

Mid Year Examination - 2015

HEALTH AND PHYSICAL EDUCATION

Grade 7 සෞඛ්‍යය හා භාරීර්ක අධ්‍යාපනය Time: 02 Hours

Name/ Index No. \_\_\_\_\_

PART - I

• Answer all the questions.

- 01 Physical, Mental, Social and spiritual well-being is known as,  
(1) quality of life      (2) total health      (3) immunity      (4) re-cycling
- 02 A mental need is,  
(1) Shelter      (2) Food      (3) Kindness      (4) Colorful clothes
- 03 Not a rhythmic leg movement,  
(1) March      (2) Tuck jump      (3) Knee lift      (4) Jumping Jack
- 04 A static movement is,  
(1) Lying      (2) Running      (3) Walking      (4) Jumping
- 05 Which part of the feet should touch the ground first, when walking correctly,  
(1) Toes      (2) heels      (3) balls      (4) the sole

• Select the correct answer and fill in the blanks.

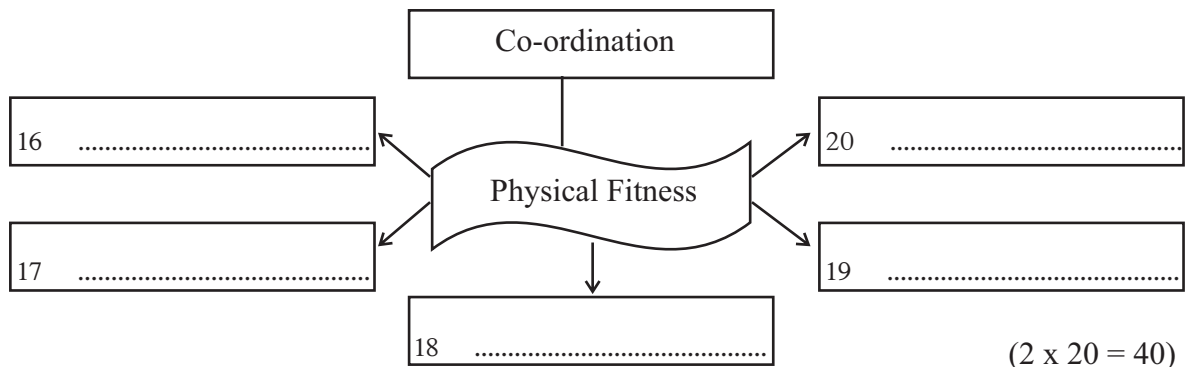
(Netball / Mintonette / Porapol geseema / Volleyball / Foot ball)

- 06 ..... is played to gain the blessings of Gods.
- 07 The national game of Sri Lanka is .....
- 08 At the beginning of the game Volleyball is named as .....
- 09 Jenny Green introduced ..... to Sri Lanka.
- 10 The most famous game of the world is .....

• Match 'A' with 'B'.

- | A                    | B               |
|----------------------|-----------------|
| 11 A verticle jump   | • Basket ball   |
| 12 A Fold game       | • Long jump     |
| 13 A horizontal jump | • Meeyo meemo   |
| 14 A minor game      | • Pole Vault    |
| 15 An organized game | • Olinda Keliya |

• Complete the following chart.



## PART - II

- **The First question is compulsory.**
  - **Answer 05 questions including the 1st question.**
- 01 Food is a basic need of man. We should follow good eating habits. It will help us to be free of diseases. Food is essential for the protection of the body, growth and to gain energy.
- (1) Write 02 functions of food.
  - (2) Write 04 main nutrients of food.
  - (3) Write 02 unhealthy (bad) food habits.
  - (4) Write 02 energy giving foods.
  - (5) Write 02 protective foods.
  - (6) Write 02 body building foods.
  - (7) Write 02 types of vitamins contain in food.
  - (8) Write 02 types of mineral salt contain in food.
  - (9) State 02 main nutrients needed to gain energy.
  - (10) Name 02 food items we can use to take iodine for our body. (2 x 10 = 20)
- 02 Although there are separate systems in human body, it is wonderful that they function together.
- (1) Name 04 systems of our body.
  - (2) Name the 04 types of teeth in human mouth.
  - (3) Describe 04 things you can do to protect the wonder of the human body. (10m.)
- 03 Infectious and non-infectious diseases are a challenge to health and we should protect our body from them.
- (1) Write 04 ways of spreading diseases.
  - (2) Name 02 infectious diseases and 02 non infectious diseases.
  - (3) Write 04 ways of preventing from diseases. (10m.)
- 04 It is very important to control our emotions.
- (1) Write 02 good emotions and 02 bad emotions.
  - (2) What are the feelings (emotions) you'll have for the following occasions.
    - You win from sports events.
    - You teacher punished you without any fault (mistake) of yours. (10m.)
- 05 A challenge can be identified as a situation that disturbs the physical, mental and social balance of a person.
- (1) Name 04 challenges we face in our day-to-day life.
  - (2) Write 02 ways that a bone fracture can happen.
  - (3) Explain RICE method. (10m.)
- 06 Day - to - day activities can be done effectively by following correct posture.
- (1) Write 04 factors that affect correct posture.
  - (2) Write 02 static and 02 dynamic postures.
  - (3) Write 04 disadvantages of using incorrect posture. (10m.)