



ශ්‍රී ලංකා ප්‍රදේශීය අධ්‍යාපන දෙපාර්තමේන්තුව  
ஊவா மாகாண கல்வித் திணைக்களம்  
UVA PROVINCIAL DEPARTMENT OF EDUCATION



## PRACTICE TEST - 2017

Grade 11

Health and Physical Education - II

One hour

- Answer five questions only, including first question and two questions from part – I and two questions from part - II

- 1) Ishani is a student of Sri Siddhartha Maha vidyalaya in Grade 11 She is a clever girl not only studies but also extra curricular activities. Last days she participated mountain climbing which was held as outdoor activity In there she cope with colleagues in friendly manner and she is appreciated by the teachers. She is a prefect of the school and a member of the school dancing group with good physical wellbeing she represents the school gymnastic team and 100 x4, 400x4 relay team. she has good personality and comes to school daily.
- Write 02 Social skills that Ishani is passed.
  - What is the factor that Ishani should have developed that very effective in our life to do Property dancing and gymnastic
  - Write 02 leadership qualities that have passed.
  - Write 02 advantages she gains because of her good health condition.
  - Write 02 factors that effective to maintain a healthy body.
  - Name other 02 outdoor activities except above mentioned activity.
  - Pre preparation is essential for the successful organization of any outdoor activity. Write 02 points that you should be considered in preparation of an activity
  - What is the length of button changing zone in relay races.
  - Write 02 special qualities that 04<sup>th</sup> runner should have passed in 100x4 relay.
  - What is the start should be used in 400x4 relay.

### Part – I

- 2) Mrs. Anuradha has been conducting a pre – school success fully She supplies all facilities for the children, there dinning , place, sanitary. facilities and also sports equipments too.
- What is the stage of children in Mrs. Anuradha's pre – school
  - Write 02 physical social needs of above stage children
  - What are the activities that Mrs. Anuradha applied to develop children's physical development.
  - Write another 02 activities (expect mentioned the above passage) can be used as physical needs.
  - Mention the stage of a child arrives after the pre – school stage.
- 3) Anjalika is a pleasant girl who is spending a healthy life style she does not take instant food as well as carbonic drinks beverages. She takes meals on time But one day she ate food which Saduni brought after that she started to itching and got skin rashes She is admitted to the hospital by the class teacher and doctor said that she is having food allergies.
- Write 02 factors which affect for the food safety.
  - write 02 instances where we should pay to ensure food safety.
  - What is "Food allergies"
  - Name 02 foods that commonly cause allergies to the Saduni.
  - What is "an instant food"
- 4) State briefly how you face the following challenges successfully.
- A friend of your who is an active member of political party. He forces you to engage on his work without going to the school.
  - You have selected subject stream for you're A/L but your parents do not agree with it.

- iii. Your mother does not tolerate of your best friend who won the gold medal for all island Essay competition.
- iv. You are proposed to make a speech about "Trend of made isolate the parent at unknown places with their dresses"
- v. Your sister's best friend is infected by HIV.

## **Part II**

05.

<b>Characteristics</b>	<b>X Fibres</b>	<b>Y Fibres</b>
Colour	White	Red
Speed of contraction	More	Less
Aerobic respiration	less	more

  

<b>Athlete</b>	<b>Event (Participation)</b>
Kasuni	100 m, 200 m, long jump, 100 x 4
Nimasha	5000 m, 10000 m, Marathan

Answer the questions regarding to above information.

- i. (a) Name the higher ration of the fibre Kasuni may have.  
(b) Write an another characteristic of that fibre.
  - ii. According to contains fibre in Nimasha, What are the another events that she can do, mention two of them.
  - iii. There are 03 different systems that help with movement. Name 02 of them.
  - iv. (a) There are 06 components in fitness related to motor skills. Name 02 of them.  
(b) Explain briefly one of them and name a sport event that componants is very important.
06. The person who is engaged in the process of coordinating all the resources of an organization in order to achieve the aims and objectives of that organization is called "manager".
- i. Write 02 qualities that a manager should posses.
  - ii. There are 03 types of Physical education progrmmes that can be managed wrthin the scool. Name 02 of them.
  - iii. Write 02 of the benefits you can gain from participating in Physical education programmes conducted by the school.
  - iv. (a) Calculatate the number of byes which are given in a knockout tournaments with 05 teams.  
(b) Prepare a knockout for the above tournament
07. Answer only one question from A, B and C.

### **A - Volleyball**

- i. You have finished your G. C. E. (O/L) exam, then you are selected to practice blocking, your house under 16 volley ball team. It is easy to coach it under four stages of that skill. The first stage is Ready position and second in "Approaching the ball." Write the next 02 stages.
- ii. Describe 02 activites using figures to practise blocking under 16 volleyball team.
- iii. Mention 04 consistency of a volleyball match for officiating.
- iv. Explain the rule affecting player position and player rotation (If necessary use the diagrams) In volleyball.

### **B – Netball**

- i. You have finished your G. C. E. (O/L) exam and you have to explain for the under 16 netball team about penalties given in netball. Name 02 panalties in net ball.
- ii. Describe 02 activities using figures to practise attacking skill in netball.
- iii. Name 02 consistency of judging pannel of netball game.
- iv. Explain the rule affecting player position in netball game.

### **C - Foot ball**

- i. You have finished your G. C. E. (O/L) exam and you have to practice stopping the ball in football under 16 team. Write 02 of the instances of stopping the ball in foot ball.
- ii. Write 02 activities using the diagrams to practise stopping the ball in foot ball for under 16 team.
- iii. Write 02 of the referees in foot ball game.
- iv. Explain the player position in foot ball game using figure before commence the match.

[www.edudept.lk](http://www.edudept.lk)