

Kelaniya Education Zone

Health and Physical Education

Mid Term Test 2017

Grade 9

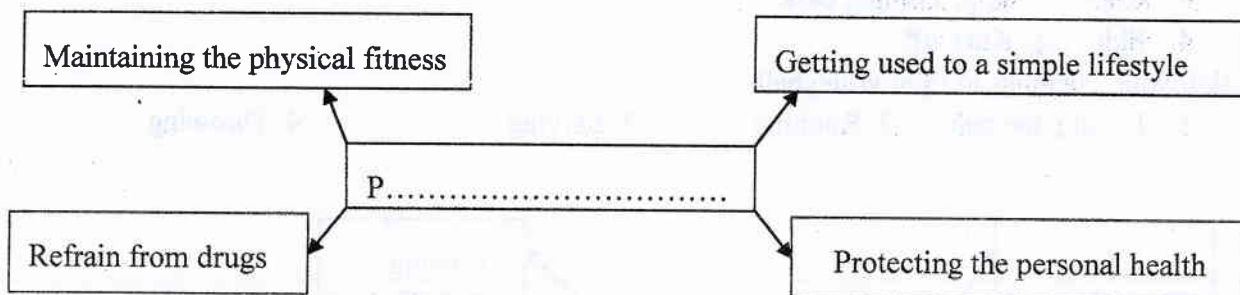
Name.....2 hours

Part I

(2 X 20 = 40 marks)

Answer all the questions.

Underline the correct answer for the questions from 1 to 20



01) The most suitable statement for the blank (p) of the above diagram is,

1. Correct customs and rituals
2. Behavioural patterns beneficial for health
3. Good interpersonal relationships
4. Health promoting principles

02) A disease which can be caused by polluted water,

1. Cholera
2. Dengue
3. Cold
4. Influenza

03) The process in which a person responds to a certain situation, as if it was happened to himself.

1. Unity
2. Sociability
3. Adultery
4. Emotional balance

04) The time duration in which an infant should fulfill his or her nutritional requirement only from breast milk is,

1. Only until the first three months
2. Only until the first five months
3. Only the first six months
4. Only until the first month

05) The concept or principle, which can be applied to a certain policy which you get ready to make in your school is,

1. 5 S principle
2. E5 concept
3. S M A R T principle
4. S6 concept

06) The ability of someone that he or she can do something better as he or she feels it.

1. Creativity
2. Interest
3. Determination
4. Self-realization

07) A method used by ancient people for food preservation,

1. Drying
2. Storing in the refrigerator
3. Making chutney
4. Storing in cold rooms

08) A kind of mineral which should mostly be consisted in food, which is given to the girls who are in adolescence,

1. Iodine 2. Iron 3. Calcium 4. Phosphorus

09) The disease which can later become a dangerous plague caused from not keeping the environment clean in rainy days is,

1. Influenza A H N 2. Pneumonia 3. Dengue 4. Malaria

10) A disease which a person may get by consuming "processed food" and "unproductive food" for long time,

1. Dengue 2. Diabetes 3. Nutrition deficiency 4. Diarrhea

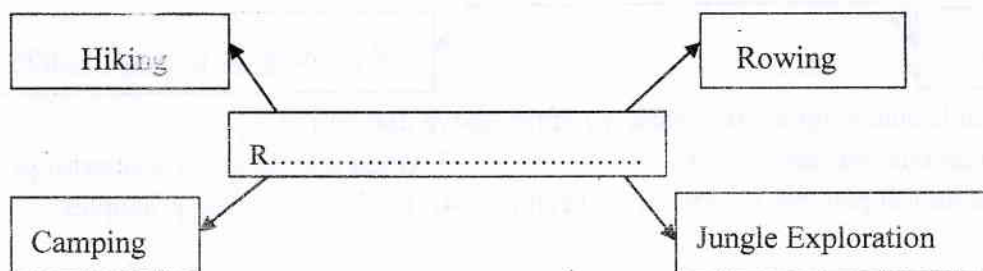
11) Rhythmic foot movements that can be used in a drill done in a sports meet.

1. March jog, Cat jump
2. March jog, Turning back
3. Knee lift, Skip, Turning back
4. Skip, Jog, Knee lift

12) A skill which belongs to mini volleyball,

1. Passing the ball 2. Running 3. Serving 4. Throwing

13)



The suitable word for the blank (R) is,

1. Folk games
2. The activities of ancient people
3. Organizational explorations
4. Outdoor activities

14) The no. of female players which they can participate in according to the places in a Netball competition,

1. Three 2. Five 3. Seven 4. Nine

15) The time duration for an international competition,

1. 60 minutes
2. 90 minutes
3. 30 minutes
4. 120 minutes

16) The minimum no. of players which can participate in a football competition,

1. Five 2. Seven 3. Nine 4. Eleven

17) In a relay, if the runner A receives the baton to his left hand from the runner B, this is,

1. Inside change 2. Outside change 3. Mixed change 4. Visual change

18) According to the classification of Athletic games, mainly jumps are divided into,

1. 2 2. 3 3. 4 4. 6

19) 'sail technique' is related with,

1. Netball 2. Volleyball 3. Long jump 4. High jump

20) What would be the decision of a judge if a football player attacks another player during a match purposely?

1. Advising
2. Showing the yellow card
3. Giving a free kick
4. Expelling out of the court by showing the red card

(2 x 20 = 40)

Paper 11

Answer the first question and four other questions.

01) For the health promoting camp held by Parakrama vidyalaya the contribution of various parties were received. For this grade 9 students were participated and the support of various private companies also was gained. The doctors were invited by the Health and Physical education teacher and they made lectures on good health, health promotion, environmental problems and protecting the environment. Apart from these, at the end of the camp a volleyball competition was also held.

- i. Write four methods of health promoting approaches which were mentioned in the doctor's lecture. (4)
- ii. What is known as the good health according to the doctor? Explain in brief (3)
- iii. Give two advantages gained by a health promoting school (2)
- iv. Mention two environmental elements mentioned by the doctor. (2)
- v. Choose one out of the environmental elements which are being polluted mentioned by the doctor and write down three ways in which it can be polluted. (3)
- vi. Mention two skills displayed by the students in the volleyball competition held at the end of the camp. (2)

02) The factors which affect the incorrect postures are vivid and various physical disorders can be occurred. At the same time, some exercises can be used to get these incorrect postures avoided. Always we have to practice the correct postures.

- i. Explain briefly what is meant by a correct posture as you have understood. (3)
- ii. Name three factors which affect the incorrect postures. (3)
- iii. Mention two disorders caused by the aforementioned incorrect postures. (2)
- iv. Write down two exercises which are used to minimize one disorder. (3)

03) By now, a certain disease has been turned into a plague by a mosquito species that lives in clean water. Because of this disease a huge no. of deaths has occurred.

- i. Name the disease implied by the above description. (2)
- ii. How do we call the worsening of this disease? (1)
- iii. Write down three symptoms of a serious patient (3)
- iv. Mention five ways of preventing this disease (5)

04) We know that even the ancient people have practiced a nutritious food pattern to lead a healthy lifestyle.

- i. Name the nutrients contained in a healthy diet (5)
- ii. Why do we need food? write down three facts (2)
- iii. Write two mixed food which can be gained several nutrients from one food (2)
- iv. Mention two mythical beliefs about food (2)

05) Although you are a boy or a girl of grade 9, by now you have been subjected to various changes than you were in childhood. Currently you are facing various challenges. Facing the challenges related to sex in a responsible way would enable them to be successful.

- i. Explain briefly what sexual abuse is. (4)
- ii. Mention two impacts that can be happened to a sexually abused child (2)
- iii. Write down three concepts related to sex (3)
- iv. State two tasks that should be done by a husband to his pregnant wife. (2)

06) Answer the following questions by reminding about the various competitions participated by the students in your school sports meet and the drill display done in the sports meet.

- i. Mention three foot movements and three turnings used in the drill display which was done by the students. (3)
- ii. Write down a technical method used by students who were participated in the long jump event. (1)
- iii. Name the main steps of that technical method. (2)
- iv. Give two technical methods which can be used in high jump. (1)
- v. Write down two features which can be seen in a person with high sportsmanship. (2)

07)

- I) Write down the length and the breadth of a volleyball court. (2)
- II) Explain in brief scoring and offering a mark in the volleyball game. (3)
- III) Name three skills in Netball game (3)
- IV) Write down three ways in controlling the ball in Football game (3)