



Minuwangoda Education Zone

2nd Term Evaluation - 2025

Grade 11

Health and Physical Education

Name :

Time : 3 hours

• **Answer all the questions.**

• -

01. Extending lifespan, minimizing the occurrence of diseases and weaknesses, and enhancing happiness and awareness

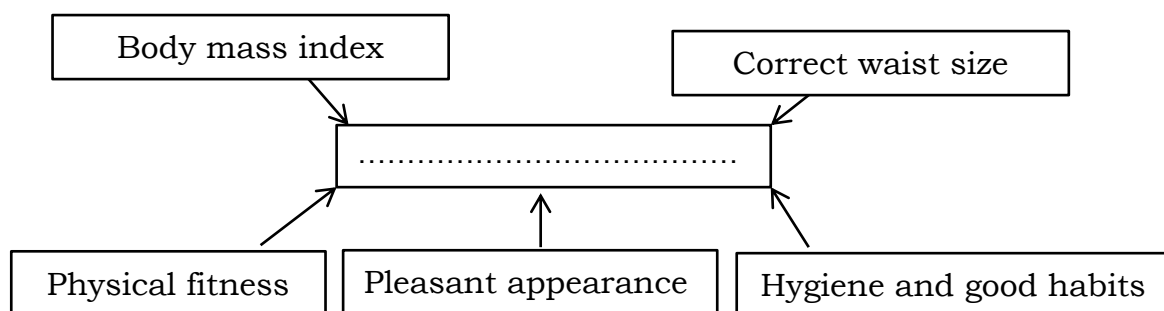
1. the quality of life.
2. Achieving total health.
3. Health promotion.
4. This is how health is defined.

02. • Providing clean drinking water in the school,
• Maintaining a healthy canteen within the school,
• Ensuring the school environment is free from hazards

The above are examples of:

1. Creating a health-promoting environment
2. Gaining community participation for health promotion
3. Providing necessary services for health promotion
4. Formulating health promotion policies

03.



The most suitable answer for the above list is:

1. An explanation of correct posture
2. Indicators that can be used to assess an individual's health status
3. Factors that affect quality of life
4. Factors necessary for social well-being

• **Using the following information, answer questions 4, 5, and 6:**

Dinusha

- ★ Prone to illnesses
- ★ Active
- ★ Maintains proper posture and has a pleasant appearance

Gayani

- ★ Asks questions thoughtfully
- ★ Handles problems well
- ★ Is often cheerful

Manavi

- ★ Frequently gets into conflicts with others
- ★ Feels happy when others are sad
- ★ Acts beyond the authority of the leader

04. According to the above information, the conclusion that can be made about Gayani is:

1. She has good physical health
2. She has good mental health
3. She has good social health
4. She has good spiritual health

05. You would think that social health is lacking in:

- | | |
|------------|----------------------|
| 1. Dinusha | 3. Manavi |
| 2. Gayani | 4. All three of them |

06. You would think that physical health is lacking in:

- | | |
|-----------------------|----------------------|
| 1. Gayani | 3. Dinusha |
| 2. Manavi and Dinusha | 4. Gayani and Manavi |

07. Panimuthu is going through a certain stage of development in a culture. The stage he is passing is:

- | | |
|--------------|----------------|
| 1. Childhood | 3. Old age |
| 2. Infancy | 4. Adolescence |

08. He is experiencing a lively, fulfilling phase of life. The age range he is going through is:

- | | |
|----------------------|----------------------|
| 1. From age 20 to 39 | 3. Above age 59 |
| 2. From age 10 to 19 | 4. From age 40 to 59 |

• **Based on the following information, answer questions 9 and 10:**

Dihen

- ★ Experiences rapid physical growth
- ★ Becomes creative
- ★ Shows interest in the opposite sex

Janidu

- ★ Has a socially recognized job that matches his education
- ★ Is interested in romantic relationships and marriage
- ★ Misses workouts due to a busy work schedule

09. Who among the two is past adolescence?
1. Dihen
 2. Dihen and Janidu
 3. Janidu
 4. Neither of them
10. The life stage Janidu is currently in can be identified as:
1. Adulthood
 2. Old age
 3. Youth
 4. Neonatal stage
11. • The skin becomes thinner,
• Tendency to sag increases,
• Wrinkling increases.

The stage of life in which the above changes may occur is:

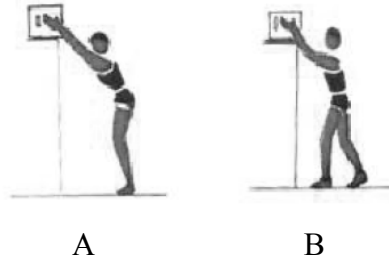
1. Infancy
 2. Adolescence
 3. Young adulthood
 4. Old age
12. The reluctance of a stationary object to move or a moving object to stop is called:
1. Force
 2. Direction of force
 3. Balance
 4. Inertia

13. = Increase in mass × acceleration

The most appropriate word to fill the blank is:

1. Center of gravity
 2. Destination
 3. Motion
 4. Body Mass Index (BMI)
14. At the inter-house sports meet, Manula participated in the 100 meters and long jump events. He demonstrated:
1. Static posture
 2. Dynamic posture
 3. Correct posture
 4. Incorrect posture
15. At the recently concluded regional sports meet, Dhanushi set a new record in the long jump event. The reason for her performance was:
1. Take off speed
 2. Take off angle
 3. Take off height
 4. All of the above
16. Kushan, who participated in the javelin throw event, threw a longer distance than Tharindu and won first place. The reason for his success was:
1. Release speed of the javelin
 2. Release angle of the javelin
 3. Release height of the javelin
 4. All of the above factors
17. During a provincial netball match between the teams Rantharu and Dilanatharu, a player from Rantharu grabbed the ball from a player on the Dilanatharu team. If you are the referee, you would:
1. Award a free pass to the Dilanatharu player
 2. Penalize the Rantharu player
 3. Call for a toss-up between both players
 4. Award the ball to the Rantharu player

- Using the following illustrations, answer question 18.



18. The above diagram shows a movement where something is lowered from a higher place.
Which image shows the correct posture for that movement?
1. Only image A is correct
 2. Only image B is correct
 3. Both images A and B are correct
 4. Both images A and B are incorrect
19. During outdoor educational activities, knowledge of map use and compass handling becomes important. These tools are used in:
1. Mountain climbing
 2. Forest exploration
 3. Studying jungle survival skills
 4. Hiking
20. A group of students from Mahagama Sekara Vidyalaya organized a mountain climbing
1. Improving physical fitness
 2. Understanding different concepts
 3. Learning about road signs
 4. Gaining awareness of biodiversity

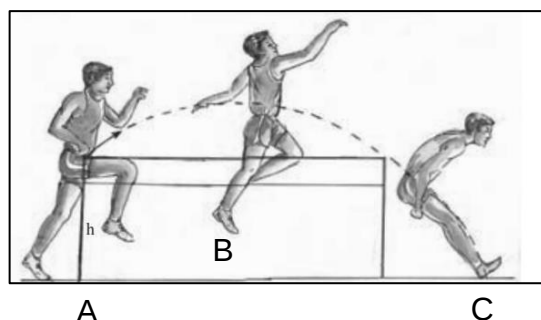
- Use the following table to answer questions 21 to 25:

<i>assuming details of participants</i>	<i>numbers</i>	<i>the events they participate</i>
Manoj	25	High jump, poltwalt
Nishani	48	100m, 200m
Dahami	36	100m, long jump
Gookula	57	Putshot, javelin throw
Mihidumi	73	1500m, 5000m

21. Based on the table, the athlete who participates only in track events has the competition number:
1. Event numbers 25 and 57
 2. Event numbers 48 and 36
 3. Event numbers 48 and 73
 4. Event numbers 36 and 57

22. The athlete who participates only in long jump is:
1. Dahaminiya
 2. Manoj
 3. Gokul
 4. Nishani
23. The athlete(s) who participate only in field events is/are:
1. Only number 25
 2. Numbers 25 and 36
 3. Only number 57
 4. Numbers 25 and 57
24. The correct answer with the name and number of the athlete who begins the event using the standing start method is:
1. Nishani – competition number 48
 2. Manoj – competition number 25
 3. Gokul – competition number 57
 4. Mihindu – competition number 73
25. The athlete who starts the event using starting blocks has the competition number:
1. Numbers 48 and 36
 2. Number 48
 3. Number 73
 4. Numbers 36 and 73
26. Based on the following statements, what conclusion can be made?
- A. The fitness program is a compulsory physical education program.
 - B. Inter-house sports competitions are curriculum-aligned physical education activities.
 - C. Hiking and mountain climbing are considered extracurricular physical education activities.
1. A and B only are correct; C is incorrect
 2. B and C only are correct; A is incorrect
 3. A and C only are correct; B is incorrect
 4. All A, B, and C are correct
27. An example of a situation that may harm the safety of food is:
1. Storing food in a way that allows proper lighting
 2. Using plastic containers to prevent food from shaking or being crushed during transport
 3. Using natural spices instead of artificial flavorings
 4. Using pesticides in excessive amounts
28. Sandali noticed that her mother added a few drops of lime to a mixed vegetable salad. The reason her mother did that is:
1. To make the meal colorful
 2. To add variety to the meal
 3. To enhance the nutritional value of the food
 4. To improve the taste of the food

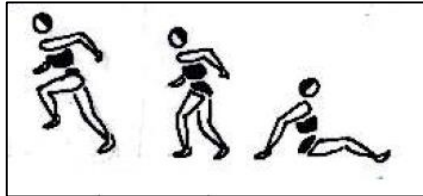
29. Turmeric, a natural spice also used in beauty care, is currently in high demand. Turmeric:
1. Kills bacteria
 2. Promotes mental performance
 3. Cures cancer
 4. Has the ability to thin blood
30. Which of the following options includes only food items that may cause allergic reactions:
1. Cashew nuts, guava, mango
 2. Jackfruit, breadfruit, potato
 3. Prawns, crabs, pineapple
 4. Milk, pomegranate, grapes
- Use the following incident pairs to answer questions 31 and 32:
 - A.
 - A runner increasing the distance between steps
 - Increases running speed
 - B.
 - Increasing the use of artificial food and beverages
 - Increases the likelihood of diseases
 - C.
 - Reducing use of drugs and smoking
 - Reduces the risk of diseases like cancer
31. Which pair shows the first action causing an increase in the second?
1. A
 2. B
 3. A and B
 4. B and C
32. Which pair shows the first action causing a decrease in the second?
1. A and C
 2. A and B
 3. B
 4. C
33. What is the standard distance of a running track?
1. 400 meters
 2. 200 meters
 3. 300 meters
 4. 800 meters
34. What is the standard distance for women's hurdle races?
1. 100 meters and 400 meters
 2. 100 meters and 110 meters
 3. 300 meters and 80 meters
 4. 110 meters and 400 meters
35. In football, if a player touches the ball with his hand, the opposing team is awarded:
1. A penalty kick
 2. A throw-in
 3. A free kick
 4. A goal kick
36. Based on the image , the diagram shows the path of the center of gravity of a long jumper.



A and C represent respectively:

1. Take off point and distance jumped
2. Take off height and distance jumped
3. Take off point and landing point
4. Take off height and landing point

37. The image shows:



1. A drill for practicing sprint starts
2. A technical drill for practicing short-distance sprinting
3. Drills for practicing standing starts
4. Drills for practicing crouch starts

38. Which of the following is not a symptom of food poisoning caused by eating spoiled food?

1. Stomachache
2. Diarrhea
3. Swelling (obesity)
4. Headache

39. Sahan, who participated in the 800m and 400m relay events, used which correct set of starting methods?

1. Standing start and crouch start
2. Crouch start and long start
3. Medium start and standing start
4. Crouch start and standing start

40. In which country was the 2024 Olympic Games held?

1. Tokyo, Japan
2. Berlin, Germany
3. Beijing, China
4. Paris, France

II part

1. Sarath, a Grade 11 student at Siripura Vidyalaya, is a bright student who excels in his studies and has earned the love and admiration of the principal and teaching staff. He is also known for his independence in extracurricular activities, often making decisions on his own and not easily swayed by popular opinions.

However, he regularly skips breakfast and only consumes a roti and a cola drink for lunch. For dinner, he usually eats rice with a fish curry and dhal. He frequently feels physically exhausted, and there are signs of an increase in his body weight.

His father works in an office, and Sarath himself spends 8 to 9 hours a day sitting in front of the computer. Sarath mentions that he often suffers from pain in his knees and legs, which causes him significant discomfort.

- i. Name two constituents of total health that are evident in Sarath.
- ii. What are two aspects of total health that you conclude need to be developed in Sarath?
- iii. If you believe Sarath should have a balanced diet, name the main nutrients that should be included in that diet?
- iv. Name two diseases that you conclude Sarath may be at risk of due to his eating pattern?
- v. Mention two possible reasons why Sarath might be skipping breakfast?
- vi. Based on the information about Sarath's father, name the type of posture he uses most often and give two examples of that posture?
- vii. Write two possible symptoms (not already mentioned) that Sarath's father may experience due to incorrect posture?
- viii. Mention two methods that Sarath and his father should follow to lead a healthy lifestyle?
- ix. Mention two extracurricular activities organized by Siripura School where Sarath is studying?
- x. State two skills that can be developed among students by participating in extracurricular activities.

Part I

2. In the past two months, due to the off-season, there was a shortage of fish across the country. As a result, people got used to consuming substitute foods such as sausages and soya meat.
 - i. Name another natural food that can be used as a substitute for fish and mention the main nutrient it contains.
 - ii. (a) Name two types of processed/instant food mentioned in the incident.
(b) Name two diseases that could occur due to the consumption of instant/processed foods.
 - iii. (a) Write two factors that contribute to food spoilage and give two examples related to them.
(b) List three ways to identify spoiled food

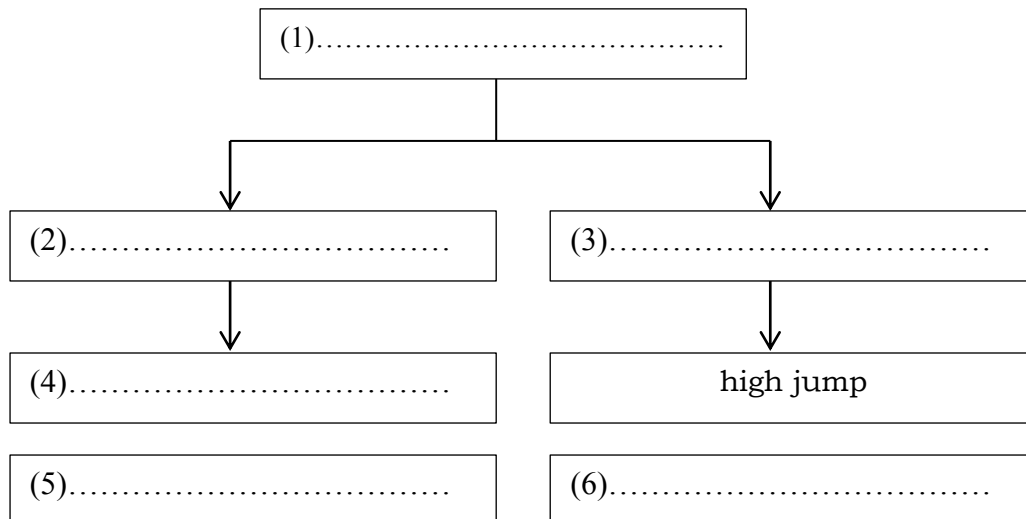
3. Sulochana is a teacher by profession. She is well-mannered and pleasant to everyone, and is organized in her speech and dress. She has two children — the elder is studying in Grade 12, and the younger in Grade 10.
- Name the life stage that Sulochana is currently in and state the relevant age range.
 - Write two physical needs and one psychological need related to the life stage mentioned in (i).
 - (a) Name two problems that may arise during the above-mentioned life stage if needs are not properly managed.
(b) Write three actions that should be followed to avoid the above-mentioned problems and to lead a good life.
4. Briefly explain how you would act in order to successfully face the challenges mentioned below:
- Santhush, a student in Grade 11, tells you that his father has become disabled due to an accident while working in the forest, and that he is considering quitting his education to take up a job in order to support his mother.
 - You notice that your friend in Grade 9 has been skipping classwork and study activities because of participating in training sessions during sports time.
 - The only child in your neighbor's house is a slow learner, and the parents constantly express their fear and concern about their child's future to you.
 - Due to continuous rainfall at present, you frequently hear through the media that dengue and viral fevers such as chikungunya are spreading rapidly.
 - After a long school vacation, your class teacher has sent a message to the class WhatsApp group asking everyone to come to school a day early to clean the classroom before school officially starts.

Part 02

5. After the school reopened following the month of January, you had the opportunity to participate in several competitions such as inter-house sports, divisional, and zonal games. During the preparation of match schedules for organized team sports, the schedules are arranged in a way that does not harm the concept of "fair play."
- Name two main methods of preparing match draw.
 - In a volleyball tournament, six teams participated. Name the most suitable tournament method that allows the competition to be held in a short time with low cost, and draw the relevant match draw.
 - List four disadvantages that players may face when matches are scheduled using the method you mentioned above.
 - If you and your team were assigned to organize the inter-house sports competitions at school, name three main stages involved in organizing the event.

6. Engaging in athletics contributes not only to the development of physical and mental health but also helps individuals gain a wide range of social skills essential for life. Athletics can be classified under various categories.

- i. Name the five main categories of athletics.
- ii. According to the classification of athletics, categorize the event mentioned below.



- iii. Name two technical techniques used in the high jump.
- iv. Describe a suitable activity with an illustrated diagram to help a beginner athlete practice the high jump technique.

7. Provide an answer to only one of the questions A, B, or C

A.

- i. Name two skills that can be identified from the image below.



- ii. Choose one skill you prefer from those and describe a suitable activity to practice it, along with an illustration.
- iii. (a) Identify and name the two hand movements related to volleyball shown below



(A).....



(B).....

- iv. Write three rules related to image A above.

B.

- i. Name two skills that can be identified from the image below.



- ii. From those, choose one skill you prefer and describe a suitable activity to practice it, with an illustration.
- iii. (a) Identify and name the two hand movements shown below that are related to netball.



(A).....



(B).....

- (b) Write three types of penalties given for mistakes made during a netball game.

C.

- i. Name two skills that can be identified from the image below.



- ii. From those, choose one skill you prefer and describe a suitable activity to practice it, with an illustration.
- iii. (a) Identify and name the two hand movements shown below that are related to football.



(A).....



(B).....

- (b) Write **three fouls** committed by players during a football (soccer) game.