

First Term Examination - 2015  
**HEALTH AND PHYSICAL EDUCATION**

Grade 7

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Two Hours.

Name / Index No. :

**Paper - I**

- Answer all the questions.
- Underline the correct or the most suitable answer from question 1 to 10.

01 Not a feature of a healthy garden.

- (1) A proper fence (2) Clean well  
(3) Improper flower beds (4) Home gardening

02 A thing that you will not do to destroy mosquito breeding places in your house.

- (1) Destroy the places where water get collected.  
(2) Put sands in to tyres  
(3) Using mosquito nets  
(4) Add salt to water used as traps for ants.

03 Which of the following is not suitable to build up good social environment.

- (1) Having discussions with the family members  
(2) Work co-operatively  
(3) Use the things belong to others by hiding yours.  
(4) Improve empathy

04 According to th height and weight who is having the correct physical well being ?

- (1) A  
(2) A & B  
(3) A & C  
(4) C



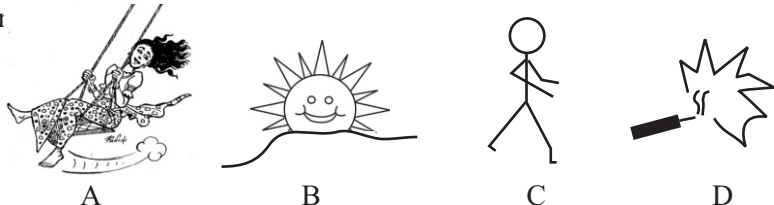
05 Select the correct posture.

- (1) A  
(2) B  
(3) D  
(4) A,B & C



06 Not a rhythmic activity / action

- (1) A & B  
(2) B & C  
(3) A & C  
(4) D



07 Number of rhythmic leg movements are,

- (1) 4 (2) 7 (3) 5 (4) 2

08 Which of the followings is a minor game ?

- (1) Volleyball (2) Netball (3) Meeyo - Meemo (4) Wrestling

09 A benefit of doing joyous games is,

- (1) Can enjoy (2) Develop physical fitness.  
(3) Develop unity (4) All the above answers

10 The game which Sri Lanka was able to be world champions is,

- (1) Volleyball (2) Cricket (3) Netball (4) Football

- Put a (✓) mark if the statement is true and put a (✗) mark if the statement is fault from question number 11 to 15.

- 11 Willam G. Morgan is the founder of the game Volleyball. ( )
- 12 Cricket is the most popular game in the world. ( )
- 13 The first Olympic medal was brought to Sri Lanka from 200 m running event. ( )
- 14 We need large equipments to play folk games. ( )
- 15 It is very important to have good practice to win a game. ( )

- Select the correct answer from the brackets and write it on the blanks from questions 16 - 20.

- 16 ..... (Height and weight / Height and age) are used to measure the body mass index.
- 17 The abbreviation used for the World Health Organization is ..... (BMI /WHO)
- 18 The national game of Sri Lanka is ..... (Volleyball/ Cricket)
- 19 ..... (Physical condition / Economical condition) does not affect the pleasant appearance of a person, directly.
- 20 ..... (The principal / Bank officer) is a person you keep relationships in the school daily. (2 x 20 = 40)

## Paper - II

- Answer all the questions.

- 01 "Podi puthuge sina handai  
Podi duwage katha pelai  
Priya birindage senehe walai  
Mage niwana mage pelpathai "  
The above song will help you to create an imagination of a small house that lives happily.
- (1) Which aspect of health is developed in a happy family according to the above song ? (3 marks)
- (2) What are the other aspects of health that can be seen in a house except the aspect you mentioned in question No. 01 (4 marks)
- (3) Write 02 qualities for each aspect of health you mentioned above. (4 marks)
- (4) Write 04 suggestions you make to create a health environment in your house. (4 marks)
- 02 Can you stay alone in a small room without any relationship with others although you have all others facilities in the room. You can't stay alone for a long period of time as man is a social being.
- (1) Who are the persons you keep contact with (associate) in your home. (3 marks)
- (2) Who are the persons you keep contact with in the school. (3 marks)
- (3) Write 04 facts you should consider when associating with others. (4 marks)
- (4) Describe the occasions and people that you should refuse to keep contact with as a child. Write at least 05 sentences. (5marks)
- 03 People getups sit down, stand up, lay down, work, run, and jump. The way of positioning the body during our lifetime are known as postures. Some postures are correct and some are incorrect.
- (1) Write 02 main types of posture you have learnt. (2 marks)
- (2) Divide the postures mentioned in the paragraph according to the correct types you mentioned in question number (1). (2 marks)
- (3) Write 03 advantages of correct posture. (3 marks)
- (4) Write 04 disadvantages of incorrect posture. (4 marks)
- (5) Draw and name different ways of sitting posture. (4 marks)
- 04 (1) Write 04 organize games you know. (4 marks)
- (2) Write 03 minor games you know. (3 marks)
- (3) Write 03 athletic evnts you have seen. (3 marks)
- (4) Write the minimum number of players needed for a team to play for the given games.