


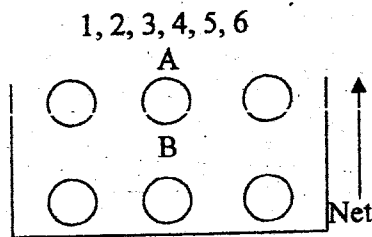


**Answer all questions .**

- 1) The world health organization has categorized the stages of life. What is the stage you belonged?  
(i) Age 10 – 14                      (ii) Age 10 – 14                      (iii) Age 10 – 14                      (iv) Age 10 - 14
  
- 2) “We born twice. First as a human and second as a male or female”. What is explained by this statement?  
(i) The importance of childhood.  
(ii) The importance of adulthood.  
(iii) The importance of old age.  
(iv) The importance of Adolescence.
  
- 3) What is the emotional skill help to face challenges during adolescence?  
(i) Looking at a problem in different angels.  
(ii) Solving problems creatively.  
(iii) Making decisions responsibly.  
(iv) All of the above.
  
- 4) The nature of clouds help to get ideas about the weather in outdoor activities, What is the correct statement?  
(i) Morning, red sky – Rainy day  
(ii) Setting the sun yellowish – Rain  
(iii) Thin clouds – Good Weather  
(iv) Rolling and braking clouds – Strong wind
  
- 5) Man and nature has a close relationship. Different concepts can be understood by holding outdoor activities. There are many concepts bound with forest life. The example to understand the scientific concept is,  
(i) Sun rises once per day.  
(ii) Fruits fall from trees.  
(iii) There is a leader in a herd of elephants.  
(iv) None of the animal without hunger kills another animal.

- 6) Why do the rules and regulations are needed for sports?
- (i) To hold a fair competition.
  - (ii) To minimize accidents.
  - (iii) To protect the respect of sports.
  - (iv) All the above.
- 7) The activities used to improve skills of major games, are known as,
- (i) Indoor games.
  - (ii) Minor games.
  - (iii) Simple games.
  - (iv) Organized games.
- 8) Our ancestors used many methods to protect food for a long time in order to use when there is a scarcity of food. This is called,
- (i) Food preservation.
  - (ii) Food conservation.
  - (iii) Food consumption.
  - (iv) Food reconstruction.
- 9) Select the incorrect statement.
- (i) Rhythm can be improved by doing activities in orderly pattern.
  - (ii) We can enjoy activities, by doing rhythmically.
  - (iii) Physical activities should always be done in the same rhythm.
  - (iv) Walking is automatically done rhythmically.
- 10) What is the point where weight of an object acts,
- (i) Gravity.
  - (ii) Center of gravity.
  - (iii) Gravitation.
  - (iv) Gravitational force.
- 11) What is the command given by following signed in Volleyball?
- (i) A substitution of a player.
  - (ii) Delay of service.
  - (iii) hitting the ball inside.
  - (iv) Giving permission to the service.
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- 12) What can be shown as a fault in spiking in Volleyball?
- (i) Hitting to a ball of opposite team.
  - (ii) Hitting to the ball given by Libero player.
  - (iii) Hitting to the ball staying back of the proper line.
  - (iv) Hitting by coming away from the court.

13) The places of players of a volleyball team is shown below.



In this diagram, what are the numbers located in A and B?

- (i) 1 and 2. (ii) 3 and 6.  
(iii) 4 and 6 (iv) 3 and 1.

14) A feature of players with good mental practice is.

- (i) Giving a big attention to the audience.  
(ii) Getting the victory in any way.  
(iii) Being extremely happy and cheering with the victory.  
(iv) Behaving according to rules and regulations.

15) What is characteristic can not be seen in the adolescence?

- ★ Rapid physical growth.
- ★ Improving the creativity.
- ★ Attracting to the opposite sex.
- ★ Finding the warmth of parents.

16) Anura who is in his adolescence is addicted to smoke and liquor. So that he may,

- (i) become sexually disabled.  
(ii) loose thinking ability and memory.  
(iii) subjected to heart and respiratory diseases.  
(iv) subjected to all the above conditions.

17) What is the most suitable food can be given to an infant of 4 months?

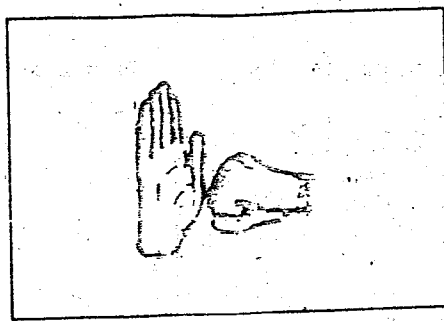
- (i) well boiled cereals. (ii) chopped vegetables.  
(iii) Boiled and chopped fruits. (iv) Mother's milk.

18) What is not a mental skill?

- (i) Thinking ability. (ii) Memory.  
(iii) Problem solving. (iv) Activeness.

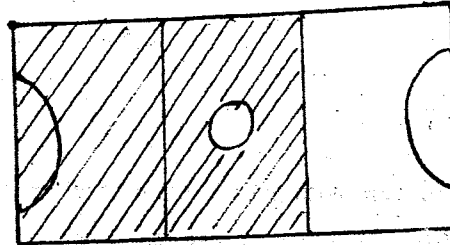
19) What is the fault shown in the diagram in netball.

- (i) Attacking.
- (ii) Short pass
- (iii) Personal contact
- (iv) Held ball

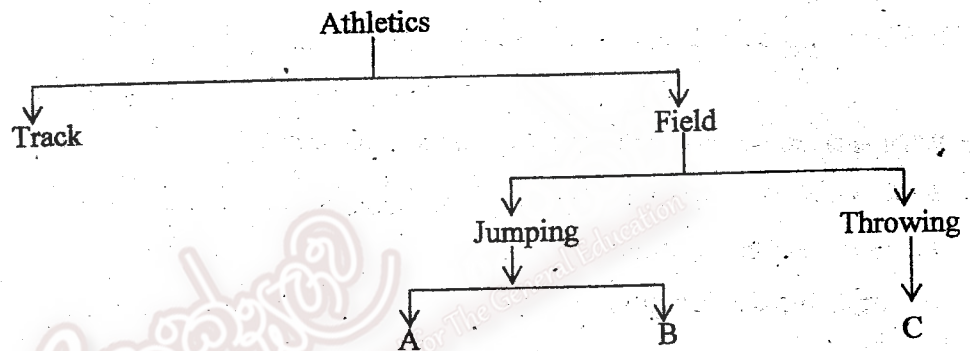


20) The shaded area is the allowed space that car play to the shown player. What is her place at the court?

- (i) GK or GS.
- (ii) WD or GS
- (iii) GD or GA
- (iv) WD or WA



Answer to the questions 21 to 23 based on following diagram.



21) A is a vertical jumping event which equipment are used. That can be,

- (i) long Jump
- (ii) Pole vault
- (iii) Triple Jump
- (iv) all the above

22) What is belonged to B type?

- (i) High Jump
- (ii) Pole vault
- (iii) Triple Jump
- (iv) all the above

23) There is a straight track for the even C. what can be this event?

- (i) Discus Throwing
- (ii) Shot put
- (iii) Hammer Throwing
- (iv) Javelin Throw

24) What is the factor affect badly to the total health?

- (i) War situations.
- (ii) Adverse effects of technology.
- (iii) Food with poor nutritions.
- (iv) All the above.

25) What is the field which plans the natural environment and bus stops well?

- (i) Health promoting school.
- (ii) Health promoting principles.
- (iii) Health promoting city.
- (iv) Health promoting Jail.

26) The advantage of engaging in physical activities with a good rhythm is.

- (i) Gain a healthy body.
- (ii) Gain a fresh mind.
- (iii) Gain a beautiful body.
- (iv) All the above.

27) What is known as 'SMART'?

- (i) The principle of making politics.
- (ii) The principle of health promotion.
- (iii) The benchmark of measuring health promoting school.
- (iv) All the above.

28) The person A contributes to give his traditional knowledge and cultural values to the next generation. What can be the stage of life that A belonged?

- (i) Youth.
- (ii) Pre – adolescence.
- (iii) Middle age.
- (iv) Adult age.

29) Ishini is a good athlete. But she has to face to the examination. What is the challenge Ishini faces?

- (i) Educational challenge.
- (ii) Sport challenge.
- (iii) Family challenge.
- (iv) Social challenge.

30) What is the most suitable food can be given to an infant of 4 months?

- (i) well boiled cereals.
- (ii) chopped vegetables.
- (iii) Boiled and chopped fruits.
- (iv) Mother's milk.

31) What is the event having a stand start?

- (i) 800 m and 1500m
- (ii) 200m and 800m
- (iii) 200 m and 1500m
- (iv) 400m and 800m

32) The event which Perry O. Bryan technique is used,

- (i) Discus throw
- (ii) Javelin throw
- (iii) Shot put
- (iv) Hammer throwing

33) Why does the back leg should take forward at the last stage of Discus throwing?

- (i) To increase the distance that the discus thrown.
- (ii) To obtain more speed.
- (iii) To release the discus as much as up.
- (iv) To keep the balance.

34) What is the distance of batton changing zone?

- (i) 20m
- (ii) 25m
- (iii) 15m
- (iv) 30m

35) What is important when organizing a walk with children?

- (i) Doing ones own responsibilities well.
- (ii) Not making unnecessary noises.
- (iii) Not wearing wet clothes.
- (iv) All the above.

36) When changing the places of players in Volleyball players?

- (i) Players stay at the same place.
- (ii) Change the places one after another.
- (iii) Change anti-clockwise.
- (iv) change clockwise.

37) What is not the sexually transmitted disease?

- (i) Gonorrhoea
- (ii) Thalesemia
- (iii) Herpes
- (iv) Candida

38) What is the medication should be given to a mother at the initial stage of pregnancy in order to prevent birth mutations?

- (i) Iron including tablets
- (ii) Folic acid
- (iii) Vitamin C
- (iv) Calcium tablets

39) The main symptoms of AIDS?

- (i) loss of body weight.
- (ii) Fever lasts more than one month.
- (iii) Diarrohea lasts more than one month.
- (iv) All the above.

40) The country which South Asian games will be held in 2018 is?

- (i) Sri Lanka
- (ii) Pakistan
- (iii) Nepal
- (iv) India



**Answer all questions.**

01) The health promotion committee of Kuruduwala Maha Vidyalaya has decided to launch following policies in the school.

- Every student should bring rice for the breakfast
- Every student should participate in any sport.
- Students should participate in the medical test held by the school.
- Every student should keep records about the height, BMI, weight etc in every 6 months.
- An adult should come behalf of each child to clean the school day prior to the new school team.
- Garbage collected in the school should be put into the proper place.

- Write 02 objective that the school tries to achieve through above policies.
- Divide above policies into 6 categories of health promotion.
- What is expected by the school of maintaining records of students as mentioned in (d)?
- Gayani, who learns in grade 11 is 1.5m in height and 45kg in mass. What can be her BMI value?
- What can you say about Gayani's nutritional level?
- Subani who studies in the same grade possesses 25kgm<sup>-2</sup> of a BMI value. Write 02 physical problems may occur to Subani.
- Write 02 advices can be given to Subani to reduce this condition.
- What is known as quality of life?
- Write 02 factors affect to keep the quality of life.
- Write 02 advantages of maintaining the quality life.

02) Following information explain about different stages of life.

- A rapid physical and mental growth occur during this stage. Try to be independent and to display talents.
- The strongest stage of life which is bound with responsibilities as a citizen and associate with the complicated society.
- Need the help of others to fulfill own needs. Should be protected from cold and warmth.
- The absorption of nutritions is gradually decreased and show many physical disorders. Less control of emotions. Seek the love and protection from others.

- I. Write the stages mentioned in (a), (b), (c) and (d) respectively.
- II. Write 02 problems each, when fulfilling needs of each stage.
- III. Write 02 ways each to avoid problems you mentioned in (ii)
- IV. Write 02 other needs of every stage apart from nutrition need.

03) The correct posture is keeping the body in order to spend minimum energy when moving or at rest.

- I. What are the two parts of postures. Give one example each.
- II. Write 02 advantages of correct posture.
- III. There are many factors affect for the balance of the body in different postures. Draw such two postures.
- IV. What are the factors affect for the height and the distance in jumping events.

04) Volleyball is our national game and there are 6 players in one team.

- I. Write 02 factors affected to being this game more popular.
- II. Write the stages of service and blocking.
- III. Write 3 skills of volleyball.
- IV. Explain the method of placing players in Volleyball.

05) Netball is a game popular among females.

- I. Write 04 skills of Netball.
- II. Write 02 a fault of netball.
- III. Write 02 instances where penalties are given for faults in netball.