

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 11

Health & Physical Education II

Time : 2

Name :

Answer **Five** questions only including **First** question and **Two** questions from Part I and **Two** questions from Part II.

1) Nishantha left home to visit his grand father who lives in Beragala just after he got his New Year Holidays. As he got into a bus early in the morning, he could not take his breakfast. On the way the bus stopped at a restaurant and Nishantha has two pastries, two cutlets and a bottle of Cola. He could reach grandpa's home at about 12.30p.m. Grandpa's house was situated in a beautiful environment surrounded by paddy fields and vegetables beds and gardens. Grandpa put compost as a fertilizer which prepared by himself for his cultivation.

All live in grandpa's house are healthy. They consume nutritious food. Grandpa is 75 years old but healthy and strong.. Grandma had prepared Red Rice with Ladies fingers, Jack curry (Kirikos), Gotukola sambol and Fried dried fish for lunch. After having a delicious lunch Nishantha had a piece of papaw, Pine apple and a Banana which had plucked from grandpa's garden.

In the afternoon Nishantha played Volleyball in a court which was in grandpa's garden. All the children in neighbouring houses participated in this game and they had got together and formed five volleyball teams.

- i. Write your ideas about the breakfast that Nishantha had.
- ii. Name Two nutrients which contain in Nishantha's lunch.
- iii. Write two vitamins that Nishantha could get from the fruits he had.
- iv. Name two organized games other than the game mentioned in the above description.
- v. What are the two methods that can be used to prepare a draw for a tournament?
- vi. Prepare a draw for the tournament for five volleyball teams that Nishantha played.
- vii. Mention two good inter personal relationships one can develop within him/her by participating in these type of tournament.
- viii. According to the situation mentioned above, Write two features of Physical fitness developed in Nishantha and The children in that village.
- ix. Considering the age of Nishantha's grandpa's write two physical needs that he needs.
- x. Mention two problems encountered when providing needs of adolescents like Nishantha and his friends.

(Marks 2 x10 = 20)

Part I

2) Answer the questions using the dialogue given below.

Ruwani - Today we learnt about an amazing system in our body.

Nishadi - What did you learn about it?

Ruwani - This system provides oxygen and nutrients to each and every living cell in our body and carries the waste from the cells.

Nishadi - Yes, This system is functioned by the collection of several organs.

- i. According to the above dialogue what is the system they are discussing about? (3 marks)
 - ii. And name the Two organs that belong to this system.
 - iii. Write two features that can harm to this amazing system. (2 marks)
 - iv. Give three ways of protecting this system. (3 marks)
 - v. Pulmonary circulation is a portion of the cardiovascular system. Explain it briefly. (2 marks)
- 3) People need to prepare meals with nutritional value for a healthy life and also to ensure that food does not cause any danger or harm to their body.
- i. What is food safety? (2 marks)
 - ii. Write 3 methods to identify adulterated food. (3 marks)
 - iii. Mention the factors that affect food safety and give an example for each. (3 marks)
 - iv. Write two clinical features of allergies. (2 marks)
- 4) Write two steps you would take to reduce mental stress in the following situations.
- i. You have got less marks at the term test unexpectedly.
 - ii. Your best friend has got angry with you.
 - iii. Your parents punish or scold you for spending more time in front of Television or Computer.
 - iv. Your friend goes out to do a wrong thing without permission of his/her parents.
 - v. You see one of your neighbours dumping a bag of garbage in front of your house.
- (Marks 2x5 =10)

Part II

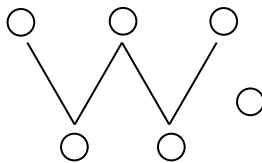
- 5) We can see activities related to athletics while we are engaging in day today activities, indoor or outdoor games. The knowledge and the practical ability you gain by engaging in athletic help you to maintain a healthy life.
- i. Write two running exercises that you have learnt to practice correct running skill. (2 marks)
 - ii. What are the two main factors which increase running speed? (2 marks)
 - iii. When you participate in a 100m race. It is necessary to wear suitable clothes. Write 3 criteria that should be fulfilled by a participant of an athletic event. (3 marks)
 - iv. If you participate in the above mentioned event what is the start you should follow and write the commands of that start. (3 marks)
 - v.

6) You are the Games Captain of your house at Inter House Sportsmeet this year. Therefore you have to do lot of activities and have to give necessary instructions to your followers. How do you act in the following situations.

- i. Saman who is above 18 in age can run fast for about 30 minutes without feeling tired. Name two events you will select for Saman to participate.
- ii. Ruwani who is going to participate in under 16. Discus throw wants to know the relevant rules for that event from you. Write 3 rules for discus throw. (3 marks)
- iii. Chamara who is going to take part in Hurdling ask about the 3 stages of Hurdling and an exercise to practice hurdling. Name 3 stages of Hurdling. Explain the exercise with illustrations. (3 marks)
- iv. Kusal is good at the event of high jump. He ask about the techniques of high jump from you as he does not know them. Mention two techniques of high jump. (2 marks)

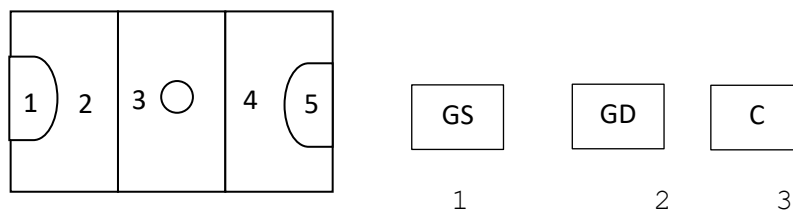
7) Answer only one question from A,B and C.

A) Following diagram shows how beginner players have positioned in a volleyball court.



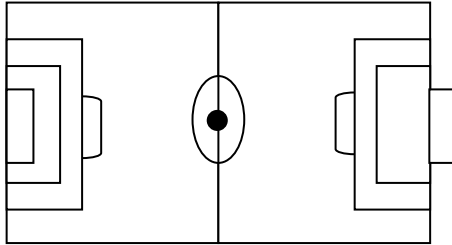
- i. Number the above diagram writing players numbers 1 - 6 in the blanks. (2 marks)
- ii. According to the numbered diagram name the two players who can participate in blocking. (2 marks)
- iii. Who is going to serve the ball first. Write two methods of serving. (3 marks)
- iv. Explain two activities with illustrations that you could do to improve above players skill of spiking. (3 marks)

B) Following diagrams show a netball court and the bibs some players in a netball team have worn.



- i. Show (mark) how the above players have positioned in the above netball court. (3 marks)
- ii. After positioning the players name the areas that the player "GD" can play. (2 marks)
- iii. Write 3 passes the player 'C' uses to throw the ball. (3 marks)
- iv. Write and explain two activities with illustration that the players would have done to practice the skill of defending. (2 marks)

C)



Above is diagram of a football court. In this court the player no. 16 plays as the Goal Keeper and The player no 20 plays as the Center Mid Fielder (Starter). The referee who wears a star on his T-shirt is also there at the court.

- i. Mark on the above diagram how the two players and the referee were positioned. (3 marks)
- ii. Write two occasions of using a kick -off. (2 marks)
- iii. Write 3 methods that the above players used to stop the ball. (2 marks)
- iv. You have been asked to improve the players skill of stopping the ball. Explain two activities with illustrations that you could do. (3 marks)