





21. The correct order of 1500m, 100m and 10 000m track events are,
1. Short distance, Middle distance, Long distance
  2. Middle distance, Long distance, Short distance
  3. Long distance, Short distance, Middle distance
  4. Middle distance, Short distance, Long distance
22. A reason that eliminate a competitor in event of race walking,
1. Maintain the continuous contact of the foot with the ground
  2. By showing yellow coloured sign board with the fault
  3. Sending 03 red card to the main referee, regarding same competitor by three referee
  4. The referee send a red card to the main referee , regarding violates one of the two main rules by the (race walker) competitor
23. \* The following table show some events done by few competitors

Competitor	Event
Chamaya	200m
Nayana	400m
Pawan	1500m
Nuwan	Marathan
Ruwan	80m

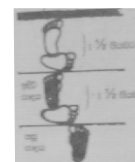
Among the above competitors, who have taken the standing start?

1. Chamaya - Ruwan
2. Pawan - Nayana
3. Nuwan - Pawan
4. Pawan - Chamaya

24. The picture below shows how pavani kept her feet at the start of the 800m race

According to it, Pavani has taken,

1. Crouch Start
2. Standing Start
3. Elongated Start
4. Medium Start



25. The command "On your Mark, Get set ,Go ( Sound of the starting gun ) given by the starting officer at the begining of the ..... events

1. 100m, 1500m, 400m
2. 400m, 400mX4, 1500m
3. 200m, 400m, Marathan
4. 400m, 100mX4, 200m

26. There are few sentences given below, regarding baton change Select the incorrect statement/

- A - Baton change should take place only witin the changing zone
- B - When changing the baton, runner should be in the changing zone
- C - If the baton falls down while it is being changed , the runner who is recieving the baton should pick it up and run
- D - In order to length and weight of the baton is 20-30 cm and 50g

1. A and B
2. C and D
3. D and E
4. B and C

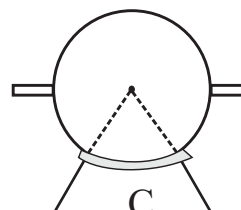
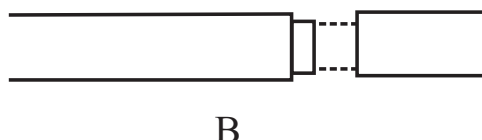
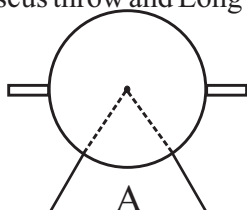
27. The 4 stages given below are used in,

- a. Approach run
  - b. Take- Off
  - c. Flight
  - d. Landing
1. Long Lump
  2. Pole vault
  3. High Jump
  4. Shot Put

28. Which of the following show the order of , Hang technique, Straddle method and Parry O Brien method,

1. High Jump, Long Jump, Shot Put
2. Long Jump, High Jump, Shot Put
3. High Jump, Pole vault, Javelin throw
4. Long Jump, High Jump, Discus throw

\* Ruwan, Pawan and Daham should go to play areas, in order to participate the events shot put, discus throw and Long Jump



29. Which court can be used by Ruwan for his event?  
 1. A                      2. B                      3. C                      4. Non of the above
30. The Sri Lankan Cricketer who earned the special award named "ICC spirit of cricket" at ICC awards 2014,  
 1. Lasith Malinga    2. Mahela Jayawardhana  
 3. Kumar Sangakkara    4. Muththaia Muralidaran
31. It is very important to make nutritious food in our diet. which deficiency of the following shows. Poor concentration, Lethargy, Fatigue, Anaemia,  
 1. Iodine deficiency    2. Iron deficiency  
 3. Vitamin deficiency    4. Calcium deficiency
32. Which of the following answers show the diseases related to the digestive system?  
 1. Mouth Cancers, Appendicitis, Dengue  
 2. Diarrhoea, Hepatitis, Dengue  
 3. Typhoid, Cirrhosis, Leptospirosis  
 4.. Piles, Cirrhosis, Mouth Cancers
33. Sexual transmitted diseases are transmitted from one individual to another through sexual intercourse. What is the causative agent of disease named syphilis?  
 1. Neisseria    2. Treponema pallidum  
 3. Herpes simplex    4. HI Virus
34. Which components directly contribute to the health related physical fitness?  
 1. Flexibility, Muscular Endurance, Body Composition, Muscular Strength  
 2. Flexibility, Muscular Endurance, Strength, Body Composition  
 3. Flexibility, Cardio vascular fitness, Coordination, Body Composition  
 4. Flexibility, Strength, Endurance, Coordination
35. The amount of fat in a healthy Male and Female are mentioned as a percentage of the body weight respectively as male and female are,  
 1. 25% - 30%, 35% - 40%    2. 20% - 25%, 30% - 35%  
 3. 20% - 30%, 30% - 40%    4. 30% - 35%, 40% - 45%
36. Due to a challenge or danger a mental reaction which occurs in our mind is,  
 1. Emotions      2. Mental Stress                      3. Thoughts                      4. Challenges
37. Most of the road accidents happen due to negligence, ignorance or mistakes of both drivers and pedestrians. Which of the following accidents occur due to negligence?  
 A - Not observing road rules    B - Break failure  
 C - Driving under the influence of alchole    D - Driving under the stress  
 E - Walking of the left hand side of the road  
 1. A, B, C                      2. C, D, E                      3. A, C, D                      4. B, E, D
38. Long term stress may lead to,  
 1. Death    2. Depression  
 3. Physical diseased condition get cure    4. Healthyness in mentality
39. It is important to give first aid to a victim who has faced an accident or who is sick. Basic life support (A, B, C, D, E) can be adopted for that. Here letter "D" is refered to,  
 1. Deformity      2. Exposure      3. Airway                      4. Circulation
40. The 2020 Olympic Games will be held in,  
 1. Canada - Montreal    2. Brazil - Rio de Janeiro  
 3. Japan - Tokyo    4. England - London

## Part II

\* **Question no 01 is compulsory**

\* **Select two questions from part I and two questions from part II**

\* **Answer five questions only**

01. Tharanga is an outstanding perfect from Grade 12 in a Health promotion school. He takes the initiative at religious activities in school. Also he often tries to avoid taking meat in his meal. He is physically fit and intellegent. At the Inter - house volleyball tournament he engaged in defending well and lead his team to victory. Also he won the 2nd and 3rd place in 200m and long jump. Tharanga's friend Piumal bruised his foot there and correct first aid was given to him.

1. Write one example for each mental and social field to show that Tharanga is totally a healthy person.
2. Name two programmes that are conducted in the Health promotion school, where Tharanga studies
3. Mention 2 skills in volleyball apart from the skill given in the paragraph
4. Which is the starting method used in the running event mentioned in the paragraph?
5. Write one physical and one mental changes which could occur in Tharanga who is in his adolescent
6. Name 04 stages that are used in field events mentioned in the paragraph
7. Children like Tharanga needs special nutrition. Apart from this who else need more nutrition?
8. Write two points that Tharanga should consider in his nutrition
9. Which treatments you think Tharanga used when Pumal bruised his leg?
- 10 Explain what "Physical Fitness" that possessed by Tharanga according to the paragraph?

02. Hiruni and Chamaya are the best friends in the class. Both have parents who are very busy. Family members of Hiruni, very often have the habit of taking food out, consuming fast food, take surgery drinks and artificial food items. But at chamaya's house her grand mother cooks different kinds of food items of different tastes. Hiruni is the fattest in the class and doesn't want to take part in any sports activity. But Chamaya was able to win many places at sports activities.

- i. Write 03 featur that can be occured due to food pattern of Hiruni (Does not mention in the paragraph)
- ii. Name 02 non - communicable diseases which Hiruni could face in future
- iii. What are the steps that can be taken to minimize the problems which will be faced by Hiruni in future?
- iv. When considering the food culture in Sri Lanka, What can you say about the good food habits in chamaya's house. Write 03 ( Does not mentioned in paragraph )

03. By maintaining correct posture in our day to day tasks, we may have pleasant appearance and healthy body. If we need to maintain postures in an effective way, we should apply our knowledge on bio mechanical factors like centre of gravity and balance. These two principles of bio mechanics are very important in daily activities and sports

- i. Explain " Centre of gravity"
- ii. Mention 03 factors that help, maintain the balance at different body postures
- iii. Write 03 points that we should consider in the correct position of sitting on a chair
- iv. State 02 occasions where we use the skill of balance and positioning of centre of gravity when engaging in sports activities.

04. Briefly explain the actions that you would take to over come the following challenges

- i. Invites your friend to you watch a movie from his mobile phone, climbing a rock secretly after school
- ii. A Stranger offers you a lift to take you home
- iii. You see a grand mother who is unable to cross the road
- iv. Your friend often brings sugary drinks to school
- v. While travelling in a bus, you see an old man harrassing a younger sister in a lower class

05. In order to lead a healthy life, it is important to maintain Physical, Mental and Social fitness. The physical fitness is categorized into two sections as, health related physical fitness and Fitness related to motor skills. To spend a Healthy life we should develop health related physical fitness factors by engaging with activities.

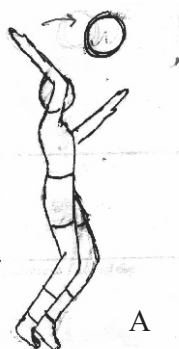
- i. Mention 02 things that can be followed to develop Health related physical fitness factors.
- ii. State 03 activities which are helpful in developing Cardio vascular fitness
- iii. What do you call, the ability of muscle to exert maximal force through a given range of motions at a single given point
- iv. Write 03 activities that can be used to develop the fitness factor mentioned above

06. Sanuka a student of Sarasavigama vidyalaya won the javelin throw event with a new game record at the provincial sports meet. Also, he tried his best to lead the 100mX4 relay team to victory

- i. Mention 02 other throwing events apart from the javelin throw ( 02 Marks )
- ii. Students in Sarasavigama vidyalaya used, mixed changing method to their 100mX 4 race. Explain the mixed changing method in step by step.
- iii. Name 04 stages of Discus throw when using the rotational technique
- iv. State 02 rules related to throwing events mentioned above

07. Answer only one question out of the questions A, B and C

A - Given figures show two skills in volleyball



A



B

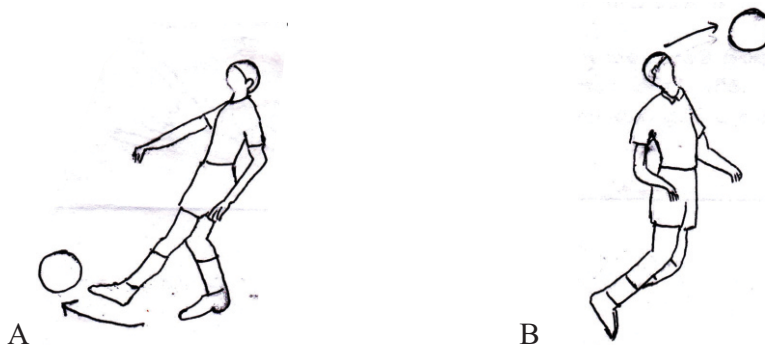
- i. Name both A and B skills
- ii.
  - a. Name 02 main stages that you named under the skill "B".
  - b. Explain one activity that can be used to practice the skill, you named under the skill "A" to the beginners.
- iii. you are appointed as referee to judge the volleyball matches at the Inter - House sports meet. The tournament held between Hansa and Maura house. Express your decision to the given occasions.
  - a. The serve by the Hansa House player was hit on a player of Maura House and goes out of the court.
  - b. The back - court player in Maura House , spikes the ball which was lifted above the net , by touching the spiking line when taking - off.
  - c. While blocking two front row player of Hansa House, the ball which touches the net, repeatedly touched thrice and sent to the opposite team.
  - d. A player from Mayura House lands on the middle line after spiking.
  - e. Spiking by a player of Hansa House the ball touches the blocking players of Mayura House and also hit the antenna and lands in the court of Hansa House.



B i. Name 02 basic skills in Netball.

- ii. a. Explain one activity that can be used to practice beginners from the above mentioned skill.  
( Include figures if you need)
- b. Name the panel of judges at a netball game.
- iii. you are appointed to judge the netball matches in sports clubs. Explain your decision at the given occasions.
  - a. Get hold of the ball at the same time by two opposing player.
  - b. Goal Keeper in team "A" , defending the shooter in "B" team, by obstructing a distance of less than 3 feet within goal circle.
  - c. Two opposing players moving to areas that they are not allowed (off side) and the ball was held by a player in team "A"
  - d. Goal shooter in team "B" shooting the ball through the ring of the goal post
  - e. Center player in team "B" passes the ball to Wing Attack in her own team before the whistle had been blown to the center pass.

C. Given below are 02 skills in football



I. Name two skills in A and B

- ii a. Mention two postures (methods) that can be done using the skill mentioned in "B"
- b. Explain an activity to practice the skill in "A" for the beginners (Draw some figures if you need)
- iii. You are appointed as a football referee in the Inter-house Sport meet  
As Thisara house and Mayura house compete with each other. Explain your decisions at the following occasions
  - a. A player in Mayura house kicking the leg of a player in Thisara house
  - b. A player from Thisara house hold the ball deliberately
  - c. A player in mayura house spitting at a player in Thisara house
  - d. A player from Thisara house holding the hand of a player in Mayura house
  - e. A player from Mayura house holds a player of Thisara house by dragging his dress.