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சபரகமுவ மாகாண கல்வித் திணைக்களம்
Sabaragamuwa Provincial Department of Education

පළමු වාර පරීක්ෂණය - 2018 මාර්තු
முதலாம் தவணைப் பரீட்சை 2018 மார்ச்
First Term Test – 2018 March

11 ශ්‍රේණිය
தரம் - 11
Grade - 11

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය - I
சுகாதாரமும் உடற்கல்வியும் - I
Health & Physical Education - I

පැය එකයි
1 மணித்தியாலம்
1 Hours

Part - I

- Answer all question
- Choose the most suitable answer from the answer 1, 2, 3 and 4 to the question no. 1 to 40.

(01). * Medical test * Holding special clinics * Holding workshops for health

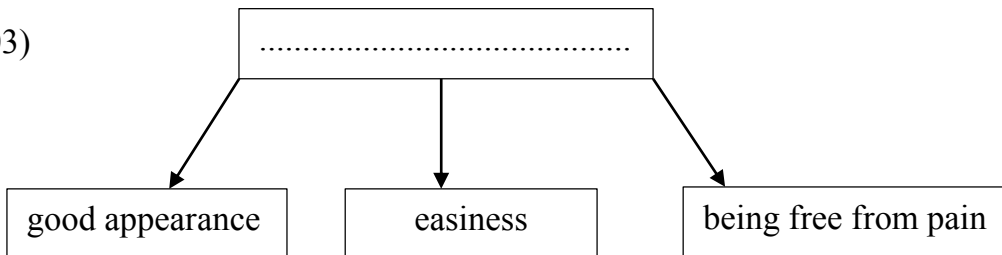
The above measures develop a tactic of promoting health. It is,

1. Making policies beneficial for health.
2. Strengthening community participation.
3. Reorganizing health services.
4. Developing skills.

(02) A characteristic of favorable environment of health promoting.

1. Protecting democracy.
2. Counselling services.
3. Being free from dangerous situations.
4. Being free from harassment.

(03)



the most suitable word for the above blank?

1. Social wellbeing
2. Correct posture
3. Health promoting

4. Fitness factors.

- Answer the question no. 04, 05 and 06 using the following chart.

A. Simplicity, Happiness, Engaging in proper hobbies.	To work fruitfully, facing the challenges successfully.
B. Keeping the B.M.I at a proper rang.	Risk of non-infectious diseases.
C. Educational level of people.	Challenges against total health.
D. Breaking better interpersonal relationship.	Risk of causing conflicts

(04) What is the couple of incidents in which the **increasing** of the first incident affects the **decreasing** of the second incident.

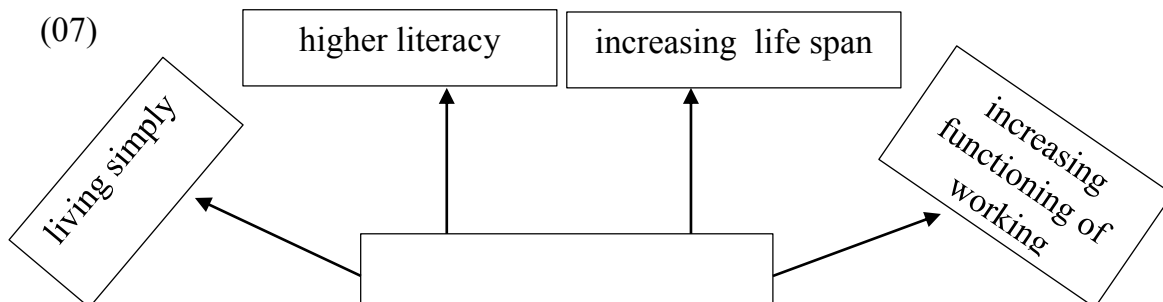
1. "A" and "B"
2. "B" and "C"
3. "C" and "D"
4. "A" and "D"

(05) What is the couple of incidents in which the increasing of the first incident affects the increasing of the second incident.

1. "A" and "B"
2. "C" and "D"
3. "A" and "D"
4. "B" and "C"

(06) What is the couple of incidents in which decreasing of the first incident affects the increasing of the second incident.

1. A
2. B
3. C
4. D



What is the most suitable topic for the blank

1. Development of the required skills for promoting health.
2. Characteristics of a qualitative society.
3. Tactics that can be used for promoting health.
4. Physical and psycho social needs in the adolescence.

(08) The amount of sleep that a neonate baby should have for a day is

1. 8 – 10 hours
2. 10 – 15 hours
3. 12 – 14 hours
4. 18 – 20 hours

(09)*The gravity point of children are at a lower position than of an adult.

*The gravity point of a man is at a higher position than of a woman.

Of the above two expressions,

1. The first is false while the second is true.
2. The first is true while the second is false.
3. Both the first and second are true.
4. Both the first and second are false.

(10)Who is engaging in a static posture of the following movements.

1. Nimal : comes to the power position.
2. Saman: Moves his body forward to the command “fire” at the start of the race.
3. Amal : comes to the takeoff position at long jump.
4. Gayan: keeps his body in the “on your mark” position at the start of the race.

(11)A factor that affects the distance of an object in a throwing event is,

1. speed of takeoff
2. strength of releasing
3. Angle of releasing
4. Height of take off

(12) Walking is used to bring our body from one place to another. Hands and legs are moved towards the opposite directions when walking.

1. To produce energy
2. To keep balance
2. To increase momentum
4. To increase reaction speed

(13)Momentum is a principal of bio-mechanism and a stage of representing it is,

1. Starting of a race
2. Flight of high jump
3. Catching a moving ball
4. Kicking off the foot ball

(14)As a first aid giver, you should not do,

1. Prevent the patient from going bad to worse.
2. Informing about the severity of the condition to the victim.
3. Rescue the life.
4. Providing the recovery.

(15)The following conditions were found in Nikini, recently,

- being subjected to starvation.
- poor eye sight
- being subjected to diseases such a cold often.

What is the most suitable piece of advice that can be given to Nikini to avoid from such situations.

1. To use iodized salt properly.
2. To get vitamin rich food.
3. Doing exercise daily.
4. To minimize consuming sugar and fat as soon as possible.

(16) The harmful condition in the stomach caused by the acid is prevented by,

1. Mucous
2. Water
3. Enzymes
4. Food

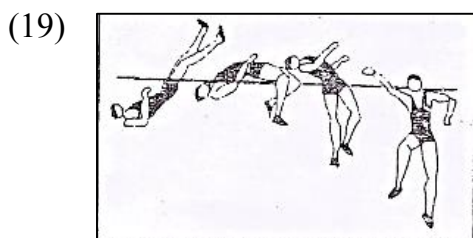
(17) I bring O₂ to the cells of the body for the functioning of it and other materials and also bring waste things back. Who am I?

1. Respiratory System
2. Digestive System
3. Excretory System
4. Blood Circulatory System

(18) Doing aerobic exercises *Swimming *Riding Bicycle

Sunil engages in above activities, and he hopes to develop,,

1. Cardiac endurance
2. Muscular endurance
3. Muscle strength
4. Body composition



What is the most important physical fitness factor for the athlete who engages in the above event.

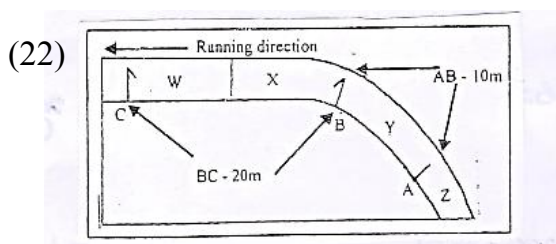
1. Muscle strength
2. Flexibility
3. Muscle endurance
4. Co-ordination

(20) A physical characteristic of a person who is mentally stressed is,

1. Poor attention
2. Lack of sleeping
3. Unrest
4. Aggressiveness

(21) A disease condition that is caused as a result of lacking oxygenated blood to the brain is known as,

1. Dehydration
2. Faintness
3. Stress
4. Epilepsy



The above diagram shows the places where the batons were changed in a relay race, by W, X, Y, Z. So, by whom was the changing done in the correct manner.

1. X, Y
2. W, X
3. X, Z
4. W, Y

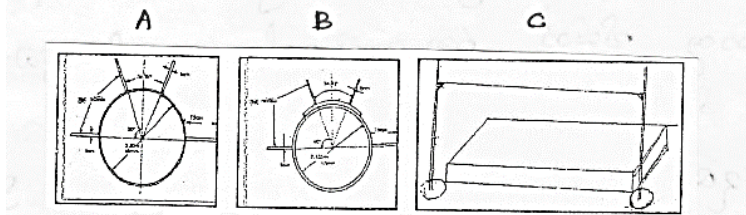
(23) Following events were participated by 4 athletes at a sports meet .

- Ruwan - 110m H , 100m , 400m
- Kamal - 400m H , 1500m , 800m
- Anil - 400m , 1500m , 800m
- Nimal - 800m , 5000m , 1500m

The athlete who uses the crouch start for starting his events,

1. Nimal
2. Anil
3. Kamal
4. Ruwan

(24) Answer the question 24 – 25 using the following diagrams.



The play areas represented by A, B and C respectively are,

1. Discus throw, Shot put, High jump
2. Shot put, Discus throw, High jump
3. Discus throw, High jump, Shot put
4. High jump, Shot put, Discus throw

(25) The techniques that can be applied at play areas represented by A,B,C respectively are,

1. Rotational technique, Linear technique, Flop method
2. Rotational technique, Flop method, Linear technique
3. Hang technique, Rotational technique, Flop method
4. Linear technique, Flop method, Hang technique

(26)

- A. – a knee has been lifted in the “on your mark” position.
- B. – changing the posture keeps before “fire” (the gun)
- C. – getting the start behind the starting line.
- D. – being delay to come to the “set” position.

According to the above happenings,,

1. A and C are correct
2. B is correct while C is incorrect
3. C and D incorrect
4. D is correct while A is incorrect

(27) A race walker is disqualified from the race,

1. When a red card was sent to the chief judge by a judge.
2. When two red cards were sent to the chief judge by two judges.
3. When three red cards were sent to the chief judge by three judges.
4. When three red cards were sent to the chief judge by two judges.

(28) *reduce the income

*Unrest

*Unsuitable relationship

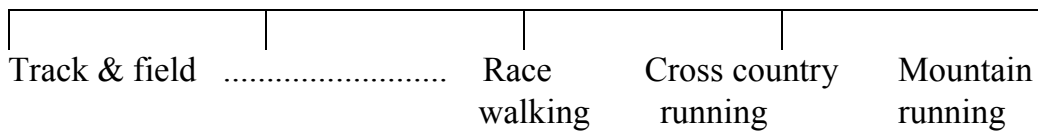
*Not receiving sexual education

The stage of life in which the above needs are badly felt is,

1. Childhood
2. Youth
3. Adolescence
4. Middle age

(29)

Athletics



What is the suitable athletic event for the blank of the above diagram,

1. Throwing
2. Jumping
3. Road race
4. Combined events

(30) According to the below chart, the athlete who participate in a short middle distance is,

<u>Number</u>	<u>Event</u>
1) 50	800m
2) 60	100m
3) 70	400m
4) 80	1500m

1. 50
2. 60
3. 70
4. 80

(31) *They should be given a chance to explore the outer world

* We should work as elders who can understand the respond to their feelings

*Help to develop motar skills

According to these information, they are.

1. Neonate child
2. Prenatal child
3. Youth
4. Early childhood

(32)



The nutritional deficiency depicted by the above picture is,

1. Vitamin "A" deficiency
2. Iodine deficiency
3. Calcium deficiency
4. Iron deficiency

(33) Mr. Mudalige is an adult and his children are employed in foreign countries after their higher education. He is very sad to be away from his children. A problem that a person as Mr. Mudalige has to face is,

1. Joblessness
2. Improper relationship
3. Problems of education
4. Various emotional problems

(34) Following is an extract of various sports from a newspaper..

- The main objective of these games are to confirm world citizenship, international wellbeing of human.

So the extract refers to,

1. Common Wealth games
2. Olympic games
3. Asian games
4. South Asian games

(35) Kumar was injured due to boiled water and he was treated by Udara following the steps given below.

- A. – Removing the clothes at the injured area.
- B. – Pouring cold water for 10 minutes to the injured area.
- C. – Keeping cotton on the wound.
- D. – Rushing to hospital as soon as possible.

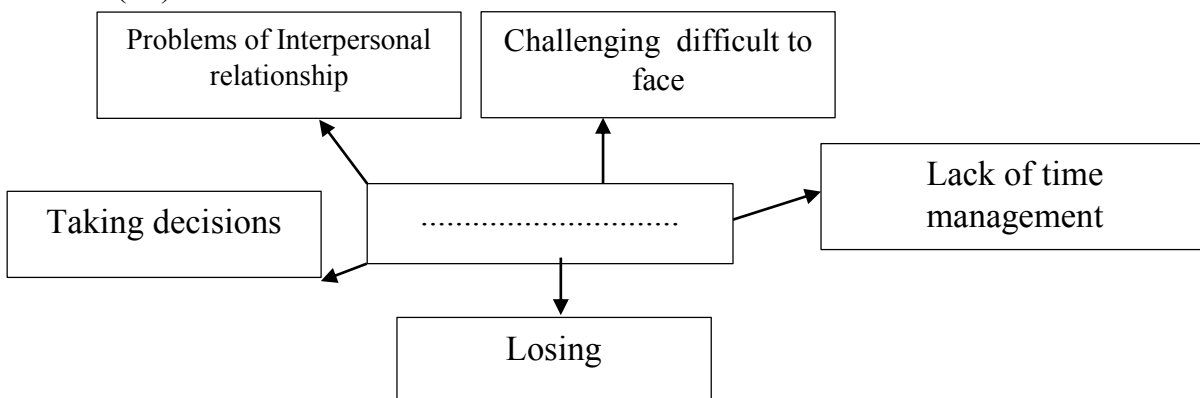
1. - A and C
2. A and B
3. B and D
4. C and D

(36) The above diagram shows the first aid given in an accident. What is it?



1. Muscle Cramp
2. Burning
3. Muscle strain
4. Bone fracture

(37)



What is the most suitable word for the blank?

1. Factors for mental stress.
2. Bad effects of consuming drugs.
3. Challenges against total health.
4. Factors for braking the quality of life.

(38) Following is an extract taken from a speech of a father, about a programme held in the school, at a parents meeting.

- Personality of our children has been developed.

- Our children become good leaders.
- Children face challenges well.
- They have the ability of accepting defeat and victory in the same spirit.

What is the program held in the school,

1. Colours day for players
2. Debate competition
3. Physical fitness programme
4. Inter house sports meet

(39) Adolescence is considered as a very important periods of life because, it is,

1. A period in which health care is highly needed.
2. A period in which they like to take on responsibilities.
3. A period in which function of nervous system is expanded.
4. A period in which they join to the work force.

(40) The city and the country in which the Olympic games of 2020 is to be held are,

1. Rio de Janeiro in Brazil
2. Beijing in China
3. London in England
4. Tokyo in Japan

(2x20=40 marks)