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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 II
சுகாதாரமும் உடற்கல்வியும் II
Health & Physical Education II

පැය දෙකයි
இரண்டு மணி
2 Hours

- **First question is compulsory. Answer 2 questions from part 1 and 2 questions from part 11.**

(01) Nimal,Ajith,kamal,Ruwan are students of Medagama vidyalaya who study in grade 11.Nimal is a member of the school Healthcare Association. He conduct many programmes to uplift the health of the students.So,he gives more attention towards cleanliness of the classroom beauty of the school and ect.Ajith is active participater of the morning exercise programme.Kamal conducts a programme to uplift the nutrition level of the students.Ruwan is the captain of sports team.He shows talents for short distance running events.And also he works with others co-operatively.

- According to the above paragraph.what are the 02 characteristics found in a healthy physical environment of the school
- Write 02 steps to uplift the school health promotion.
- Mention 02 aims of Ajith,when conducting the morning exercise programme.
- Write 02 leadership qualities of Ajith.
- According to the above paragraph write 02nutritional programmes that can be done in school.
- Write 02 advantages hoped by Ruwan through sports.
- Mention 02 short distance running event which can be done by Ruwan.
- What is the starting method of short distance running event?
- Mention 02 healthy environments that can be seen in Ruwan.
- Write 02 health & physical education programmes that can be done in a school. (2x10)

Part. I

(02) Ancient food is a special of food culture. Thought out the ancient food mixed food helps to increased nutrition And also foods become a spoilage.

- Name 02 mixed food of food culture (2 mi).
- Mention 02 methods that increased nutritional value of a food.
- Explain "food spoilage and write 02 effected factors for spoilage foc d. C03 m.)
- (iv) Write 03 Steps to be taken to prevent nutritional problems.

(3) "Maintaining correct posture is a important to our day to day life."

- i. Define the mean of 'correcot posture.
- ii. Mentioned 03 biomachanicals principleseffected postures.
- iii. Define the term of 'Inertia'
- iv. Write 03 factors to maintaining balance when engaging postures. (03 mi)

(4) Mentioned how you faced to the following challenges.

- i. Invite your friends to take a selfy at the unsafety place when participated educationaltrip. .
- ii. when going at the bus your friend has to faced abuse
- iii. Your friend felt very sad because she cannot got a higestresult from G.C.E OIL. Exam
- iv. your friend told to you, she goes to meet a person when identified from face book.
- v. your friend invited to you to row the boat.

Part 11

(5) "Make a good person with good personality through the sportsmanagement."

- i. Mentioned on qualities of a best manager. (02)
- ii. Name 03 occations of organizing games and give 02 duties for each.
- iii. Preparing a draw to participate 07 teams using knockout system

(06) Health related Physical fitness is an important for sports There for develop skills of sports.

- i. Name two of components health related Physical fitness.(2 mi)
 - ii. Mentioned 03 exercises that can develop muscularendurance (3 mi)
 - iii. Name 02 games that you know to developedflexibility.
 - iv. Define the term of "Body composition" andnamed 02 main components of it. (03 mi)

(07) if you select 7th question only you should choose one part from A,B, and C.

A (i)How many players that can participate for volleyball game& write maximum players of the game.(m.02)

(ii) Draw a diagram of the volley ballcourt and mark the places of the players that stranded in side of the court. (Do not put the measurements of the court.) (m.03)

(iii)Draw a official hand signals of the referees.

- a) Change of courts.
- b) End of set of match.

(iv)Write your officiate of a volley ball match.(your judgement)

(a) When playing double contact of a ball

(b) When passing a ball to opponent team the ball. goes to opponent team out of the antenna.

(e) When spiking touched a net.(m.03)

B

(i)Write a maximum and minimum players of a netball.(m.02)

(ii)Draw a diagram of the netball court and mark theplaces of the players.(Do not put the measurements of the court) (m.03)

(iii) Draw a official hand signals of the referees in netball.

a) Direction of pass.

b) Contact

(iv) Write your officiate of a netball match.

(a) Center of the red team catch the ball after double bounced.

(b) Goal Keeper of the blue team touches the ball and ball went out of the court.

(c) Wind attack of the purple team is going to the goal circle.

C

(i) Write a maximum and minimum players of the foot ballmatch. (m.02)

(ii) Mentioned 03 points that consideration when penalty passof the football match.(m.03)

(iii) Draw a official hand signal of the football.

(a) Goal Kick.

(b) Substitution (m.02)

Write your officiate of a football match.

(a) Throwing the ball in one hand

(b) When playing, a player pushes the opposite player in penalty area.

(C) A player spit the other player