

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 11

Health & Physical Education I

Time : 1

Name :

Answer all questions.

In each of the question 1 to 40 select one of the alternatives (1), (2), (3), (4) which you consider as correct or most appropriate.

- 1) The aim of teaching Health and Physical Education in schools is to build up,
 1. A physically and mentally healthy generation.
 2. A generation to lead a mentally and emotionally healthy life.
 3. A healthy and active young generation.
 4. A generation with all the characteristics given above.
- 2) Process of empowering or enabling one self, one's family and community to control and to improve social, economical and environmental factors is,
 1. Health promotion
 2. Cleanliness of environment
 3. Controlling of spreading diseases
 4. Improving community participation
- 3) A a result of identifying the health problems in Vidulaka College students are provided with clean drinking water. This has been done for,
 1. Developing skills required for health promotion.
 2. Building an environment favourable for health promotion.
 3. Building a healthy and active young generation.
 4. To build healthy and young generation.

Answer questions 4 and 5 using following facts.

A - has adequate toilet facilities

B - free from insulting

C - has adequate space for group activities or programmes

Given above are some areas which should be developed when building an environment favourable for health promotion.

- 4) According to the given facts which are the factors that contribute to build a physical environment,
 1. A
 2. B
 3. C
 4. A and C
- 5) What are the factors contribute to build a mental and social environment,
 1. A and B
 2. B and C
 3. A and C
 5. A, B and C

6) What should you do to maintain the quality of life.

1. when you are ill try to get well soon.
2. To live a happy life with reduction in disease and infirmity and increase in longevity.
- 3.
4. To have a healthy life by following good food habits.

Following table shows the range of Body Mass Index of 4 people. Study it and answer question 7,8 and 9.

Name	BMI
Wimal	< 18.5
Nimal	18.5 - 22.9
Kamal	23.00 - 26.9
Samal	> 27

7) The person who has obesity as a result of taking food without control is,

1. Wimal
2. Nimal
3. Kamal & Samal
4. Samal

8) The person who has got Protein Calory deficiency is,

1. Wimal
2. kamal
3. Samal
4. Nimal

9) Who maintains a suitable weight to his height,

1. Samal
2. Wimal
3. Nimal
4. Wimal & Nimal

Following is a description of a members in a family.

- Rana and Meena - age between 10 - 19
- Reeta and Wimal - age between 20 - 39
- Sumana - 50 years
- Wimaladasa - 65 years

Read the facts and answer question 10, 11 and 12.

10) People who are in their adolescence are,

1. Rana and Meena
2. Reeta and Wimal
3. Sumana and Wimaladasa
4. Rana and Wimaladasa

11) When trying to fulfill the needs not getting a suitable employment has become a problem to,

1. Reeta and Meena
2. Reeta and Wimal
3. Sumana and Meena
4. Rana and Wimaladasa

12) The person who has realized the truth and engage in religious activities is,

1. Sumana
2. Sumana and Wimaladasa
3. Wimaladasa
4. Wimal and Sumana

13) To measure the motion of an object in motion we use the formula of Mass x velocity. This is called,

1. Inertia

2. Force

3. Direction of force

4. Momentum

14)

A

B



Study above pictures

1 Both A and B are incorrect.

2. A is correct and B is incorrect.

3. B is correct and A is incorrect.

4. A and B are correct.

15) In any posture the weight of the body acts around a single point. It is called,

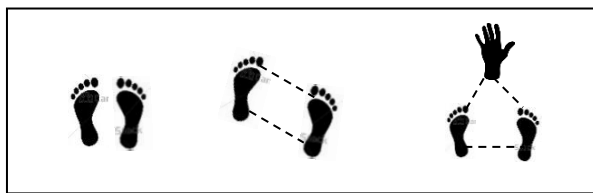
1. Balance

2. Center of gravity

3. Pressure

4. Compression

A, B and C show how 3 players tried to maintain the stability (balance) while engaging in a game.



A

B

C

16) The player who shows more balance,

1. A only

2. B only

3. C only

4. A and B

17) Player 'C' s,

1. Centre of gravity is at the out side of his supporting base.

2. Centre of gravity is at a higher level.

3. Arie of supporting base bigger.

4. Even a small external push can make lose his balance.

18) The disease one can get due to inflammation of the lining of the stomach is,

1. Gastritis

2. Vomiting

3. Cirrhosis

4. Appendicitis

- Gunapala consumes fatty food everyday and has a habit of taking sweets after every meal. He does not engage in exercise and likes to sleep few hours.
- Gunapala who has used to spend a not suitable life style for his age, suddenly got a pain in the heart and admitted to the hospital.

19) The system directly influenced for Gunapala's illness is,

1. Digestive System

2. Respiratory System

3. Excretory System

4. Circulatory System

20) An another disease that Gunapala will get in future is,

21) The government Medical Officer advised the public to drink more water, to wear sunglasses, and to wear suitable clothes to cover the body as much as possible. because of the increasing of temperature in the environment during last few months. By doing these they expected to stop people getting,

1. De-hydrate
2. Cataract in Eye
3. Skin Cancer
4. All the above

22) The physical Education Teacher asks the students to sit on the ground and instructed them to run to a signal given by him. The teacher has tried to teach the students an activity to,

1. Learn short distance running.
2. Learn to start for short distance running.
3. Learn middle distance and long distance running.
4. Learn standing start.

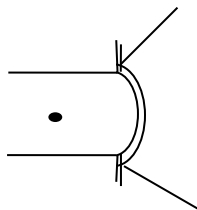
The students of Ridigama Vidyalaya were getting ready to do an activity belongs to outdoor education and they considered about following points.

- necessary physical fitness.
- knowledge about safety equipment and ability to use them.
- knowledge of the soil, rocks, trees and animals in the area.
- individual's responsibilities and the team spirit.

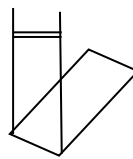
23) The activity they are going to do is,

1. Mountain Climbing
2. Exploring a forest
3. Running a forest
4. Working

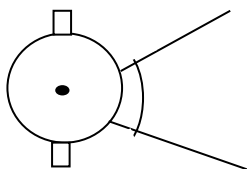
Answer question no 24,25 and 26 using the following diagram and statements.



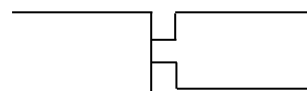
A



B



C



D

- Lasith has a 15m long measuring tape and a cross bar in his hand.
- Malith has an equipment 600 g in weight.
- Kusal has 100m long measuring tape and some pegs.

24) The ground Lasith should report to,

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

25) Malith should go to ground,

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

26) The grounds that Kusal can report to are,

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

27) Vineetha participated in the event of under 18 hurdling at Zonal Athletic Meet. The event she has taken part is,

1. 80m hurdle 2. 100m hurdles 3. 300m hurdles 4. 110m hurdles

Given below is the way how runners of Appallo Sports Club changed their baton.

- The first runner carried the baton in his left hand and passed to the right of the second runner.
- The second runner carried the baton in his left hand and passed it to right of the third runner.
- The third runner carried the baton in his left hand and passed it to the 4th runner.
- The last runner changed the baton to his right and ran.

28) The method that the runners used to change the baton is,

1. Inside change 2. Outside change
3. Mixed change 4. Non visible change

At the Inter House Sportsmeet following athletes took part in the events given below.

E - 800m, 1500m

F - 100m, 400m, High jump

G - Triple jump, Long jump

29) Athlete 'E' started the race according to,

1. Crouch Start 2. Elongated Start
3. Medium Start 4. Standing Start

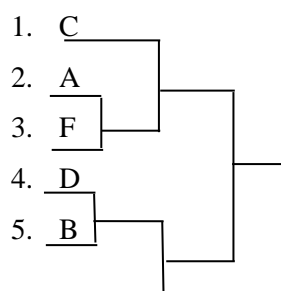
30) The athlete who took part in vertical jump is,

1. 'F' only 2. F and G only 3. 'G' only 4. E and F

31) The running events that 'F' took part are belong to,

1. Long distance races. 2. Middle distance races.
3. Short distance races. 4. Long and Middle distance races.

A netball tournament which was held for six netball teams draw lots and placed the teams according to the following fixture.



Study the fixture and answer the questions.

32) The teams that get byes are,

1. C 2. A and B 3. C and E 4. A and F

33) According to the draw the number of matches to be held is,

1. 6 2. 5 3. 4 4. 7

34) "An athlete who is taller can release the equipment with more height than a shorter athlete" This statement is,

1. Correct 2. Incorrect 3. Can not say 4. Most probably incorrect

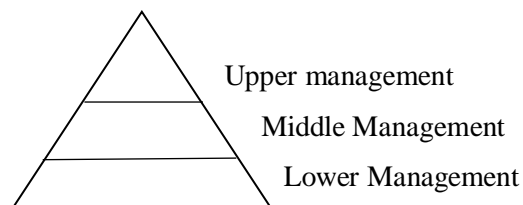
Tania does the following activities to develop physical fitness qualities.

- Different jumping activities
- Push ups
- Dips
- Running on the beach

35) Tania does these activities to develop,

1. Muscular endurance 2. Muscular strength
3. Muscular speed 4. Muscular exbite

36) The human body is composed of Water, Protein, Minerals and Fat. This is called,



Given above is 3 Management Levels of an organization. Study it an answer the question 37 and 38.

37) To which level does a principal of a school belong?

1. Upper Level Management 2. Middle Level Management
3. Lower Level Management 4. Can not say

38) The people who belong to middle Management in a school are,

1. Class Teachers 2. Sectional Heads
3. Subject Teachers 4. School Student

39) 71 countries participated at the last Athletic Meet of Commonwealth countries. what is the position that Sri Lanka received,

1. 4th place 2. 31st 3. 40th 4. 50th

40) The Rupavahini News telecasted announced that Sri Lanka has become the 2nd in among the South Asian Countries. The most suitable word for the above blank is,

1. Under nutrition 2. Diabetics 3. AIDS 4. Rabies