

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 7

Health & Physical Education

Name :

Select the most suitable answer and underline.

- 1) The process of enabling people to improve their health by gaining control over factors affecting health is called,
1. Complete health 2. Hygiene 3. Health promotion 4. Physical fitness
- 2) Love and Protection is described as,
1. Physical needs 2. Social needs 3. Mental needs 4. Physical needs
- 3) Mevara Keliya (Bangle Game) comes under,
1. Organized games 2. Outdoor folk games
3. Indoor folk games 4. Less organized games
- 4) Serving and setting the ball are two skills of,
1. Volleyball 2. Netball 3. Football 4. Cricket
- 5) The most famous game of the world is,
1. Volleyball 2. Cricket 3. Football 4. Rugger
- 6) When walking correctly which part of the leg that touches the ground first,
1. Toes 2. Ball 3. Heel 4. Foot
- 7) An example for vertical jump is,
1. Long jump 2. Tripple jump 3. High jump 4. Hurdles
- 8) Volleyball was introduced in,
1. 1895 2. 1985 3. 1896 4. 1982
- 9) Which one is not a rule of foot work of the game netball?
1. Landing with one foot.
2. Landing with both feet.
3. Throwing the ball while raising the foot used for landing.
4. Do not swiveling on the balls of the landing foot.
- 10) Which one is not a macro nutrient,
1. Vitamin 2. Carbohydrate 3. Lipids 4. Protein

- 11) According to the food pyramid which is the nutrient that should be taken in a large amount?
1. Food that contain vitamin.
 2. Food that contain carbohydrate.
 3. Food that contain minerals.
 4. Food that contain calcium.
- 12) The vitamin that helps for the night vision improvement and improves immunity is,
1. Vitamin A
 2. Vitamin D
 3. Vitamin E
 4. Vitamin K
- 13) Lack of iron causes,
1. Gaiter
 2. Chicken Gunnya
 3. Anemia
 4. Hepatitis
- 14) Which is the fruit that contain lot of fiber,
1. Mango
 2. Watermelon
 3. Orange
 4. Rambutan
- 15) If you drink impure water you will get,
1. Diarrhea
 2. Headache
 3. Leptospirosis
 4. Dengue
- 16) When running energy is provided by,
1. Carbohydrate
 2. The air
 3. The tissues
 4. Glucose
- 17) The swallowed food is taken to the stomach by the,
1. Dudenum
 2. Small intestine
 3. Oesophagus
 4. Salivary glands
- 18) The main organ of the respiratory system is,
1. Trachea
 2. Lungs
 3. Nose
 4. Alveoli
- 19) What system helps to send messages from brain to feet,
1. Skeletal system
 2. Reproductive system
 3. Excretory system
 4. Nervous system
- 20) The blood sends out from the heart through,
1. Arteries
 2. Capilaries
 3. Veins
 4. Platelets

State weather these statements are ✓ (correct) or x (incorrect).

- i. 3R system is used in garbage management. ()
- ii. Simplicity is not a feature of folk games. ()
- iii. Heading the ball is not a skill in football. ()
- iv. landing should be done on the balls of the foot. ()
- v. Vitamin is described as a minor nutrient. ()
- vi. Iron helps for the growth of teeth and bones. ()
- vii. A person should drink 1.5 - 2l of water per day. ()
- viii. Consuming of more fat and sugar causes non inflectional diseases. ()
- ix. Food passes through esophagus and then go to the stomach. ()
- x. The stomach provides nutrition and oxygen for all the systems and cells. ()

Fill in the blanks.

1. Clean air and water is a feature of the
2. Tossing stones is an folk game.
3. is a throwing event.
4. is an organized game.
5. prevents fatigue and other difficulties.
6. Fruits like Nelli and Orange contain fish, eggs and meat contain
7. is another method of releasing water.
8. causes for high blood pressure.
9. The heartbeat of a grown up person is
10. Smoking causes

(Protein, Netball, An indoor game, Physical environment, Correct posture, Vitamin C, Sweat, Heart diseases, Consuming a lot of sweet, 72 times for a minute, Shot pull correct posture)

Part II

Answer question no. 1 and 4 other questions.

- 1) Tharushi and Nipuni are good friends. Tharushi is a famous girl at school and also she is equally good for her studies and sports. She is very good at both volleyball and Netball. She has a well built body and is a pleasant girl. Nipuni gets angry very soon and has a bulky body. She feels happy about her friends abilities and she encourages her friend.
 - i) According to the above description who is the healthy child?
 - ii) Write 2 mental needs.
 - iii) Write 2 organized games from the passage.
 - iv) Write 2 skills of one game.
 - v) Write 2 qualities of social wellbeing.
 - vi) Write 2 things that Nipuni can do to reduce her weight.
 - vii) Write 2 diseases that Nipuni will get.
 - viii) Out of the two girls which girl should develop her spiritual wellbeing?
 - ix) Write 2 things that can be done to control emotions.
 - x) Write 2 good qualities of Nipuni. (2 x 10 - 20 marks)

- 2)
 - i) What is meant by health promotion?
 - ii) Write 3 themes which can be put into practice for family health promotion.
 - iii) Write 3 things that you can contribute to create a healthy family environment. (2 + 3+ 5 - 10 marks)

- 3)
 - i) Write 2 postures of sitting.

- ii) Write 3 points that should be taken into consideration on correct posture of lying down.
- iii) Write 5 points that affect the incorrect postures. (2 + 3 + 5 -10 marks)
- 4) i) Write 3 stages of jumping.
- ii) Categorize the jumping events with examples.
- iii) Write 2 points about correct way of landing. Name 3 throwing events. (2 + 3 + 5 -10 marks)
- 5) i) What are the 3 uses of food?
- ii) Name macro nutrients and micro nutrients.
- iii) What are the factors that you should keep in mind when buying food? (2 + 3 + 5 -10 marks)
- 6) i) Name 2 systems in the body that you know.
- ii) Write 3 things that can be done to keep the respiratory system in good condition.
- iii) Write the functions of red blood cells, white blood cells and platelets. (2 + 3 + 5 -10 marks)