

Health and Physical Education I

Grade 11

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Time: 01 Hour

Name/ Index No.

- Select and underline the correct or the most suitable answer from question number 1 - 40.

01. What concept was introduced in the conference held at Ottawa in Canada in 1986 ?

- (1) Definition of health (2) health promotion
(3) Obstacles for health (4) Future health problems

- Questions form 2 - 7 are based on the following chart.

Pre - natal	(A)
Neonate	(B)
Infant	(C)
Childhood	(D 1 - 10 years)
D	(..... 10 - 14 years)
Youth	(F)
F	(..... 40 - 60 years)
G	(..... above 60)

02. According to the environment of living one of the above stage is different from the other stages. What is it ?

- (1) Pre-natal stage (2) Neonate stage (3) Youth (4) Adolescence

03. The most suitable time period for the blank A is,

- (1) First 4 weeks after birth (2) 280 days inside the mother's womb
(3) First 8 weeks after birth (4) First 120 days after birth

04. Yellow colour colostrum, which is in mother's breast milk can be brought in the period of,

- (1) Neonate (2) Infancy (3) Childhood (4) Pregnancy

05. The stormy period which has the second rapid growth is considered as the period between,

- (1) 1 - 10 years (2) 20 - 39 years (3) 10 - 19 years (4) above 60 years

06. A need of adult stage is,

- (1) Acceptance of others (2) Respect
(3) Looking after them (4) All the above answers

07. A thing which should not be done for the psycho-social development of a pre-school child is,

- (1) helping the child always
(2) looking after the child
(3) giving opportunities to play
(4) giving opportunities to experiment new things.

08. Not a physical fitness quality,

- (1) Co-ordination (2) Flexibility (3) communication (4) speed

09. The occasion where jumping is not,
 (1) 100 m running (2) volleyball
 (3) Netball (4) Football
10. Among the games played with a ball, what is the game that does not require another equipment to play ?
 (1) Tennis (2) Cricket (3) Table Tennis (4) Netball
11. Positioning the body in a static or dynamic movement with less pressure on the muscles and the bones is called,
 (1) Posture (2) static posture
 (3) Dynamic posture (4) correct posture
12. Select the dynamic movement from the following,
 (1) Standing (2) Sitting (3) Lying (4) Running
13. • Getting use to incorrect posture • Posture based on the job
 • Weakening the muscles and the bones
- A person get use to incorrect posture due to the above reasons. Not a disadvantage of incorrect posture is,
 (1) pain (2) Deformities in joints
 (3) unpleasant appearance (4) become famous
14. The given information is about a certain game. What is it ?
 (1) Volleyball
 (2) Netball
 (3) Football
 (4) Throw ball
- | |
|--------------------------|
| William G. Morgan |
| 1916 |
| FIVB |
| 12 |
15. Select the answer that does not give the correct minimum number of players needed to play the game.
 (1) Volleyball - 6 (2) Netball - 10 (3) Volleyball - 12 (4) Cricket - 22
16. If the winning team of a volleyball match at the first round has obtain 28 marks what should be the marks of the loser ?
 (1) 24 (2) 25 (3) 26 (4) 27
17. The number of skills that can be used to show his talents by a volleyball player are,
 (1) 3 (2) 4 (3) 5 (4) 6
18. The place name of shooter is,
 (1) GK (2) GA (3) GS (4) GD
19. Energy is measured by the unit,
 (1) Kilo Jule (2) Metres (3) Kilo gram (4) Gram
20. Blood is brought out of the heart through,
 (1) arteries (2) veins
 (3) Pulmonary Artery (4) Aorta

21. Not a hormone,
(1) Thyroxine (2) Adrenaline (3) Somatotrophin (4) Testicle cells
22. Select the answer which gives only the diseases related to the respiratory system is,
a) common cold b) pneumonia c) Diphtheria
d) whooping cough e) cough f) Typhoid
(1) a, c, d, e, f (2) a, b, c, d, e (3) b, c, d, e, f (4) a, b, d, e, f
23. What is the reason for most of the children to wear spectacles ?
(1) Because it is a fashion
(2) Because their parents have enough money
(3) Because of Vitamin A deficiency
(4) Because of Vitamin D deficiency
24. The type of iron that can be absorbed easily is,
(1) haem iron (2) Non haem iron
(3) Both haem & non haem iron (4) Neither haem iron nor non-haem iron
25. The foods that contain haem iron are,
(1) meat, fish, eggs (2) meat, fish, green grams
(3) fish, eggs, soya (4) fish, grams, green leaves
26. Not a function of the skin,
(1) Sensitive to the external environment (2) Prevent entering of germs
(3) Controls body temperature (4) Providing calcium for bones
27. Which of the following should not be done to control heart diseases at adult stage,
(1) Avoid using oily foods (2) Get rid of obesity
(3) Not doing physical exercises (4) Avoid smoking and alcohol
28. Who should take medical advices to do exercises from the given persons ?
(1) Persons who have problems of their eye sight
(2) Athletes
(3) Those who are below 20 years
(4) Diabetes patients
29. Cloning can be defined as,
(1) joining of two opposite genes in an external environment according to gene technology
(2) another word used for recycling.
(3) the mixture created by adding chlorine to water
(4) a condition created through globalization
30. What is the name used for the baton which can be moved around a fixed point,
(1) Relay baton (2) Lever (3) velocity (4) ulna

31. The social or economic unit that uses their resources effectively to reach their targets is called,
(1) an organization (2) a society (3) a project (4) a company
32. The world health day is,
(1) 1st January (2) 7th January
(3) 7th April (4) 31st December
33. If a mother says to her daughter "Now you are a big girl" it means,
(1) she has increased her height and weight
(2) she has improved her thinking ability
(3) she is capable of being a mother
(4) she has to do the work in the kitchen
34. The general life expectancy of a Sri Lanka is,
(1) 72 years (2) 70 years (3) 75 years (4) 65 years
35. AIDS, syphilis, Gonorrhea, Herpes are,
(1) fatal diseases (2) sexually transmitted diseases
(3) incurable diseases (4) Non - communicable diseases
36. The disease transmitted through dogs is,
(1) encephalities (2) Thalasemia
(3) rabies (4) Diarrhoea
37. Which of the followings is an outdoor activity ?
(1) Brushing teeth outdoor (2) playing volleyball outdoor
(3) Cooking food outdoor (4) Cutting trees.
38. The vaccine given to a new born baby within 24 hours of birth is,
(1) Encephalities vaccine (2) B C G vaccine
(3) Triple vaccine (4) German measles
39. Select the answer which shows the life stages of a man in the correct order,
A - Neonate E - Adult
B - Infancy F - Elderly
C - Pre - natal G - Childhood
D - Youth
(1) CABGDEF (2) CBADEFG
(3) ABCDEFG (4) GFEDCBA
40. Sri Lanka became the world champions of the game,
(1) Volleyball (2) Netball (3) Cricket (4) Elle

Health and Physical Education II

Grade 11

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Time: 02 Hours

Name/ Index No.

- The first question is compulsory. Select 02 questions from part I and 02 questions from part II.

01 Nelumdeniya Maha Vidyalaya, which is a health promotion school, organized a shramadana campaign with the help of the community. As the main aim of it was to prevent dengue spread by mosquitoes, the P.H.I came to the school to conduct an awareness programme to inform the way of transmitting the disease, symptoms and the way of preventing the disease. They were given Kurakkan helapa and a banana and "Polpala" drink with jaggery. Denuwan was injured during the shramadana and Nelum and Olu carried him away without any support of an equipment. Due to his injury he could not participate for the volleyball tournament where there were 5 teams. He was worried about it.

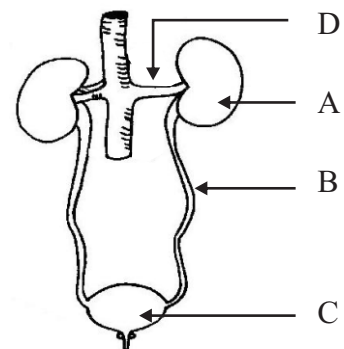
- (1) State 02 other diseases transmitted through mosquitoes except the disease mentioned in the paragraph.
- (2) Write 02 other things you can do to prevent diseases caused through mosquitoes.
- (3) Write 02 programmes given in the paragraph that conduct in a health promoting school with the help of community participation.
- (4) Write 02 social skills the students can develop by participating for the programme.
- (5) Draw the way (method) Olu and Nelum carried Denuwan to a class room.
- (6) Suggest a method of carrying Denuwan with the support of an equipment.
- (7) Write the method of holding the volleyball tournament for every team to play with all the other teams.
- (8) If the tournament is held according to knock out method, how many matches should be conducted ?
- (9) Write 02 advantages of the method you mentioned in question number 08.
- (10) Write 02 qualities of a good leader.

Part I

- Answer 02 questions only.

02 Given below is a diagram of a human system displayed in Giradurukotte hospital. In the medical clinic it was said that, as there are too much mineral salt in water this area, there is a risk of subjecting to diseases related to this system.

- (1) Name the system given in the diagram and write 02 functions of the system. (2 m.)



- (2) Name A, B, C and D. (2 m.)
- (3) Write 02 diseases related to the system. (2 m.)
- (4) Write 04 things you can do to protect the above system. (4 m.)
03. At a search round of restaurants done by the P.H.I. he discovered number of expired can fish (Salmon) and chicken which have not stored in the correct temperature. So he cancelled the licence of the restaurant. The P.H.I. said that if not they will continue this adulteration of food.
- (1) What is meant by food spoilage ? (2 m.)
- (2) What are the features that can be identified in a spoilt can fish. (3 m.)
- (3) Write the methods of food preservation. Give examples for each method. (5 m.)
04. Write in brief how you'll face the following challenges.
- (1) Your parents expect you to pass your O/L examination well.
- (2) One of your friends force you to drink a tablet to increase the energy of young age.
- (3) One of your friends refuses to go to school because she is worried the appearing of pimples on her face.
- (4) At the school uniform is old fashioned all the boys of the class decided to change the legs of their trousers by making them little large.
- (5) Nimal, who is a talented volleyball player says that he is going to give up playing because sports will affect for low results of the examinations. (2x5 = 10 marks)

Part II

• Answer 02 questions only.

05. (1) Write 3 organized games played in a school sports meet (2 m.)
- (2) Write 2 techniques to improve the speed of a runner. (3 m.)
- (3) Write 3 sports events played in the play ground that do not belong to track events. (2 m.)
- (4) Write 3 qualities of a good sportsman. (3 m.)
06. Given picture shows the positioning of six students in a drill display.
- (1) Form a Triangular pattern using the A, B, C, D, E and F students. (3 m.)
- (2) What are the resources you can use to make the drill display beautiful. (3 m.)
- (3) What are the qualities you can develop by participating in drill display ? (4 m.)
07. (1) Draw a volleyball court and mention its measurement. (2 m.)
- (2) Draw a rough volleyball court and mark the position of the players with a circle. (3 m.)
- (3) Write 05 tactics of service that can be used to gain marks. (5 m.)