



Minuwangoda Zonal Education

Second Term Evaluation - 2023

Grade - 11

Health and Physical Education - I

Name:

Time: 3 hours

Part I

- Answer all the questions of the paper.
- Underline the correct answer for question number 01 to 40 at the paper. If you get a answer script use it and put (✓) mark if it is right and put (X) if it is wrong.

Suresh

- Has a good memory
- Engaged in sports activities
- Works well with different groups
- Live religiously

(1) Looking carefully at the above note, the opinion expressed about suresh is,

1. Contributing to health promotion
2. Facing health challenges
3. Reach the total health
4. That there working to build a complete personality

Some of the measures taken by the principal of parakrama vidyalaya to make it a healthy promotion school are given in the following clauses A, B, C, D, E . Answer question number 02 to 04 according to those statements.

- A. Mandatory wearing of face mask, hand washing, keeping distance on one meter while coming to school and complete ban on bringing polythene
- B. Conducting a Shramadana with the support of parents and villagers
- C. Prohibition of selling fast food, junk food and organic drinks in the school cafeteria.
- D. Conducting School Medical Examinations with the participation of Health Medical Officers (MOH)
- E. Provision of adequate toilet facilities

(2) The stated statement that obtaining the necessary services and building a favorable environment for health promotion has worked is

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

(3) The policy statement or statements made by this principal for health promotion are,

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

(4) It is indicated that community contribution has been taken for health promotion,

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

- Health status
- Clean environment
- Economic status
- Good family life

(5) Which one is suitable to fill that blank?

1. Factors affecting quality of life
2. Characteristics of a community living in a rural environment
3. Characteristics of a mentally fit person
4. Characteristics of a high-quality community

Pasan and pasidu is a athlete. Both are constantly tangling the rope while skipping with a skipping figure in practice.

(6) The idea that can be expressed about them is,

1. Jumping is not possible
2. That there is no rhythm
3. Those who are careless
4. That you can't be tired

★ **Answer question number 7 and 8 from the following facts.**

- | | |
|---|--|
| A. Consume nutritious food | B. Willingness to engage in religious activities |
| C. Willingness to associate with the opposite sex | D. Finding a suitable job |
| E. Marriage and the necessity of parenthood | |

(7) Among the above, the need of adolescence is,

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

(8) A need for an elderly person is,

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

(9) Five days have passed since Dinithi gave birth to her child. She is in the stage of her child who is given only mother's milk. That stage is,

- | | |
|-------------------|--------------|
| 1. Prenatal stage | 3. Infancy |
| 2. Neonatal age | 4. Childhood |

(10) Dinithi is a matter of concern during pregnancy.

1. Working more physically
2. Take as many medicines and vitamins as possible
3. Access to continuous and quality healthcare
4. Body weight control

- | | |
|---|---|
| ○ Cooking some foods with lids open. | ○ Apply water to cover the food. |
| ○ Boil food and remove water. | ○ Do not cook food in aluminum pans. |

(11) What is the suitable answer for the blank?

- | | |
|--|--------------------------------|
| 1. Avoiding food poisoning | 3. Prevention of food spoilage |
| 2. Protection of food from micro-organisms | 4. Food preservation |

★ Answer question number 12, 13,14 according to the following facts.

- Nisha is overweight.
- Radha's body mass index value is 20.5.
- Asha falls into the orange range on the BMI range chart.

(12) Color is the range that Radha belongs to in the BMI range chart,

- 1. Green color.
- 2. Orange/Red color
- 3. Dark purple color
- 4. Light purple color

(13) What can be said about Asha's nutritional status?

- 1. Being in a state of malnutrition
- 2. That they are under nourished
- 3. It is highly nutritious
- 4. That it has proper nutritional status

(14) The false statement about Neesha's nutritional status is,

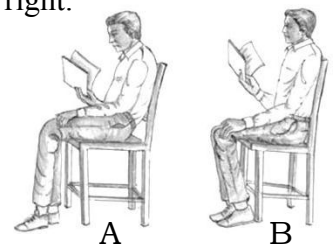
- 1. The risk of contracting non-communicable diseases is high
- 2. It is essential for Nisha to get used to exercise and a proper diet.
- 3. Neesha oil sugar sweet and starchy food should be taken more
- 4. Nisha should have a light meal at night

(15) It is a characteristic that is not seen in a person with a good presence in the psycho society.

- 1. To contribute to the society in a good way
- 2. Difficulty coping with stress
- 3. Having the ability to manage emotions
- 4. Ability to successfully solve problems

(16) Choose the correct statement about posture as shown in the figure on the right.

- 1. Both A and B are correct
- 2. Both A and B are wrong
- 3. A position is correct and B position is incorrect
- 4. Position A is incorrect and position B is correct



(17) Below are some of the activities done by a grade 11 student today.

- A Hoisting of the National Flag
- B Engaging in recreational sports
- C. Engaging in educational activities using computers.

The postures followed in the above activities respectively.

- 1. A static, B dynamic, C static
- 2. A static, B static, c dynamic
- 3. A dynamic, B dynamic, C static
- 4. A dynamic, B static, C static

In accidents, involving bones, breaking, or bursting of a bone in accidents is called fracture. Identify the following scenarios and answer questions 18, 19.

- A- Breaking the bone into several pieces.
- B- Can be seen externally. Bleeding occurs.
- C- A fracture or rupture that is not externally visible.
- D- Musculoskeletal and organ damage with fracture.

(18) An open fracture and a closed fracture can be,

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

- (19) complex fracture and ecological fracture can be,
1. A and C
 2. B and D
 3. C and D
 4. A and D
- (20) Acts as levers during body movements.
1. Nervous system and muscular system
 2. Skeletal system and muscular system
 3. Skeletal system and reproductive system
 4. Nervous system and skeletal system
- Do not mess with strangers.
 - Be strategic
 - Do not travel alone in deserted areas
 - Report inappropriate suggestions to parents or adults
- (21) The above instructions will give you,
1. To protect against sexually transmitted diseases
 2. To control sexual feelings
 3. To preserve sex
 4. To protect against sexual harassment

★ The figure below on the right shows the proportion of food groups that should be included in our daily meals. Answer questions 22, 23, 24 accordingly



- (22) The number is where flour rich foods like rice bread should be,
1. 1
 2. 2/3
 3. 4/5
 4. 6
- (23) As the food that should be contained in the part indicated by number six in the image, you indicate,
1. Animal food and dairy food
 2. Vegetables and fruits
 3. Fatty and sweet foods
 4. Protein-rich foods
- (24) Foods that should be present in Figure 2 and 3 positions are;
1. Vegetables, fruits, and herbs
 2. Sweet and fatty foods
 3. Foods rich in grains and flour
 4. Animal food

- (25) In athletics, the seven category of events that can be played is one number,
1. Hurdles, 100m
 2. Hammer throw 200 meters
 3. High jump and pole vault
 4. Javelin Throw and Discus Throw

- (26) A player practiced the technique of the following movements.

Preparation → Backslide → Power pose → Release → Post pose.

He is trained in,

1. Javelin throwing technique
 2. Hammer throwing technique
 3. Techniques for throwing discus
 4. Techniques of shotput
- Running slowly for more than 30 minutes straight
- A brisk walk of more than 30 minutes

- (27) The above activities are expected to improve,

1. Energy, speed of reaction, combination
2. Speed, flexibility, combination
3. Strength, flexibility, endurance
4. Cardiovascular endurance

- (28) The tournament system is conducted using the $\left(\frac{n(n-1)}{2}\right)$ formula,

1. Knockout tournament
2. League tournament
3. Combination tournament
4. Challenge tournament

- (29) The number of matches to be played in a volleyball match with eighteen teams (18) under the elimination system and number of matches to be play will be,

1. 24
2. 19
3. 17
4. 16

- (30) The category that starts with crouch start used is,

1. 100m, 200m, 300m
2. 100m, 200m, 1500m
3. 200m, 400m, 800m
4. 100m, 200m, 400m

- (31) Athletics classification includes 110m Hurdles, 4×400m Relay, Steeplechase,

1. Running events
2. Sprints events
3. Middle running events
4. Field events

- (32) A player has to participate in a combination event (Mixed Competition) held in one day. It could be the,

1. Decathlon events
2. Heptathlon events
3. Pentathlon events
4. Pentathlon or Decathlon events

- (33) The given frames show

1. Rail road sign
2. Marathon road race signs
3. Mark Used for race walking
4. Highway sign



(34) Choose the correct clause from the clauses given below in relation to the statement and reason.

statement -:

Pushing a bicycle is easier than pushing a motorcycle.

reason -:

The inertia of the motorcycle is more than the inertia of the bicycle.

1. The statement and reason are true
2. The statement and reasons are false
3. The statement is true. The reason is false.
4. The statement is false. The reason is true.

(35) From the physical education programs that can be managed in the school, there are three parts: compulsory physical education programs, co-curricular physical education programs, and physical education programs that are conducted outside the school. Accordingly, the selection of compulsory physical education programs and co-curricular physical education programs is,

1. Physical fitness program/subject teaching
2. Physical Fitness Program/Inter-House Competitions
3. Physical fitness tests/subject teaching
4. Conduct of sports days/house matches

(36) There are two main types of batons changing techniques. Those are,

1. Inside change/ outside change
2. Upper hand change and outside change
3. Mix change/upper hand change
4. Outside change and mix change

The following techniques are used in athletics field events at athletic meets.

A - Parry 'O ' Brien technique

B - Straddle technique

C - Floating method

D - Hitch-kick technique

E - Rotational techniques

F - Fosbury flop method

G - Linear technique

(37) Which method will use a high jumper?

1. B and F
2. C and D
3. B and D
4. C and F

(38) Which methods or techniques were used by long jumper and shotput putter accordingly?

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

(39) The minimum number of players that can be played for the games Volleyball, Netball, Football Answer in respectively,

1. Volleyball -6, Netball -7, Football -11
2. Volleyball -5, Netball -5, Football -7
3. Volleyball -6, Netball -5, Football -7
4. Volleyball -5, Netball -6, Football -10

(40) In the 25th Asian Athletics Games, Sri Lanka won the fourth place in the medal table. The country that hosted the tournament is,

1. China
2. Thailand
3. Japan
4. India



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Second Term Evaluation - 2023

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Health and Physical Education - II

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- **The first question is compulsory. Write another two questions from first part and second part. Answer five (5) questions in total.**

01) Addressing the prize giving ceremony held recently at Ruwanpura College, the Zonal Director stated that the subject of health and physical education is very helpful in moving towards the goals of education in the school system. The sports section that won the All island and Provincial competitions received the highest number of prizes. Nishadi won the first place in All island Long Jump and gimhana who won the third place in 1500m and all island wins were won in physical exercise, wrestling, kabaddi, boxing and karate. Thisara, who won the provincial second place in the 400m competition for two years, was very saddened as she was unable to get a place due to a leg injury during the competition this year.

- (1) Name the four areas of health and physical education that help socialize a child with a complete personality.
- (2) For a quality in life, identify and write down a feature that can be recognized among the above four greats.
- (3) Name two criteria used to evaluate the health status of an individual.
- (4) In the prize giving ceremony held at Ruwanpura Vidyalaya, mention two other co-curricular activities which are presumed to be entitled to prizes in the prize giving ceremony apart from the sports section.
- (5) According to the classification of athletics, name the two categories of athletic events in which Nishad and Summer participated.
- (6) Apart from the above two events, mention two other events belonging to the two categories.
- (7) Mention two possible accidents that may have happened to Thisara during the game.
- (8) Mention two organized sports in Parakrama Vidyalaya other than those that won Allisland and Provincial championships.
- (9) Present two suggestions that can be taken by the School Health Promotion Committee to improve the nutritional status of the students of Parakrama Vidyalaya.
- (10) Mention two services that can be done under the organization and availability of health services in the school.

Part I

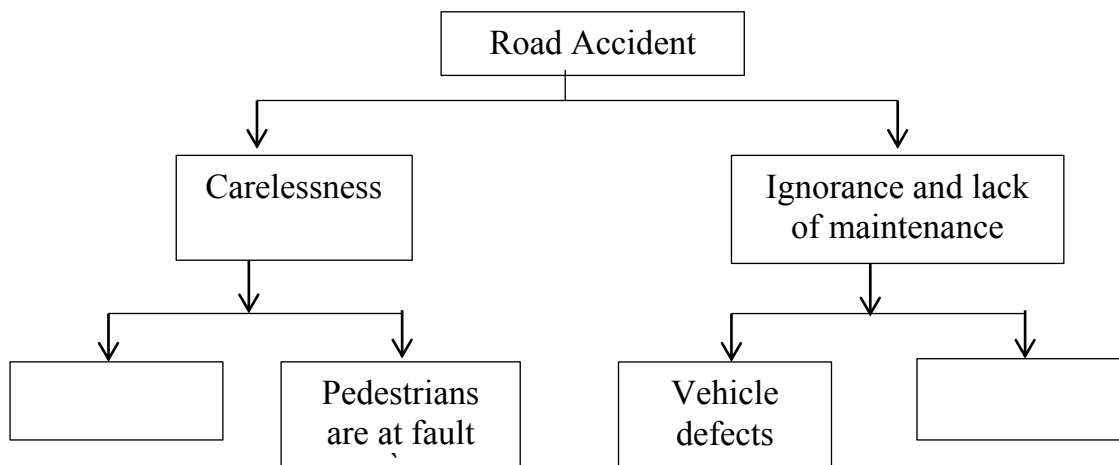
Select two questions from this part answer.

02) At the medical clinic held at Ruwanpura College, the doctors who attended the clinic pointed out that many students were suffering from nutritional deficiencies.

1. Mention two possible micronutrient deficiencies that Ruwanpura college students may have suffered from.
2. Mention the micronutrients that are responsible for the macronutrient deficiency diseases you have mentioned and state a course of action that can be taken to prevent the deficiency diseases.
3. In each of the following situations, state one action that can be taken to maintain the safety of food.
 - In selecting foods for consumption
 - Engaged in food production.
 - In food transportation
4. 4. In food storage
5. 5. In food preparation

03) Among the daily accidents in Sri Lanka, road accidents occupy a major place. It is confirmed by various media campaigns. Road accidents can be filed as follows.

1. Complete the table.



2. According to the above classification of road accidents, give one example in each case.
3. Today, we often hear about sexual harassment and abuse. Mostly babies, children and teenagers are victims of this.

List five steps you can take to avoid sexual harassment and abuse.

04) Briefly describe in five sentences how you are working to successfully meet the following challenges.

1. A tree fell on your neighbor's house due to heavy rain and the residents are helpless.
2. You know that a student from your school is ready to beat a group of students from another school in an inter-school sports competition.

3. The stay-at-home mom and dad have been hospitalized due to viral fever that is prevalent these days. You are responsible for your sister and brother.
4. My seventeenth birthday is on the fifth of October 2023. Every friend in the class has attended birthday parties. But I don't want to resort to the futile acts of giving that I experienced at those parties. How do you expect to organize your birthday to be meaningfully immediate and effective?
5. The school's health promotion committee emphasizes the importance of nutritious food to improve the students' nutrition. As an active member of the school's health promotion committee, I am also responsible for instilling good nutritional habits in the students during the school period. Steps to take which?

Part II

Choose two questions from this section and answer them.

05) The following are the techniques used by the following players in an inter-house sports competition.

- A - Fosbury flop method
- B - Standing start
- C - Crouch start
- D - Hitch-kick technique

1. Mention the matches performed by the above players according to the techniques they used.
2.
 - a) Mention one event each of the other events that players B and C can perform under the same techniques apart from the events you have mentioned.
 - b) Name the type of muscle fibers that players B and C are likely to have more of.
3.
 - a) Name the sportsmen that use anaerobic respiration and aerobic respiration from ABCD.
 - b) The organization of the inter-house sport meet is done under three scenarios. Name those three scenarios with an example.

06)

1. Muscular strength can be called one of the health-related fitness factors for maintaining a person's health. Name two other health-related fitness factors.
2. Name the main organs belonging to the systems that perform the following functions in the human body
 - a) The human body transports materials.
 - b) Elimination of various waste products produced by body cells.
 - c) Carrying out gas exchange necessary for actions including the transport of body materials and contributing to the energy production process.
3. Due to human's bad lifestyle and environmental effects, the incidence of communicable and non-communicable diseases has increased recently.
 - a) Name the system affected by the following diseases.
 - b) Mention two practices each to be followed to prevent those diseases.
 - Cirrhosis
 - Tuberculosis
 - Paralysis

07)

Part A

1. Name the volleyball court with measurements.
2. Name three skills in volleyball and mention three mistakes that can occur in one of them.
3. Which of the following hand signals are used to referee matches in volleyball?



i.



ii.



iii.

Part B

1. Name the 4 Netball skills
2. Draw the position of the players on the netball court with position names
3. Which of the following hand signals are used in refereeing matches in netball?



i.



ii.



iii.

4. Mention two situations in which the umpire gives a free throw to a player

Part C

1. Name three skills in football.
2. If you were assigned to coach the house football team, name two methods of stopping football that you would teach.
3.
 - a) Following are some of the signals used by the assistant referee in a football match. Explain the situations that lead to giving those signals.



i.



ii.



iii.

- b) Name a football skill you like and briefly describe a training activity that would be appropriate for a novice player to practice it.