



Minuwangoda Zonal Education

Second Term Evaluation - 2023

Grade - 09

Health and Physical Education

Name:

Time: 2 hours

Part I

Answer all the questions.

- 01) Ruwan is a clever athlete. Not interested in learning. he is a handsome young man, although he shows a bit of a bitter nature in many cases. He is a
- 1) Person with total health
 - 2) Person who should develop the mental health to complete the total health.
 - 3) Person who should develop the social health to complete the total health
 - 4) Person who should develop the physical health to complete the total health.
- 02) A quality which should not develop to protect both health condition of a person and balance of the environment is
- 1) build up good attitude.
 - 2) Law abiding
 - 3) Not respect to principles
 - 4) Love to the nature
- 03) A advantage that can be gain from developing good inter personal relationship is
- 1) Increasing loneliness
 - 2) Lack of security
 - 3) Lack of companions
 - 4) Sharing knowledge
- 04) Forcing a person to anti - social activities by a another person is called
- 1) Sexual harassment
 - 2) Abuse
 - 3) Offense
 - 4) Immorality
- 05) A condition that can arise due to genetic defect or due to harmful condition which is affected the factors
- 1) Environmental factors
 - 2) Physical factors
 - 3) Genetic factors
 - 4) com munication factors
- 06) A Vitamin which need to development of bones and to absorb the calcium to the body is
- 1) Vitamin A
 - 2) Vitamin B
 - 3) Vitamin C
 - 4) Vitamin D
- 07) The excessive curvature of the upper back (Thoracic region) is
- 1) Kyphosis
 - 2) Scoliosu
 - 3) Excessive lumber lordosis
 - 4) Flat back
- 08) A game that playing without equipment and using courts is
- 1) Karate
 - 2) Judo
 - 3) Koko
 - 4) Wrestling

- 09) An outdoor activity that is not relevant to exploration and entertainment activities.
- 1) Forest exploration
 - 2) Jungle exploration
 - 3) Climbing trees
 - 4) Boating
- 10) A baton changing type that is based on the side of the body from which the receiver receives the baton is
- 1) Outside method
 - 2) Visual method
 - 3) Inside method
 - 4) Mixed method
- 11) Touching the area that is between the takeoff board and the landing mark in long jump is
- 1) correct
 - 2) incorrect
 - 3) takeoff is incorrect
 - 4) takeoff is correct
- 12) The nutrient that is needed to prevent anemia which is caused by menstruation in girls is
- 1) Protein
 - 2) Vitamin
 - 3) Iron
 - 4) Iodine
 - 5)
- 13) The requirement of calories that is needed for a man with a high level of activities is
- 1) 2200
 - 2) 2700
 - 3) 2500
 - 4) 2000
- 14) The importance of the presence of the thumb on both hands of a man is
- 1) for beauty
 - 2) for sensation
 - 3) for grip firmly
 - 4) for the protection of finger tips
- 15) Skin is the largest organ of our body. A step that cannot be taken for the protection of the skin is
- 1) Wear protective clothing to protect the body from strong sunlight
 - 2) Choose black coloured clothes to wear which reflect the sun rays
 - 3) Carrying an umbrella to protect the skin from sun rays that are directly falling on the skin
 - 4) Use a sun protection cream as prescribed by a doctor
- 16) It should be considered about the weight gain during the pregnant period. The correct way that should increase the mother's weight, if the mother's BMI value is below 18.5 and the mother's BMI value is above 30 is
- 1) 12.5 - 18kg / 6.8kg
 - 2) 11.5 - 16kg / 6.8kg
 - 3) 7.0 - 11.5kg / 6.8kg
 - 4) 10.0 - 11.5kg / 6.8kg
- 17) An example of a protein rich pulse is
- 1) Spanish
 - 2) Green gram
 - 3) Sweet potatoes
 - 4) Cucumber

- 18) The most important point that we can gain from following the structure of food plate is
- 1) Can get a balanced diet
 - 2) Can maintain the appropriate BMI value
 - 3) Can maintain the body with low weight
 - 4) Can maintain the body with over weight
- 19) Low weight gain of mother during pregnancy → birth a child with a low weight → Always being susceptible to infections → less intake of food.
The process that will be happened to next is
- 1) Less growth in adolescence stage
 - 2) Can't work efficiently
 - 3) Can work hardly
 - 4) Important to getting nutritious food
- 20) Under the health related physical fitness factors what is the test that we can use to measure the muscular strength
- | | |
|-----------------|-----------------------|
| 1) Beep test | 2) Standing jump test |
| 3) Sit -up test | 4) Push - up test |

Part II

- 01) Our nutritional needs are change in our various life stages. In special occasions it's very helpful to select the food according to variety of nutrition's, myths regarding nutrition's, beliefs and nutritious. We can get nutritional. Foods through developing our knowledge about nutritious from goods messages and communication.
- i. Write 2 advantages of getting food.
 - ii. Write down macro nutrients and micro nutrients separately.
 - iii. Mention the age range between youth and middle age.
 - iv. It is compulsory to give only breast milk for the baby during first 6 months. Write 02 food items that can be given after 6 months.
 - v. Write 2 reasons for increase the nutritional needs in adolescence stage.
 - vi. Write 2 groups of people with special nutritional needs.
 - vii. A breast feeding mother should get more calories than a pregnant mother. How many calories should be consumed?
 - viii. Write 2 non communicable diseases that can be occurred due to unfavorable food consumption.
 - ix. Write 2 junk foods and instant foods
 - x. Write 2 steps that we can get for the protection of our eyes

(20 Marks)

- 02) In relay races many runners get the opportunity to participate in same event at the same time. In here four runners take turns in running, changing a batton and victory can be achieved through the skills of all the four runners of team.
- i. There are two types of batton change according to the way the batton is handed over by the runner who is caring the batton to the next runner. What are them? (2 M)
 - ii. We can hold .the relay races under the carious distances. There are two type of batton change according to the distance of race. What are them and give examples for each. (4 M)
 - iii. Write down 02 rules and regulations of batton change. (4 M)
- 03)Long jump is a horizontal jump comes under the field events in athletics classification.
- i. There are 3 techniques of long jump according to the way the jumper manages his body during the flight. What are them? (3 M)
 - ii. Mention the stages of long jump (4 M)
 - iii. Describe a activity to develop the long jump technique (3 M)
- 04)Skin, lips, teeth, nails, eyes, hair and fingers are very important for the external appearance of a person.
- i. The largest organ of the body is the skin. Write down 03 functions of the skin. (3 M)
 - ii. Write down 03 healthy habits to prevent illness related to hair. (3 M)
 - iii. Write 2 good practices to maintain health of the ears. (2 M)
 - iv. Write 2 diseases related to teeth. (2 M)
- 05)Physical fitness is the ability to perform physical activities effectively. Health related physical fitness factors directly affect our health.
- i. Write down 05 health related physical fitness factors. (3 M)
 - ii. Write down the formula that use to calculate the BMI (2 M)
 - iii. Write down the way .that how to calculate the proper waist circumferences. (2 M)
 - iv. Describe how to do a physical fitness test with figures that you learnt in grade 9 (3 M)
- 06)
- i. Select one from volleyball, netball, football and Write down 2 skills of selected game. (2 M)
 - ii. Describe a activity with figure that you can do to develop a one skill that you mentioned above. (3 M)
 - iii. Write down 2 rules and regulations related to the skill that you mentioned above (2 M)
 - iv. Write 3 advantages of engaging in organized games. (3 M)