



***Mahinda Rajapaksha College***  
***First Term Examination - 2013***  
***Health and Physical Education***  
***Grade 7***

Paper I	
Paper II	
Total	

***Time - 2 hours***

**Name:** .....

**Class:** .....

**Part I**

- **Answer all the questions. Underline the correct answers.**

01. Correct life style is,

- (i) Physical, Mental, Social and Spiritual well being.
- (ii) Follows the correct food Habits.
- (iii) Be active with using good health habits.
- (iv) Keep the personal hygiene.

02. Not an important factor for physical well being,

- (i) Daily exercises
- (ii) Proper BMI
- (iii) Be friendly with others
- (iv) Do daily activities effectively.

03. The basic human needs are,

- (i) Houses, Medicine, Cloths
- (ii) Air, Water, Houses
- (iii) Food, Water, Air
- (iv) Air, Food, Houses

04. A definition for the coordination is,

- (i) Move the hands while moving the legs.
- (ii) Doing activities according to rhyme and time.
- (iii) Doing several activities in same time.
- (iv) Dancing according to the music beat.

05. The factors that mainly affects to rhythm,

- (i) Time and Coordination
- (ii) Movements and Sounds
- (iii) Time and Rhyme
- (iv) Rhythm and coordination

06. The diagram shows,

- (i) Hands raising with skipping.
- (ii) Hands raising with marching.
- (iii) Hands raising with knee lifting.
- (iv) Hands raising with jogging.

07. The main parts of correct postures are,

- (i) Dynamic and stand at ease
- (ii) Dynamic and lying down
- (iii) Static and dynamic
- (iv) Static and walking

08. Which statement has only the rhythmic leg movements?

- (i) Skip , Jog , Forward roll
- (ii) Tuck jump , Cat leap jump , High jump
- (iii) Run , Jog , Knee lift
- (iv) Knee lift , Jog , Kick

09. The answer for main nutrients,

- (i) Vitamin A , Vitamin B , Calcium
- (ii) Carbohydrate , Starch , Fat
- (iii) Vitamin K , Starch , Lipids
- (iv) Calcium , Minerals , Vitamin E

10. The correct statement about systems in our body.

- (i) Doing all external and internal duties of our body.
- (ii) Systems are not necessary for living.
- (iii) Some systems are not engage with duties of our body.
- (iv) It helps to understand others.

(2x10 = 20 marks)

## Part II

01. There is a very special value for a sports meet in a every school. Because that is one of the functions that has in a school with participation of all students. Remember your school sport meet and answer the following questions.

- (i) Name the houses that performed the first, second and third places in the sport meet. (Mark -01)
- (ii) Write down the two track events and two field events that you saw. (Marks -04)
- (iii) Name 05 games had in your school sport meet. (Marks -05)
- (iv) i. What are the track events that held as team events? (Marks -04)  
ii. How many members were there per a team? (Mark -01)
- (v) Write 5 advantages of inter house sports meet in a school. (Marks -05)  
(20 Marks)

02.

- (i) Define the complete health. (Marks -04)
- (ii) Name the five steps that you can take to maintain the personal hygiene. (Marks -10)
- (vi) Give two actions that you should take for well keeping of each physical, mental and social well being. (Marks -06)  
(20 Marks)

03.

- (i) Name 03 basic human needs and 03 secondary needs respectively. (Marks -06 )
- (ii) Write 04 responsibilities and 04 duties you have to do in your home. (Marks -08)
- (iii) Name the two persons separately for who shows their love and affection to you in the home , in the school and in the society. (Marks -06)  
(20 Marks )

04.

- (i) Define the rhythm (Marks -04)
- (ii) Write down the 05 rhythmic leg movements (Marks -10)
- (iii) Name 06 advantages can gain through rhythmic activities. (Marks -06)  
(20 Marks )