

## Answers

## Health and Physical Education

## Grade 11

i. Cleanliness of the classroom.

Beauty of the school.

ii. Establishing a health promotion committee in your class.

Forming new policies related to health promotion.

iii. To make healthy students.

To build up active person.

iv. Patience, flexibility

v. Give healthy meals for students

Give “ Kola Keda ” for students

vi. Be a active person.

To strength muscles and bones.

vii. 100m, 200m, 110m hurdle.

viii. On your mark – get set – go.

ix. Physical, social.

x. Conduct a exercise programme.

Dental clinic.

Blood donation camp.

2)

(i) Hatmaluwa , Kalawam malluma.

(ii)

- ❖ Obtain different nutrients in the same meal by cooking several types of food together.
- ❖ Add condiments to improve the taste and give a medicinal value to the meal.

(iii) Food spoilage is the loss of the quality of food.

Factors:-

- ❖ Flies, cockroaches, rats & birds feeding on the food
- ❖ Improper food usage.
- ❖ Adopting improper storing methods.

(iv)

- ❖ Having a well-balanced healthy diet.
- ❖ Having meals at regular time.
- ❖ Consume food to fulfill the daily requirement of calories.

3)

(i) Keeping the body parts in proper positions so that minimum amount of energy is spent & no strain is caused in any part of the body during movement or remaining still.

(ii) Center of gravity / Balance / Inertia / force

(iii) Inertia is the property of resistance of a body that remains at rest to move or the resistance of a body that is in motion to stop.

(iv)

- ❖ Keeping the line of gravity within the supporting base.

- ❖ Bending the body towards an external force.
- ❖ Maintaining a wider supporting base.
- ❖ Having the center of gravity at a lower position

4)

(i) Flexibility / Good inter personal skills / Communication skills/ excellent skills in taking leadership

(ii)

- ❖ Organizing pre-meet activities.
- ❖ Organizing activities on the day.
- ❖ Organizing post - meet activities.

(i) Each house should hold house meetings, appointed house captains.

(ii) Make arrangements for setting, refreshment awarding.

(iii) Preparing the income and expenditure report cleaning.

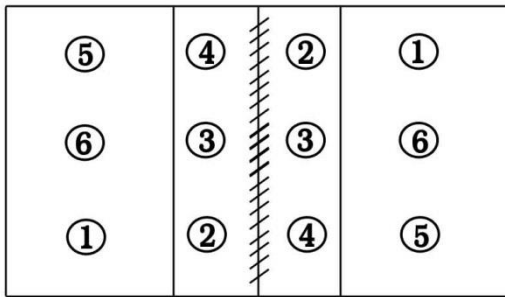
A

7)

(i) Minimum -

Maximum -

(ii) .



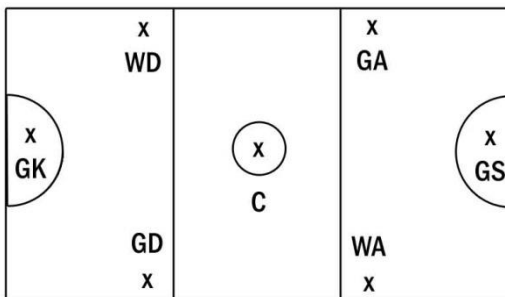
(iii) .

B

(i) Minimum

Maximum –

(ii)



(iii) .

a)



b)

