

Answer Paper - Part I

01	2	02	2	03	1	04	3	05	3	06	1	07	4	08	2
09	3	10	4	11	Scissor jump				12	crouch start					
13	organized game			14	standing start			15	running drills		16	✓			
17	✗	18	✓	19	✓	20	✓	(2 x 20 = 40 marks)							

Part II

- 01 (1) A health promoting programme.
(2) The garbage pit on the compound / the drainary system and toilets are not in a proper condition.
(3) Urban council, sports ministry, provincial secretariat, provincial council etc.
(4) Grama Seva Officer, Youth Service Officer, Public Health Nurse.
(5) Make the school environment and the home environment of the students healthy / Develop the skills of the students. / Make the school a pleasant place for all.
(6) Maintaining the toilets and urinals properly / providing pure drinking water / disposing garbage properly.
(7) Students work in groups. / Creative ability of the students have increased / can see a good religious environment.
(8) Conducting environmental conservation programmes and shramadana campaigns. / Implementing health education programmes. / Identifying the needs of the students and developing their competencies.
(9) School becomes a pleasant place for all / Developing positive relationships / creating a proper environment to learn. / Free from conflicts.
(10) Diarrhoea, Dengue, Mee Una (Leptospyrosis) (2 x 10 = 20)
- 02 (1) (a) Female - Oestrogen progesterone (b) Male - Testosterone (2 marks)
(2) Female - Hip widen, breast get enlarge, skin become fair etc.
Male - Appearing of beard, shoulders widen, voice become rough..... etc. (4 marks)
(3) Like to be independent. / Like to possess certain things / like to get experiences / Like to be praised by others (2 marks)
- 03 (1) Rhythm is doing a particular activity according to time intervals and to tune. (2 marks)
(2) Leg movements - March, Jog, skip, kick, lunge, knee lift, jumping jack
Rotating activities - cart wheel jump, half turn jump, full turn, forward roll, backward roll. (4 marks)
(3) Feel less tired / less injuries / can do the tasks attractively / can do the tasks effectively. (4 marks)
- 04 (1) Independence day function, Inter house sports meet, Cadet functions, State functions. (2 marks)
(2) 'Squad stand at ease', 'squad attention', 'squadleft turn', 'squadeyes right', 'squad make line form right' (4 marks)
(3) Left turn, Right turn, Half left turn, Half right turn, About turn (4 marks)
- 05 (1) Lead up games are the games created to learn the skills of a major game enthusiastically. (2 marks)
(2) Service, setting, blocking, court defending, receiving the ball, spiking. (4 marks)
(3) Inside kick, instep kick outside in step, inside instep, heel kick, heading (4 marks)
- 06 (1) Biological factors, physical factors, chemical factors. (2 marks)
(2) Food manufacture, transport, storage, food consumption. (4 marks)
(3) Cover under the sand, Drying, soak in bee hunney, "Jadi" (adding salt to fish), pickle