

බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province			
වර්ෂ අවසාන ඇගයීම ஆண்டிறுதி மதிப்பீடு - 2014 Year End Evaluation			
ශ්‍රේණිය } 09 தரம் } Grade }	විෂය } பாடம் } Health and physical Education Subject }	පාඨ } வினாத்தாள் } I, II Paper }	කාලය } 02 காலம் } Time }
නම :- .....		විභාග අංකය :- .....	

### PAPER - I

❖ Underline the correct or most suitable answers.

- (01) When preparing principle for a ' Health Promotion School it must be done with a specific purpose. Therefore the most relevant principle is
- (1) R.I.C.E (2) S.M.A.R.T  
(3) Five -S (4) SOS

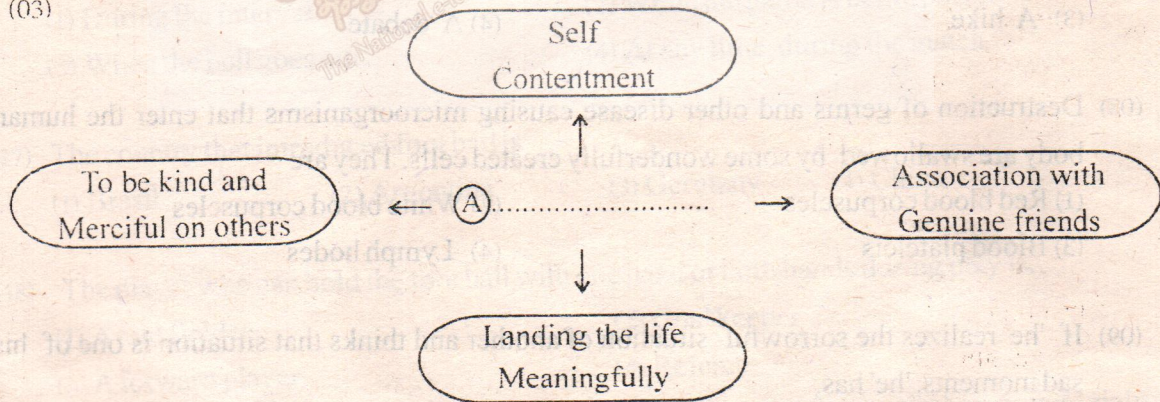
- (02) Environmental Pollution can be caused by.

- A - Emission of " Chloro Fluoro Carban ( C.F.C) to air through usage of refrigerators.  
 B - Use of agro - chemicals for agriculture  
 C - Bomb - blasting during warfare

According to A B and C respectively the fields to environmental pollution are.

- (1) Water, Sound, Air (2) Air, Land, Sound  
(3) Land, water, Industry (4) Air, water, Industry

- (03)



According to the descriptions given above, the best idea to be given for A is.

- (1) Self confidence (2) Self realization  
(3) Self achievement (4) Esteem

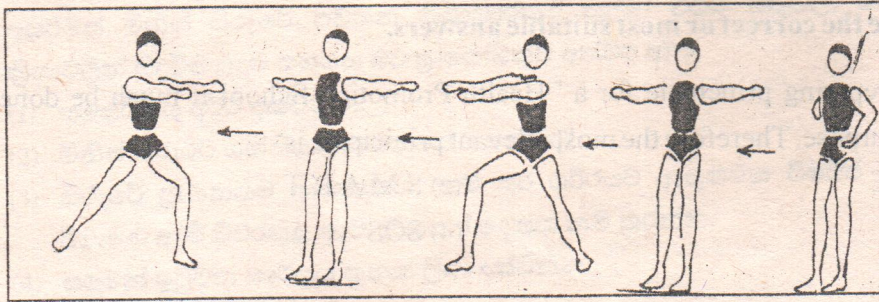
(04) Owing to improper postures of man, later in life there may occur a bending of the upper part of the vertebral column backwards abnormally. It is called

- (1) Scoliosis
- (2) Hunch back
- (3) Lordosis
- (4) Kyphosis

(05) Motivation or prompting of an unmatured child or a young person not well grown in to a sexual act is,

- (1) Sexuality
- (2) Gender Socialisation
- (3) Sexual abuse
- (4) Sexual Transmission

(06)



The rhythmic activity in the above picture is

- (1) Lunging with stretching of hands
- (2) Knee lift with stretching of hands
- (3) Kicking with stretching of hands
- (4) Skipping with stretching of hands

(07) An outdoor activity giving a physical and mental satisfaction is

- (1) A drill display
- (2) A volleyball tournament
- (3) A hike
- (4) A debate

(08) Destruction of germs and other disease causing microorganisms that enter the human body are swallowed by some wonderfully created cells. They are

- (1) Red blood corpuscles
- (2) White blood corpuscles
- (3) Blood platelets
- (4) Lymph nodes

(09) If 'he' realizes the sorrowful situation of another and thinks that situation is one of his sad moments, 'he' has,

- (1) Sympathy
- (2) Affection
- (3) Empathy
- (4) Generosity

(10) The group of disasters that occur naturally,

- (1) Droughts, Floods, Armed conflicts, struggles
- (2) Cyclones, Tsunamis, Polluted environment
- (3) Earthquakes, setting fire, tornados
- (4) Floods, Cyclones, Droughts

(11) How many times are "Tossing of Coin" done during a volleyball match played over five sets?

- (1) One (2) Two (3) Three (4) Four

(12) During a volleyball match there are obstructions and stoppages of the play"

- (1) Time outs and substitutions  
(2) Accidents and verbally abusing  
(3) Ball going out; wastage of time  
(4) Blocking and spiking.

(13) What is the maximum number of players that can be substituted during a set of a volleyball match.

- (1) One (2) Three (3) Six (4) Two

(14) If international Netball matches there is a procedure of " playing times and intervals" Which is correct about playing times and Intervals.

- (1) 10 - 3 - 10 minutes. (2) 15 - 5 - 15 - 5 - 15 - 5 - 15 minutes.  
(3) 15 - 3 - 15 - 5 - 15 - 3 - 15 minutes. (4) 10 - 5 - 10 - 5 - 10 minutes.

(15) Which player does the playing in the largest area or portion in a netball game?

- (1) Goal Defence (2) Goal Attack  
(3) Wing Defence (4) Centre

(16) Substitution of players of a netball game can be done

- (1) During the interval (2) While the game is being played  
(3) When the ball goes out. (4) At any time, during the match

(17) The country that introduced foot ball is

- (1) Brasil (2) Argentina (3) Germany (4) China

(18) The player who can hold the foot ball with one hand or both hands during play is.

- (1) A mid fielder (2) Goal keeper  
(3) A forward player (4) Referee

(19) The baton change of a relay race in which The baton is passed on to the " receivers" right hand is called the ..... ?

- (1) Inside change (2) Outside change  
(3) Mixed change (4) Visual change

(20) Techniques of long jump and high jump respectively

- (1) Sail - Fosbury flop (2) Parry O'Brien - Straddle  
(3) Leniar - Hitch kick (4) Rotation - Western Roll (2 × 20 = 40)

## PAPER \_ II

### ♦ Answer question 1 and four others.

- (01) (i) What are the two basic methods of "passing the baton" during a relay event?
- (ii) Which is the longjump technique in which the 'flight' stage shows some quick changes in actions and leg movements, and gets its name.
- (iii) Which is the horizontal jump that includes three different jumping stages to clear a greater distance?
- (iv) What is the name of the stage of a throwing event before releasing the equipment, called?
- (v) What name is given to pre - prepared or packeted food that consists excessive sugar and fats and are supposed to give out much energy?
- (vi) In outdoor education, mention the most convenient type of hearths to prepare "Roti"
- (vii) Mention two types of measuring or determining physical fitness quantities at the play ground.
- (vii) State two types of "compfires" for a display.

(2 × 8 = 16 marks)

(02) When environmental balance breaks up, it affects wellbeing of humans and many problems arise as a result.

- (i) What is air pollution?
- (ii) Mention three ways of destruction of water resources.
- (iii) Mention three unfavourable effects due to land pollution.
- (iv) Water pollution causes spreading of many diseases. Mention three such diseases.

(11 marks)

(03) Vital activities take place in the human body in order to maintain life. These activities change according to nutritional needs of persons. So good is a basic need.

- (i) Mention three factors affecting nutritional needs.
- (ii) Mention three local food items to be consumed in order to minimise "non transmissible" diseases.
- (iii) Mention three wrong beliefs regarding nutrition.
- (iv) Mention two non transmissible diseases caused by irregular consumption of food.

(11 marks)