

Southern Provincial Department of Education

Year End Test - 2018

Health & Physical Education

Grade 7

Name / Index No.

Time - 2 hours

Part I

Answer all questions.

- Underline the most suitable answer in the questions from 1 - 15

- (01) Oxygen is a basic need of man. What is the barrier to get fresh air,
- (1) Making huge doors and windows
 - (2) Burying polythene and garbage in houses
 - (3) Growing trees and flower plants in the compound
 - (4) Burying animal waste in a pit
- (02) A person who helps the needy shows kindness to animals and protects nature is having healthy,
- (1) Healthy physical well - being
 - (2) Healthy mental well - being
 - (3) Healthy social well - being
 - (4) Healthy spiritual well - being
- (03) If love and protection is lost which of the following is resulted badly,
- (1) protection of family unity and happiness
 - (2) Ability of doing studies well
 - (3) Not being addicted to wrong habits
 - (4) Dislike to live at home
- (04) Which are the out door folk games in the following,
- (1) Porapol gasima and Amba ata panima (Hopscotch)
 - (2) Lee keliya and Pancha keliya
 - (3) Olinda keliya and Gaipelima
 - (4) Ath hangima (hiding hands) and Gas kotu panima
- (05) Which is wrong about athletics,
- (1) Athletic events are not considered in organized sports
 - (2) The running events are classified according to the distance as long distance, middle distance and short distance.
 - (3) Jumping events are classified into 4 types
 - (4) In discus throw and shot put the player moves within a circle

(06) The first Olympic games were conducted,

(1) In 776 B.C

(2) In 796 B.C

(3) In 786 B.C

(4) In 778 B.C

(07) Which of the following should not be done in jumping?

(1) Take off, flight and landing should not be done orderly.

(2) Landing on the ball of the feet is better as it avoids accidents and imbalance

(3) To improve jumping techniques, Jumping over equipment and taking off with one leg and landing on both legs can be done.

(4) In landing it is safe to bend knees and lower your body, to straighten your legs and land on one.

• Answer the Questions 8,9,10 by reading the information given in A,B,C,D about physical fitness.

A - Matheesha finished 50m distance in 8 seconds.

B - Nirmal plays gymnastics and has talent for dancing.

C - Nayani won the first place by throwing Medicine ball to a greater distance.

D - Gihan became the first in cross - country running.

(08) The physical fitness factor that Gihan has developed is,

(1) Strength

(2) endurance

(3) speed

(4) Co-ordination

(09) More flexibility is with,

(1) Gihan

(2) Nayani

(3) Nirmali

(4) Matheesha

(10) Which activity is good to measure the strength,

(1) A

(2) B

(3) C

(4) D

(11) The vitamin which is needed for clotting of blood,

(1) Vitamin K

(2) Vitamin A

(3) Vitamin C

(4) Vitamin D

(12) Which of the following belongs to healthy snacks,

(1) Halapa - Hathmaluwa

(2) Sago - Aggala

(3) Mixed green leaves - Diya bath

(4) Thambun hodi - roasted rice porridge

(13) A factor that causes non-communicable diseases

(1) Take a healthy diet

(2) Paying attention to correct BMI

(3) Not getting enough physical exercises, rest and sleep

(4) Avoiding smoking and liquor

(14) The hormones that affect the physical and mental changes of adolescence.

- (1) Oestrogen, Progesterone, Testosterone
- (2) Oestrogen and Progesterone
- (3) Oestrogen and Testosterone
- (4) Progesterone and testosterone

(15) The organized game that brought an honour to Sri Lanka at Asian tournament is,

- (1) Volleyball
 - (2) Netball
 - (3) Foot ball
 - (4) Basket ball
- (2 x 15 = 30 marks)

♦ Match A and B and select the correct answer from column B and put the correct letter in the bracket.

A

B

(16) Muscles get energy for activities (.....)

A. Testies

(17) An organ of female reproductive system (.....)

B. Hormones

(18) This causes high blood pressure (.....)

C. Kidneys

(19) A skill that helps emotional balance (.....)

D. From glucose and oxygen

(20) This affects physical and mental changes in adolescence

E. Ovaries

(21) An organ of male reproductive system (.....)

F. Tuberculosis or TB

(22) If smoking and liquor are avoided (.....)

G. larynx

(23) A main organ in excretory system (.....)

H. Good interpersonal
relationship

(24) This helps to produce voice (.....)

I. Mental stress

(25) The vaccine BCG avoids this (.....)

J. The diseases oral cancer and
cirrhosis can be avoided

(1 x 10 = 10 marks)

Part II

• Select five questions and answer them

- (01)(1) What is health promotion? (3 marks)
(2) Mention three features of a healthy family environment. (3 marks)
(3) Write three steps that can be taken to promote family health. (3 marks)
(4) Write two things that you can do as a student to maintain a healthy family environment? (3 marks)

- (02)(1) Mention the six skills required in volley ball. (3 marks)
(2) Name one of the above skills and write two activities related to its improvement. (3 marks)
(3) Write two activities to practise footwork in netball (3 marks)
(4) Mention two examples of kicking with the inner side of the foot are done in football. (3 marks)

- (03)(1) Write six features of correct sitting posture on a chair, (3 marks)
(2) Write three methods that can be practised to improve walking postures (3 marks)
(3) Write three points to remember when lying down correctly. (3 marks)
(4) Mention three advantages of adopting correct postures. (3 marks)

- (04)(1) What is the main difference between walking and running? (3 marks)
(2) What are the two main categories of jumping events? (3 marks)
(3) Mention any jump, running and lying with examples in your real life. (3 marks)
(4) Write three points you have to concern when performing throws in daily life. (3 marks)

- (05)(1) Write three reasons why rules and regulations are needed in sport. (3 marks)
(2) Write two rules and regulation of any organized game or athletic event that you know (3 marks)
(3) Write two accidents that may happen in the playground. (3 marks)
(4) Write three benefits you and your family get by following rules and regulations of sports. (3 marks)

- (06) Read the following paragraphs and complete them selecting the most suitable words within the brackets. Underline the most suitable answer within the brackets.

Nutrients received from food are divided into two main parts. They are macronutrients and micronutrients. Animal protein contains in (meat/ soya beans) and plants protein is

found in (eggs/ winged beans) vitamins and minerals (affect body growth/ protect from diseases.)

The difference amount of water consumed and the amount of water lost is referred as (water balance / water difference). The amount of water a person should take differs according to his (weight/ height).

When we consume green leaves that contain (vitamin A/ Vitamin C) our vision improves. Health Department has inaugurated a programme to reduce anemia which is caused by (iron / iodine) deficiency by providing (medicinal tablets/ green leaves porridge) to school students. According to food pyramid fat and oil should be consumed (less/ more) It is compulsory to have a (fruit/ ice cream) after a meal to maintain good health condition.

Spices are added to food (to increase appetite / to digest food easily). To reduce the pests then harm crops in a home garden (chemical pesticides / growing marigold plants) and be done.

and the other, which is the same as the first, but with the addition of the word "and" before the second "and" in the second clause.

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The first clause is the same as the second, but with the addition of the word "and" before the second "and" in the second clause. The second clause is the same as the first, but with the addition of the word "and" before the second "and" in the second clause.

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