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 சப்ரகமுவ மாகாணக் கல்வித் திணைக்களம்  
**Sabaragamuwa Provincial Department of Education**



දෙවන වාර පරීක්ෂණය - 2018  
 இரண்டாம் தவணைப் பரீட்சை 2018  
**Second Term Test - 2018**

11 ශ්‍රේණිය  
 தரம் 11  
**Grade 11**

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

පැය එකයි  
 ஒரு மணி  
**1 Hours**

- **Answer all the questions. Select the most suitable answer and underline it.**

1) Healthy psychological characteristic is,

- (i) Provide clean water (ii) Free of abuse  
 (iii) Gardening (iv) Remove garbage properly

2) The feature of a community with a low quality of life is,

- (i) Efficiency in doing work (ii) Decreased life expectancy.  
 (iii) Simple life style (iv) Prevent alcohol,

3) Following challenges are encountered during one stage of our life.

1. Deterioration in financial status
2. Inadequate rest
3. No education qualifications
4. Neglect

This stage is

- (i) Adolescence (ii) Youth  
 (iii) Middle age (iv) Old age

4) When playing cricket at it is easy for you to catch the ball that a player throws at you, but if a heavier object is thrown at you, it would be more difficult for you to catch it, what is a factor of biomechanics that influence above point.

- (i) Force (ii) Centre of Inertia  
 (iii) Inertia (iv) Momentum

5) Not a factor affecting the distance or the height of the jump of an athlete is,

- (i) Approach run (ii) Velocity of take off  
 (iii) Angle of take off (iv) Height of take off

6) A situation where awarded a 'Penalty pass' in netball is,

- (i) Rolling the ball over the ground.
- (ii) Holding the ball for over 03 seconds
- (iii) Stretching the hands when defending
- (iv) Throwing the ball while lying on the ground.

7) Follows duties are done in Inter house sportsmeet.

- A. Make a timetable for practice
- B. Prepare a chairs.
- C. Not done the results
- D. Make a budget have Pre-Organization

- (i) A & C                      (ii) B & D                      (iii) B & C                      (iv) A & D

8) Not harmful effects of a under nutrition is

- (i) Inactivity and being less productive
- (ii) Increased physical growth
- (iii) Being poor concentration & memory power
- (iv) Learning difficulties.

9) A disease of a iron deficiency is,

- (i)                      (ii)                      (iii)                      (iv)

- Following techniques are practiced by 84 the students that participated Provincial meet . Select answer to 10 to 12 from this table,

Number	Name	Technique
15	Shehan	Sail technique
25	Sanduni	Fosbury flop
35	Pabasara	Standing start
45	Nuwan	Perry O Brien

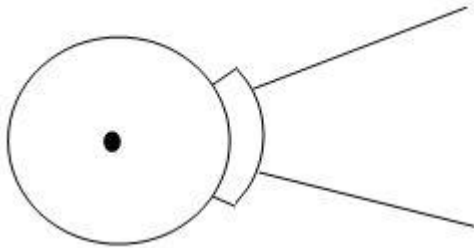
10) Pabasara will participated event is,

- (i) 200m                      (ii) 800 m                      (iii) 400 m                      (iv) Above all

11) Number of a athlete player that who participated long jump is,

- (i) 15                      (ii) 25                      (iii) 15 & 25                      (iv) 35 & 45

12)What is the player's number that who participated following court?



- (i) 15                      (ii) 35                      (iii) 25 (iv) 45

13)In the sports meet of your school we can see drill display with hand movements jumps & rotations. Leg movement that used in occasion is,

- (i) Take-off                      (ii) Jumping Jack  
 (iii) Tuck jump                      (iv) Scissor jump

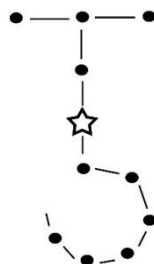
14)Organ that included female reproductive is,

- (i) Uterus                      (ii) Testes  
 (iii) Vagina                      (iv) Fallopian tubes

15)Not a barrier of reproductive health is,

- (i)Sexual harassment & abuse                      (ii) Teenage pregnancies  
 (iii) Unplanned pregnancies                      (iv) Communicable diseases

16)Engaging in sports & outdoor activities create the opportunity for us to spend our leisure time effectively. Following position of constellation is,



- (i) Bootes                      (ii) Big Dipper  
 (iii)Canes Major                      (iv) Scorpion

- Give answer from 17. to 18 using following information.

17)This cannot survive in a Normand environment. It can Survive in living cells only. This virus is predominant present in the blood of an infected person. And also included semen , vaginal secretions of infected person. This is various is,

- (i) AIDS                      (ii) BCG  
 (iii)HIV                      (iv)Gonorrhoea

18)The special Symptoms feature of this virus is,

- (i) Loss of weight in a short period,
- (ii) Diarrhea lasting a long time
- (iii)Fever lasting for more than a month.
- (iv)Destroy immunity.

19)Not a factor of affecting mental stress is,

- (i) problems in interpersonal relationships
- (ii) Losses
- (iii)Challenges hard to overcome.
- (iv)Time management.

20)Fitting, less attention and live alone are some features of mental stress. To which category they belong ?

- (i) Mental difference
- (ii) Physical difference
- (iii)Behavior difference
- (iv)Spiritual difference

21)When you organizing sports meet you have a responsibility to work. An organization occasions in an ordinary is, ..

- (i) Organizing activities on the day, post organization pre organization.
- (ii) Pre-organization , Organizing on the day, Post-organizing
- (iii)Post organization Organizing on the day, Pre-organization,
- (iv)Organizing on the day, Pre-organizing, Post organizing,

22)Select erred statement

- a. When we pushing or pulling feet should be kept apart and the supporting base should be wider.
- b. When we lifting a weight hold the object as close to the body much as possible.
- c. When we lifting a weight keep the body straight.

- (i) a,b,c
- (ii) a & c
- (iii) a & b
- (iv) b & c

23) Age limit for youth according to the WHO definition,

- 1. 10-19 years
- 2. 12-20 years
- 3. 19-24 years
- 4. 20-26 years

24)In which condition following features can be seen. ?

- Subsidence
- Rolling Stones from bigger position.
- Water dry up .
- Trees fell down,

- (i) Landslide
- (iii) Drought

- (ii) Flood
- (iv) Cyclone

25) Amara drinks a cup of tea after every meal as a habit. Because of that, which mineral cannot be absorbed easily?

(i) Iodine

(i) Vitamin "C"

(ii) Vitamin "B"

(iv) Iron

26) Mala takes adequate protein, carbohydrate, iron, calcium and iodine food. And also apart from the normal food appropriate amount of food. We pay attention for these statements and aka Mala is a,

(i) Clever athlete

(ii) Pregnant mother

(iii) Adolescence

(iv) Lactating mother,

27) I protected soft parts of your body give a shape to the body and bears the weight of the body. Who am I?

(i) skeletal system

(ii) Muscular system

(iii) Respiratory system

(iv) Blood circular system

28) Nimal saw a beggar near the bus station and went to him. After speaking with him he knew the problem of the beggar. Then he bought a lunch packet and gave him with Rs.500. told him the way. Nimal is a,

(i) Sensitive person

(ii) Sympathy person

(iii) Empathy person

(iv) Kindness person,

29) Select correct comment statement about HIV AIDS.

- a. HIV survive in living cells only.
- b. Can identify by the blood test but infected. person which in window period also cannot identified
- c. HIV can
- d. Can prevent HIV AIDS correct behaviors and get accurate information

(i) a, b & c

(ii) a, b & d

(iii) a, c & d

(iv) b, c & d

30) Which of the following factors affecting the height of the jump of an athlete?

- I. height of take-off board
- II. height of release
- III. angle of take-off
- IV. velocity of release

(31). Hop, step and jump are which parts of events?

i. Long jump

ii. Triple jump

iii. High jump

iv. Hurdle running

(32) Rules & regulations are necessary for,

- i. held a fair competition
- ii. Minimize injuries
- iii. minimize conflicts
- iv. Above all

(33) Which joint can help to put a shoutput. ?

- i. Ball & socket joint
- (ii) Hinge joint
- (iii) Gliding joint
- (iv) Pivot point.

(34) Fast twitch fiber included in.

- i. Ball & socket joint
- (ii) Hinge joint
- (iii) Gliding joint
- (iv) Pivot point.

(35) Mixed lime with foods for.

- i, Great tasty
- .ñ ) absorb iron easy.
- (iii) This Get irodiñ to food.
- (iv) vius Get amaine.

(36) The muscles are presente in long contract in a slow, rhythmical manner & do not get fatigued. Above features are shown in,

- i. Skeletal muscle
- ii. Cardiac muscles
- iii. smooth muscle
- iv. Heart.

(37) When engaging outdoor education students used which equipment,

- i. compass
- ii. Whistle
- iii. Cord
- iv. Clock

(38) When geeths playing in long time she felt headaque, fatigue, more sweating and increases the speed of Geetha felt,

- i. dehydration
- ii. Faint
- iii. Unconscious
- iv. Heart attack

(39) Athlete run 12 minutes continually he hope to developed,

- i. speed
- ii. Strength
- iii. Endurance
- iv. Flexibility

40) We play enjoyable game with 2 groups, we adjusting the rules, decided time and playing area. We engaged in,

- i. organized games
- ii. Minor games
- iii. Lead up games
- iv. Fun games