

Southern Provincial Department of Education

Year End Test - 2017

Health & Physical Education Grade 7

Name / Index No.

Time - 2 hours

- Answer all the questions.
- Underline the most suitable answer in the questions from 01-10.

I Paper

(01) As a student who follow good health principles, what do you offer to a guest who visits your place?

- | | |
|-------------------------|---------------------------|
| (1) Carbonic drink | (2) Starchy food with fat |
| (3) Natural fruit drink | (4) Sugary drink |

(02) A: mother

B: teacher

C: peers

D: clergy

From the above persons who is the person in the family to provide you love and protection with

- | | | | |
|-------|-------|-------|-------|
| (1) B | (2) A | (3) C | (4) D |
|-------|-------|-------|-------|

(03) "Savun Kanmai Man Awe - Sa beti kapan thundeere"

This folk song part belongs to which game?

- | | |
|--------------------|-------------------|
| (1) Olinda Keliya | (2) Onchili Waram |
| (3) Pancha Dameema | (4) Eluwan keliya |

(04) Volleyball is the national game in Sri Lanka. One of its skills is,

- | | |
|---------------|----------------------|
| (1) Serving | (2) ball controlling |
| (3) Foot work | (4) Shooting |

(05) The below given activity is done when you practise netball skills. The skill improved by this activity is

- | |
|----------------------|
| (1) ball controlling |
| (2) landing |
| (3) throwing |
| (4) blocking |



(06) The most popular game in the world is

- | | |
|--------------|----------------|
| (1) net ball | (2) cricker |
| (3) football | (4) volleyball |

(07)



The posture given here is

- (1) sitting on heels
- (2) sitting on a chair
- (3) crook sitting
- (4) kneeling

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(08) ♦ Skin becomes fair

♦ Pimples appear on face face

♦ Height and weight increase

♦ Voice becomes rough

The above features are features of adolescence.

- (1) Physical features
- (2) Mental features
- (3) Social feature
- (4) Spiritual features

(09) An advantage gained by improving physical fitness.

- (1) Defects in joints
- (2) Subjected to accidents
- (3) Being obese
- (4) efficiency in joints

(10) A food pyramid is a pyramid shaped diagram representing the optimal number of servings to be taken each day from various groups of food to maintain a healthy body. Accordingly the position of fat and oils in it is,

- (1) bottom of the pyramid
- (2) mid of the pyramid
- (3) top of the pyramid
- (4) in the right side of pyramid

(2 x 10 = 20 marks)

♦ Fill in the blanks using the words given within brackets in the questions numbering from 11 - 15.

(proteins / family health principles / Bravery / Nervous / Digestive)

(11) system is responsible for food digestion and absorption.

(12) About 10% - 15% of energy requirements of the body is obtained from

(13) system transmits messages and information throughout the body.

(14) is a psychological feature during adolescence.

(15) is a main factor related to health promotion.

(2 x 5 = 10 marks)

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- Select the correct answer from column B and put the correct letter in front of the suitable answer in column A.

A		B
(16) A mental need for healthy life	(.....)	A. fair play
(17) Walakaju Gaseema	(.....)	B. sitting cross legged
(18) Sportsmanship quality	(.....)	C. Lying in crook position
(19) Bend knees and keep legs crossed on the floor	(.....)	D. Security
(20) Bend the knees and lie on the floor looking upwards	(.....)	E. Folk game

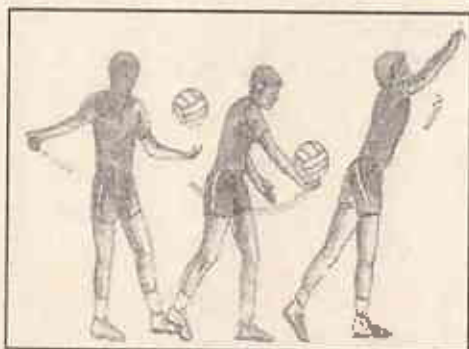
(2 x 5 = 10 marks)

II Paper

- First question is compulsory. Select and answer 4 more questions.

- (01) A healthy physical, mental and social environment is vital for a healthy family environment.
- Write four features you can see in a healthy home. (4 marks)
 - Name 2 folk games you can play to gether with your family members. (2 marks)
 - Name two persons other than your family members who provide love and protection to you. (2 marks)
 - Correct postures improve your appearance. Write four such postures. (4 marks)
 - Give the names of four energy giving food you can find from your environment. (4 marks)
 - Write two acute and two chronic non-communicable diseases that may bring harm to your health. (4 marks)

(02)



- What is the major game to which the above skill belongs? (2 marks)
- Write two other skills you learn in that game except the above skill. (2 marks)

- (iii) Write two activities you learnt to improve the above skill. (4 marks)
- (iv) Name two other major games you learnt except the game given here. (2 marks)
- (03) In day today life we engage in natural exercises such as walking, running, jumping and throwing.
- (i) According to the method of jumping, jumping can be divided in to two main parts. What are they? (2 marks)
- (ii) Name two throwing events you can participate in athletics. (2 marks)
- (iii) Write two ill effects of getting addicted to wrong postures. (2 marks)
- (iv) Write one activity you can do to improve throwing events. (4 marks)
- (04) Food not only eases hunger but also gives us satisfaction. Therefore to maintain healthy life we need food.
- (i) Identify the nutrients present in food. (3 marks)
- (ii) Write two examples of food items for the nutrients you mentioned above. (2 marks)
- (iii) Give two uses of the above given nutrients to the body. (2 marks)
- (iv) Write 3 ways of preparing food to protect its nutrient value. (3 marks)
- (05) Human Body is made up of many body systems. One of the main body systems in our body is blood circulatory system.
- (i) Write two other body systems except the system mentioned above. (2 marks)
- (ii) Write one function each carried out by the two systems you mentioned above. (2 marks)
- (iii) Write 3 things to be done to maintain blood circulatory system healthy. (3 marks)
- (iv) Write 3 functions carried out by both white blood cells and red blood cells. (3 marks)
- (06) Healthy mind is in a healthy body.
- (i) Write 4 benefits you enjoy having a healthy body. (4 marks)
- (ii) Write 3 physical fitness factors. (3 marks)
- (iii) Write one activity to be done to improve one of the above factors you mentioned above. (3 marks)

