dignity of sports,

1. We should obey the rules

2. Disobey the decision of the judges

3. Make quarrel with others

4. Use inappropriate equipments

16) We can categorize the food item according to their functions. The incorrect category is,

1. Energetic food items

2. Body repairing foods

3. Protective foods

4. Instant food

17) The following picture (A, B) shows two people who are having nutritional problems. What is the correct answer for the **A** and **B**?

1. A- Malnutrition B- Obesity A.

2. A- Obesity B- Malnutrition

3. A- Macronutrients B- Micronutrients

4. A- Under nutrition B- Over nutrition



18) Suitable way of preparing meals,

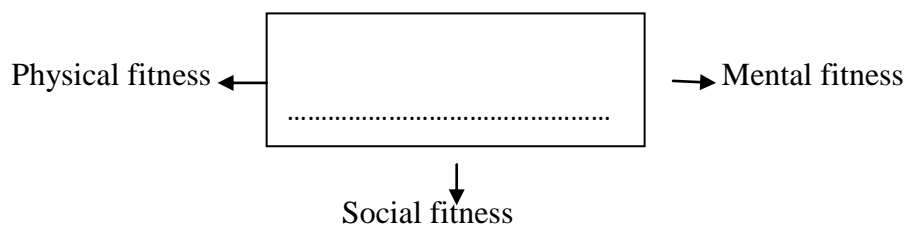
1. Take the maximum use of domestic vegetables and fruits

2. Wash before cutting the vegetables

3. Preparing a balanced diet

4. All the above

19) Select the suitable answer to the blank.



1. Health

2. Fitness

3. Postures

4. Physical wellbeing

20)



Name the characteristic of physical fitness shows in the picture,

- |                  |                |
|------------------|----------------|
| 1. Speed         | 2. Endurance   |
| 3. Co-ordination | 4. Flexibility |

### II PAPER

- Answer all the questions.

01) Select the suitable word from the bracket.

**(Heel, Social, Skin, Shelter, Spiritual)**

- 1) Being co-operative with other is ..... Wellbeing.
- 2) By maintaining a religious life style we can improve our.....wellbeing.
- 3) ..... is a secondary need.
- 4) The .....has to touch the ground first.
- 5) The largest organ in the body is .....

02) Mark whether the following statements are true (  $\checkmark$  ) or false (  $\times$  ).

- 1) Personal health is important to wellbeing of the country. ( )
- 2) In day to day life we want water every day. ( )
- 3) Engaging in sports, can cause to injuries. ( )
- 4) High heeled shoes help to walk correctly. ( )
- 5) Taking a balanced diet cause to the malnutrition. ( )

03) Filling the following charts using your knowledge on sports.

Sports	Equipment	Numbers of players
1. Volleyball		
2. Netball		
3. Elle		
4. Cricket		
5. Football		

04) Match **A** with **B**.

- | A                             | B                       |
|-------------------------------|-------------------------|
| 1) Skipping rope              | a personal cleanliness. |
| 2) Stepping on poison         | Hathmaluwa.             |
| 3) Hygiene is                 | rhythmic activity.      |
| 4) National Game of Sri Lanka | is a minor game.        |
| 5) High nutritional food      | is Volleyball.          |

05) Select the correct answer and Underline it.

- |  |        |
|--|--------|
| 1) Engage in rhythmic activities, will reduce the tiredness.                           | Yes/No |
| 2) Lack of Vitamin A causes weaknesses in eye sight.                                   | Yes/No |
| 3) By social wellbeing we can develop the co-operation.                                | Yes/No |
| 4) Physical appearance will improve by the incorrect posture.                          | Yes/No |
| 5) By accepting victory and defeat, an athlete can not develop his personal qualities. | Yes/No |

06) Write the correct answers.

- 1) Write two features that determine physical wellbeing.
- 1.....
- 2.....
- 2) Write two skills of a person with social wellbeing.
- 1.....
- 2.....

3) Mention two duties and responsibilities when fulfilling need and desires.

- 1.....
- 2.....

4) Name two harmful effects of bad postures.

- 1.....
- 2.....

5) Write two characteristic of an organized games.

- 1.....
- 2.....

6) Mention two disadvantage of disobeying rules and regulations in sports.

- 1.....
- 2.....

7) Mention two personal advantages of obeying rules, regulations and ethics of sports.

- 1.....
- 2.....

8) Write two importance of taking food.

- 1.....
- 2.....

9) Write two main nutrients of food.

- 1.....
- 2.....

10) Write two health problems that we face by taking macronutrients beyond the limit.

- 1.....
- 2.....