| Grade 9 | Mid Year Examination - 2015 | Health and Physical Education |
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## Part II

01 (1) Cooking food, the place of camping, Cleanliness, Creating campfire, Campfire display..... etc., ( 04 m. )
(2) Give marks for the type of hearth and the way of preparing it. (04m.)
(3) Give marks for the relevant campfire. (03m.)
(4) Maintaining discipline and ethics / Be sure that the ground is safe for it / Appoint a person who knows about arranging campfire / Keep ready some raw leaves, wet gunny bags... etc., (04m.)
(5) Develop unity / Work as a team / Face challenges successfully / Build up leadership qualities. (05m.)

02 (1) Physical skills / Mental skills / Social skills.........etc., (03m.)
(2) Friendly charts, Engage in public work, Share happiness. (03m.)
(3) Controlling of emotions, Identifying the way of expressing feelings, control anger..... etc., (04m.)

03 (1) C - hand stretched side ways parallel to the ground.
E - hands in front without bending at elbow.
G - hands sideways parallel to the ground. $(2 \times 3=06)$
(2) bend hand at elbow and keep them in front at chest level / skip raising the alternate knee up without bending the knee. $(2 \times 2=04)$

04 (1) Build up unity and co-operation / Develop team spirit / Develop the ability to perform well / Develop the ability to face challenges ( 03 m .)
(2) Develops speed, can change immediately...... etc., (03m.)
(3) Chance to serve First/Select the side of the court. (03m.)
(4) Spiking line (01m.)

05 (1) A-30.5m B-15.25m C-4.9m (03m.)
(2) Centre (C) (02m.)
(3) Inside the C goal circle. (02m.)
(4) Stay at the back of the opposing partner / Study the movements of the partner / Stick to the partner without contact. (03m.)

06 (1) Horizontal - Long jump, Tipple jump / Vertical - High jump, Pole vault (04m.)
(2) A - Scissor jump / B - Eastern cut off/ C - Western roll

D - Straddle jump / E - Fosbury flop (03m.)
(3) 3 -Power position/4-Release / 5 -Follow through (03m.)

07 (1) Accept win and loss alike / Work with team spirit / Avoid insult and jeir / Maintain personal appearance well (03m.)
(2) Organizing ability / Active lifestyle / Friendly manner / Ability to take correct decisions (03m.)
(3) Not trying to give excuses when defeated / Never insult or hint / Praise and accept their talents / Never draw the attention of judges for violating of rules by them. (04m.)

