

Year End Examination 2015

Health and Physical Education - I

Grade11

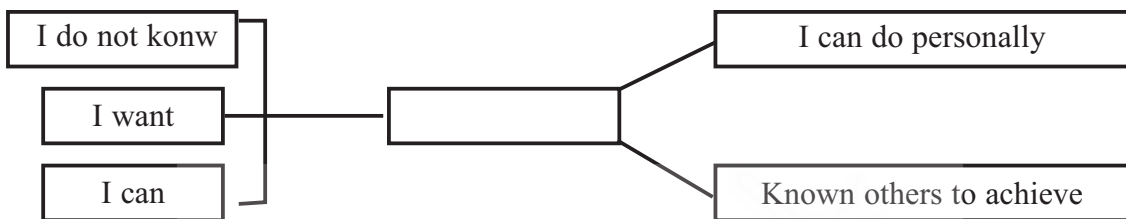
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Time: 01 hour

Name/ Index No.

Underline the correct answer.

01. This is not a principle that follow to prepare policies of health promotion in difference sections.  
(1) specilize (2) achiever  
(3) realize (4) don't have definite time duration
02. What is the most suitable answer for the blank.



- (1) I don't know (2) I take action  
(3) We try to catch (4) join to do everyday
03. Be a happy and social person and come to the peak through physical and spiritual,  
(1) civic participation (2) partnership environment  
(3) spirit (4) prepare policies
04. Some organs in food digestion system  
(1) pharynx, esophagus, stomachs, small intestine  
(2) esophagus, pharynx, voice box, stomach  
(3) pharynx, stomach, bladder, small intestine  
(4) pharynx, voice box, stomach, bladder
05. A organ that make to absorb the foods in food digestion path.  
(1) stomach (2) duodenum (3) small intestine (4) large intestine

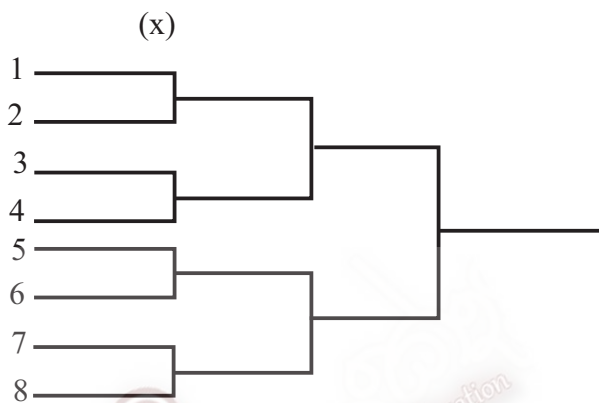
Use the following details to answer the questions 6 - 8.

Name	BMI
Amal	31
Kamal	24
Vimal	16
Ramal	22

06. Which student has thin body.  
(1) Amal (2) Kamal (3) Vimal (4) Ramal
07. Who is be obesity.  
(1) Amal (2) Kamal (3) Vimal (4) Ramal
08. Who infect with heart attack diabetic in future very easily.  
(1) Amal (2) Kamal (3) Vimal (4) Ramal
09. What is the age group relate to infants.  
(1) 0 - 1 m (2) 0 - 1 yr (3) 1 - 5 yr (4) 6 - 10 yr

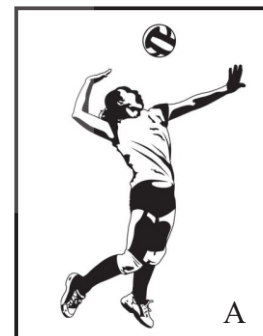
10. What is the constituent include in first mother's milk that is very important to infants.  
 (1) Thayamin            (2) Yurasil            (3) Adrinalin            (4) Kolastram
- **We can see two game notes which can be held competitions. Anser the question 11 and 12 using it.**

A	B	C	D	E	F	G
7 ..... chance	6..... chance	5..... chance	4.... chance	3..... chance	2..... chance	1..... chance
1.....6	7.....5	6.....4	5.....3	4.....2	3.....1	2.....7
2.....5	1.....4	7.....3	6.....2	5.....1	4.....7	3.....6
3.....4	2.....3	1.....2	7.....1	6.....7	5.....6	4.....5



(Y)

11. What is the game system that is shown by letter "Y"  
 (1) Round Robin System            (2) League System  
 (3) Knockout System            (4) Table System
12. How many matches can be held in "X" competition.  
 (1) 11            (2) 21            (3) 31            (4) 41
13. How many situations that they organize?  
 (1) 1            (2) 2            (3) 3            (4) 4
14. What can you say about volleyball using this picture?  
 (1) setting            (2) spiking  
 (3) defending            (4) servicing
15. How many tracks can be seen in a track of 400 m hurdles ?  
 (1) 5            (2) 10            (3) 15            (4) 20



- **Use the following details to answer the question 16 - 19.**

A team of Heach service officers done a research using grade 8 students in Rajarata K. V. about the diseases.

Name	Infections
Amal	undernutrition
Amali	scrofula
Achini	anaemia
Nimal	kyphosis

16. Who is infecting with a disable situation that use of bad postures?  
 (1) Amal            (2) Amali            (3) Achini            (4) Nimal

17. Who face the disease that happen lack of hemoglobin in blood?  
 (1) Amal (2) Amali (3) Achini (4) Nimal
18. Who need balance diet with main nutrients in long period.  
 (1) Amal (2) Amali (3) Achini (4) Nimal
19. What is the disease that happens in Iodine deficiency?  
 (1) undernutrition (2) scrofula (3) anaemia (4) kyphosis
20. What are the steps that taken oxygen atom to lung from external atmosphere.  
 (1) nose → pharynx → voice box → Trachea → minor trachea → liver  
 (2) nose → pharynx → voice box → minor trachea → Trachea → liver  
 (3) nose → voice box → pharynx → minor trachea → liver  
 (4) nose → Trachea → pharynx → minor trachea → voice box → liver

21. What you seen in the picture about putting shot?  
 (1) Rotational technique (2) Linear technique  
 (3) Flop technique (4) Hang technique



22. Who you can see in the picture "A"?  
 (1) high jump (2) long jump  
 (3) pole jump (4) triple jump



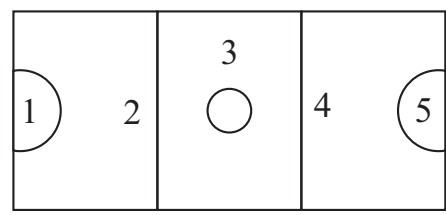
23. This events is not including to middle long.  
 (1) 1500 m (2) 5000 m (3) 3000 m (4) 400 m
24. Nimal is throwing a ball and Kamal is lying on the ground. These two postures are,  
 (1) Both of them are showing static posture.  
 (2) Both of them are showing dynamic posture.  
 (3) Nimal shows static posture and Kamal shows dynamic posture.  
 (4) Nimal shows dynamic posture and Kamal shows static posture.

25. Which type of muscular fiber that want a player of doing 100 m's of track event more,  
 (1) act as slowly fiber (2) Red fiber  
 (3) muscular fiber act as speedy (4) Yellow fiber
26. Skeletal muscle is not situated in,  
 (1) food digestion wall (2) legs  
 (3) diaphragm (4) tongue

27. An example for non communicable disease,  
 (1) catalepsy (2) influenza (3) syphilis (4) tuberculosis

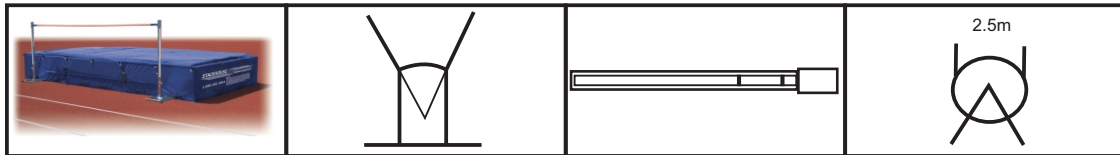
• Use this diagram below for question 28 - 29.

28. Shooter can play  
 (1) 1 and 2 areas  
 (2) 1,2 and 2 areas  
 (3) 3 and 4 areas  
 (4) 4 and 5 areas



29. Who is playing near by "GA"?  
 (1) GK (2) GD (3) C (4) WA

- Use following court and grounds to answer the question 30 - 32.



A

B

C

D

30. Which play ground use to throw of 1 kg discus.  
 (1) A (2) B (3) C (4) D
31. Sail technique can use in,  
 (1) A ground (2) B ground (3) C ground (4) D ground
32. A ground which is using horse foot grip technique to play.  
 (1) A (2) B (3) C (4) D
33. This is not affecting to health balance  
 (1) Centre of gratuity locate in above to earth.  
 (2) a large supporting base.  
 (3) decrease the length between the earth and Center of gratuity.  
 (4) a small support in base.
34. What can you say about the gymnastic activity shown in the front picture?  
 (1) forward roll  
 (2) cart wheel  
 (3) jumping jack activity  
 (4) star jump activity.
35. What can you see in the picture?  
 (1) Track event  
 (2) running drill  
 (3) walking race  
 (4) drill display
36. What is the situation that can infect HIV to another person by a HIV person.  
 (1) Chat with Hiv patient.  
 (2) use plates and cups of the patient's  
 (3) bite to a person by a mosquito that bite before to a Hiv patient  
 (4) Coke inject to the body with Hiv patient.
37. Don't do this in a scald (Singeing)  
 (1) Wash the scald place in flowing water.  
 (2) Prick the cambiums with a sharp instrument.  
 (3) Remove the rings and bangles quickly.  
 (4) Don't remove the clothes which are Heating to the body.
38. Which is polluting by burning polythene and plastics.  
 (1) air (2) water (3) earth (4) sound
39. Use the following statements to answer this question.  
 ★ Ganga is interring to packet of murukku and grams to eat always  
 ★ Geetha likes to eat fresh vegetables and fruits that grown in her garden always.  
 ★ Sitha like to drink organic cool drink.  
 Who has bad habits of food among these ladies.  
 (1) Ganga and Geetha (2) Geetha and Sitha  
 (3) Ganga and Sitha (4) Ganga, Geetha and Sitha
40. Which country will organize the Olympic games in 2016?  
 (1) America (2) Singapore (3) Brasil (4) Kenya



Year End Examination 2015  
**Health and Physical Education - II**

Grade11

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Time: 02 hours

Name/ Index No.

- Answer only five questions including 1st question and two questions from part II and two from part II.

01 Food has an ancient idea to our Sir Lanka people and it has a traditional value which come from the past. Therefore our grand parents tryed to develop our country using wonderful writer works. But now it is changing with bad effects because of the economical and technical development.

- (1) Name two main nutritions and micronutrients.
- (2) Mention two diseases that happen micronutrients deficiency.
- (3) Write two main factors to follow to prepare foods that protect its quality.
- (4) Write two actions to develop the nutritional quality of a food.
- (5) What is meant by food pollution food spoilage?
- (6) Write two agents that infect to food spoilage.
- (7) What is the meaning of adulteration of food?
- (8) Write two examples for adulteration of food.
- (9) Mention two disable situations that infect with using instant food.
- (10) Write two necessary actions to prevent these situations.

## Part I

- **Answer only two questions**

02 Health and physical education management means that is organizing physical education programmes held with more effective and efficiency way using main techniques of management.

- (1) Every organization have common qualities. What are they ?
- (2) Mention 03 qualities that has physical education and sports manager.
- (3) Write two progarmmes organize in school as a physical education manager except physical exercise programme.
- (4) Write two benefits that participate in school exercise programme.
- (5) (i) What is the main unit of giving energy?  
(ii) What are the ways that take units mention in 5 (i).

03 Describe the ways that you overcome following challenges briefly.

- (1) Your best friend is falling with faint in the classroom.
- (2) Your sister said that an elder person follow her every day in her way to come home after extra classes.
- (3) Your sister is interesting to packet of ice cream and Murukku to eat always.
- (4) Some elder people allow you to use Cigaretts through a picnic.
- (5) Your friends compel you to bath in sea.

04 Sexual transmitted diseases (STD) means that they transmitted by person to person with unprotected sexual activities. These diseases affect to health more and more.

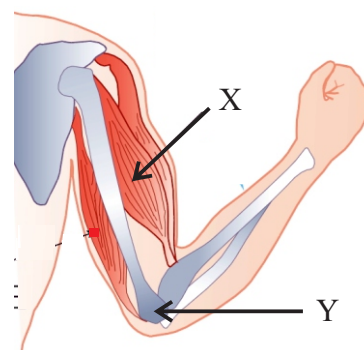
- (1) Write two examples for sexual transmitted disease.
- (2) Mention 03 common qualities of sexual transmitted disease.
- (3) Write 03 critical activities that infect with sexual transmitted diseases.
- (4) Name two tests that adopt to identify HIV patient.
- (5) Write a main symptom of Aids disease.

## Part II

- **Select only two questions.**

05 You can see a picture of a human arm in the front.

- (1) What is "X"?
- (2) What joint is shown in "Y"?
- (3) Write two qualities of skeletal muscle.
- (4) Write two qualities of muscle that active in speedy.



06 You can see a result sheet of a discus throwing event and there were six participants.

Order of events	No.	Name	Game rounds			highest performance	Game rounds			highest performance	place
			1	2	3		4	5	6		
		A	15.30	15.70	16.65	16.65	16.20	16.30	16.70	16.70	.....
		B	15.70	15.40	15.10	15.70	15.10	15.40	15.70	15.70	.....
		C	15.00	14.90	15.40	15.40	14.90	15.00	15.35	15.40	.....
		D	16.40	16.15	16.30	16.40	16.15	16.50	16.70	16.70	.....
		E	15.30	14.85	15.00	15.30	14.85	15.00	15.30	15.30	.....
		F	15.30	15.65	15.20	15.65	15.70	15.70	15.70	15.70	.....

- (1) According to above result sheet,
  - (i) 1st place
  - (ii) 2nd place
  - (iii) 3rd place

Write the names of these winners.
- (2) Name the stages that should pass in discus throwing event.
- (3) Write two common rules of throwing events.

- **Select only A or B or C from this question.**

### Part A

- 07 (1) Write two techniques of Netball except "Attacking".
- (2) Write 03 activities as a coach to develop the skills of a attacking player.
- (3) What are the punishments that given in net ball for followings.
  - (a) A player in blue team with ball in hand pushed by a player of red team.



- (b) A player of blue team and a player of red team touch the ball of one stretch.
- (c) A player of blue team hit to a player's hand in red team when she shoot.
- (d) The ball go out of the court by touching of player in blue team.
- (e) The ball pass through the blue team among two players, pass two lines in the court.

### **Part B**

- (1) Write two techniques of volleyball except "spiking".
- (2) Write 03 activities as a coach to be expert in spiking.
- (3) What are the punishments that given in volley ball for followings.
  - (a) The ball fall in to the Vijaya team court when a player of gamunu team is servicing.
  - (b) The ball go out of the court by touching hand of a player in Vijaya team while a gamunu player spiking.
  - (c) A player of Vijaya team is servicing by touching lines when Jugde blew the whistle.
  - (d) A player of Vijaya team who in back court came to the front and attack to the ball in net above.
  - (e) A player of Gemunu attack to the ball which is in Vijaya team.

### **Part C**

- (1) Write two techniques of football except stopping the ball.
- (2) Write 03 ways of stopping the ball.
- (3) What are the punishments that given in football for followings.
  - (a) A player of Star team touch the ball on the fingers while the ball is in game.
  - (b) The ball go ut of the court by hitting on the head of a player in Sunrise team.
  - (c) A player of Star team fall in to the ground with mix up the legs wilfully by a player of Sunrise team.
  - (d) Push the goal keeper of Star team without ball in hand by a player of Sunrise team.
  - (e) The ball go out of the goal stump area by touching a leg of a player of Star team when a player of Star team pass the ball through the goal stump to a player of Sunrise team.