



Minuwangoda Zonal Education

Second Term Evaluation - 2023

Grade - 07

Health and Physical Education

Name: .....

Time: 2 hours

Part I

- Answer all the questions of the first part.
- Underline the suitable answer for question number 1 to 10.

01) The process of improving health by controlling factors affecting health is called,

1. Personal health
2. Health promotion
3. Health of society
4. Full health

02) A healthy physical environment factors are:

- A - Sufficient space
- B - Clean environment
- C - River water
- D - Tranquility

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

03) Which of these is not a sign of a good environment free from abuse and violence?

1. Unbelief
2. Safety
3. Love
4. Freedom

04) It is called building and maintaining good relations with people you meet in everyday life,

1. Effective communication
2. Fulfillment of Responsibilities and Duties
3. Compliance with the law of the land
4. Good interpersonal relationships

05) When an infectious disease develops, you must notify,

1. To the Public Health Inspector
2. To the Village Officer ( grama niladhari)
3. To the midwife
4. To the Medical Examiner

06) Choose the incorrect statement from the following statements.

1. Conflicts in a family cause stress
2. It is your duty to respect others
3. Love and security are needed only in childhood
4. You can give love and security to others without spending any money

07) A common feature of folk games

1. Only male persons can participate
2. No religious or cultural background
3. Has aesthetic value
4. More equipment is required

08) It is the most famous organized sport in the world.

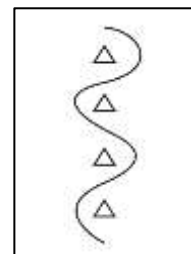
- 1. Cricket
- 2. Foot ball
- 3. Volleyball
- 4. Basketball

(09). The number of ways to "receiving the ball" in volleyball is

- 1. 1
- 2. 2
- 3. 3
- 4. 4

(10). The figure shows a training activity used in the game of netball. By engaging in those activities, one practices,

- 1. Landing
- 2. Ability to go in different directions
- 3. Balance
- 4. Running speed



• **Choose and write the correct answer in brackets for questions number 11 to 15.**

- (11). ..... is a skill of netball
- (12). A folk song in search of a lost instrument .....
- (13). ..... Micro nutrient.
- (14). ..... Contains in carbohydrates
- (15). The daily diet should include a variety of vegetables .....

(Protein, 3-5, Foot work, Vitamin, String hoppers, Dolos keliya, Mewara keliya)

• **For questions number 16 to 20, put the right mark (✓) , if correct and the wrong mark if wrong (X) in brackets in front.**

- (16). Eating fiber-rich foods is important for digestion. ( )
- (17). A person's daily water requirement is 2L - 3L ( )
- (18). The high jump is a horizontal sighting event. ( )
- (19). Shotputting is a throwing event. ( )
- (20). Specific equipment is used in organized sports. ( )

(20 x2 = 40 marks)

## Part II

- The first question is compulsory. apart from that write another (04) four more questions.
- The total number of questions to be covered is five questions. (5)

01)

1. Name three characteristics of a good physical environment.
2. Name three external people or institutions that provide love and security.
3. Name three different forms of walking.
4. Name two characteristics of folk games.
5. Name three organized sports.

(02) The postures used in daily life increase the efficiency of various tasks.

1. Name three sitting postures.
2. Describe three factors that lead to the use of incorrect postures.
3. Name four benefits of using correct posture.

(03) Effectiveness can be enhanced by accurately identifying fitness factors in physical activity. Here are five fitness factors that we can use.

1. What is flexibility?
2. Name an organized sport that uses flexibility.
3. Name 4 fitness factors other than flexibility.
4. Mention 2 advantages of physical fitness factors.

(04) Different daily events affect different personalities of people.

1. Name three factors that affect emotional balance.
2. Name two negative emotions and two positive emotions respectively.
3. Name three acceptable ways to control your anger when you get angry.

(05) A persons total health means not the absence of diseases and disabilities but also relate with another four factors.

1. Name other four
2. Mention three characteristics of a good mental environment.
3. Factors that relate with total health.

(06). Sports can be divided in to organized games, lead-up games and minor games and can see unique characteristics.

1. Name three minor games ant three organized games you know respectively.
2. List three skills each in netball and volleyball.
3. Draw and describe two activities that can be done to practice footwork in netball.

(07). By giving children love and kindness from their childhood, good citizens can socialize in the country.

1. What are the two main categories that give you love and security?
2. Name four good things you should do to find love and security.
3. Name four possible harms to children if they do not receive enough love and security.