

**Answer Paper - Part I**

01. (2) 02. (4) 03. (4) 04. (3) 05. (4) 06. (2) 07. (4) 08. (1) 09. (4) 10. (3)  
11. (3) 12. (2) 13. (1) 14. (4) 15. (1) 16. (4) 17. (2) 18. (1) 19. (1) 20. (4)  
21. (2) 22. (1) 23. (3) 24. (4) 25. (3) 26. (3) 27. (3) 28. (4) 29. (3) 30. (1)  
31. (4) 32. (4) 33. (1) 34. (1) 35. (3) 36. (2) 37. (4) 38. (1) 39. (4) 40. (4)  
(40 marks)

**Part II**

- 01 (1) Track, Field (2) javelin, Discus, Hammer, Shot  
(3) Vertical - High Jump / Pole vault horizontal - Long jump / triple jump  
(4) Give marks for relevant rules (5) 14  
(6) FIVB (Federation of International volleyball)  
(7) Doing a task according to time and rhythm  
(8) Tiredness (Fatigue) / Nutritional deficiencies / Practicing for a long period of time  
(9) Usain Bolt (10) Australia (1½ x 10 = 15)
- 02 (1) Physical, Mental, Social and spiritual well-being to lead economically effective and efficient life  
(2) Economy / Age / Gender / Social status / Job / Religion / Culture  
(3) Exercise / balanced diet / Avoiding smoking / Avoid alcohol / Mental well-being (5 x 3 = 15)
- 03 (1) Pre - natal - Period inside the mother's womb  
Neonate - the first 4 weeks after birth  
Infant stage - First to 12th month  
Early childhood - from 1 year to 5 years  
(2) Neonate  
Physical needs - Nutritional need, growth (18 - 20 hours sleep) Protection from cold and heat.  
Psycho social needs - love / stimulation for mental development (eg: petting, talking, respond to the gestures.)  
(3) diminishing of intelligence / Retarded physical growth mental retardation / Get use to bad habits. (5 x 3 = 15)
- 04 (1) static - Standing / sitting / lying Dynamic - Running / Walking  
(2) Pain / More Expenditure of energy / cause physical injuries unpleasant appearance.  
(3) Dynamic balance Static balance (5 x 3 = 15)
- 05 (1) Service / Receiving / Setting / Spiking / Blocking / Court defending  
(2) Respond to the whistle sound of the judge.  
Service the ball to the opposite court.  
Not touching the boundary line.  
Follow the service order / The ball should be released from the hand before hitting.  
(3) Give marks for relevant answers. (5 x 3 = 15)