

මධ්‍ය වාර්ෂික පරීක්ෂණය 2015
 උණඹලකුණු ඉගෙනීමේ ක්‍රම - 2015
 Mid Term Test - 2015

7 ශ්‍රේණිය
 ිඳුක - 7
 Grade - 7

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 ර්ඹලකුණු ඉගෙනීමේ ක්‍රම I,II
 Health and Physical Education I,II

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 ඹලකුණු 2 කණඹලකුණු
 Two Hours

Name: Index No:

- Underline the most suitable answer.
- Paper I

- Total Health means,
 - Physical and Mental wellbeing
 - Social and Spiritual wellbeing
 - Health Promotion
 - Mental and Social wellbeing
 - a and c
 - b and c
 - a and b
 - d and c
- Correctly order the given static and dynamic postures accordingly,
 - Sitting and Walking
 - Running and Jumping
 - Lying down and Standing
 - Jumping and Walking
- This is not a feature of a healthy family environment,
 - Light
 - Ventilation
 - Space
 - Uncleanliness
- What are the nutrients which develop the human cells and protect the human body?
 - Protein and Fat
 - Carbohydrate and Vitamin
 - Protein and Vitamin
 - Carbohydrate and Protein
- A bad effect of walking in an incorrect position is,
 - Reduce injuries
 - Unnecessary expenditure of energy
 - Reduce tiredness
 - Getting a pleasant appearance
- This game is forms as two teams as upper team and lower team,
 - Pillow fighting
 - Playing stones
 - Pora pol
 - Pearl table

7) What is the disease which spread out in your area during last few months?

1. Cancers 2. Eye infection 3. Diabetes 4. Thalissimia

8) If you are participating in your school physical exercise program actively,

1. Less of pleasantness 2. Incorrect postures
3. Laziness 4. Improve the pleasantness

9) Who won the Cricket World cup in 2015?

1. Australia 2. India 3. New Zealand 4. Sri Lanka

10) Advantages of working according to the time table.

1. Save the time 2. Easy to work
3. Mental relaxation 4. All the above

02) Select the most suitable answer for the question from 11 to 15 from the brackets.

(Carbohydrates/dynamic postures/health promotion/olinda keliya/William G. Morgan/jog)

1. Promoting the health condition of one's own and the others is called.....
2. Is a rhythmic leg movement.
3. This is a folk game which shows the Sri Lankan identity.....
4. We can get the energy and the required body temperature from
5. The founder of the Volleyball game is

03) Mark whether the following statements are true (\checkmark) or false (**x**).

1. Walking is a dynamic posture. ()
2. Wing bean is a vegetable which contains fat. ()
3. Pora Pol is the folk game that they plead gods for permission. ()
4. Flexibility of the body will improve by the rhythmic activities. ()
5. Eating five kinds of vegetables and fruits per day will be good for the human body. ()

PAPER II

04) Answer **only five** questions.

01) Correct life style means being practice to a simple active life style through good health habits.

1. Write two features of a healthy family environment.
2. Write five good health habits we can have to continue the 'personal hygiene'.
3. Write five actions that we can take to develop the unity among family members.

02) There is a set of duties and responsibilities to us to live as a good person in the society and to have a co-operation with others.

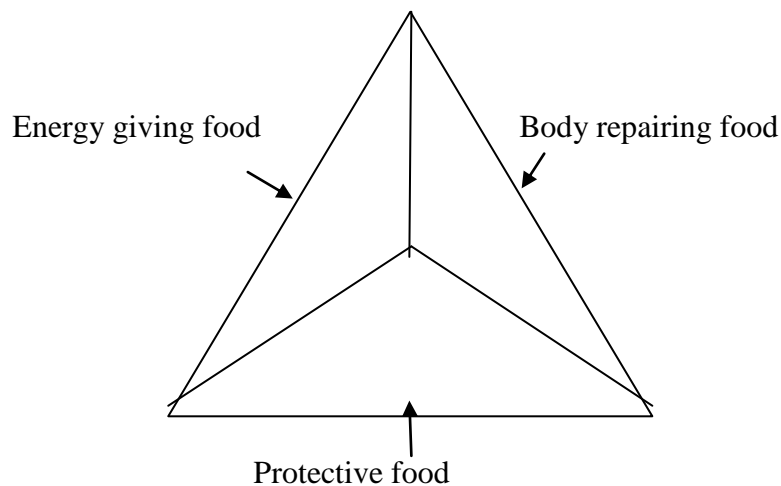
1. Write two human needs.
2. Write five duties and responsibilities that you have to do to your school.
3. Write two occasions that you feel **happy** and that you feel **sad**. Describe one of them.

03) Folk games originated as a source of recreation fun and enjoyment based in social, economical factors. They are a mixture of dances and songs.

1. Name three folk games.
2. Mention four features of folk games.
3. Write in briefly about one folk game that you know.

04) We can reach happiness of the life by eating nutritious food.

1. Name the nutrients of the food.
2. Enter the above nutrients in the following diagram.



3. Write the name of some nutritional food items that you can find from your own area.

Nutrient	Food sources
1.	1..... 2.....
2.	1..... 2.....
3.	1..... 2.....
4.	1..... 2.....
5.	1..... 2.....

05) Organized games help to develop Physical skills and Mental Health.

1. Name two ways of serving in Volleyball Game.
2. Write two skills for each game mentioned below.

Game	Skills
1. Volleyball	1. 2.
2. Netball	1. 2.

3. Select one from **A** and **B**.

A – Explain and activity which the service of volleyball using a picture.

B - Explain an activity which describes the foot work of Netball using a picture.

06) Rhythm is a series of movements done to rhyme and time.

1. Write three rhythmic sounds that we heard from our environment.
2. Write three advantages of engaging rhythmic activities.
3. Write three activities that you have done to beautify the school inter house sports meet.