



Minuwangoda Education Zone

2nd Term Evaluation - 2025

Grade 7

Health and Physical Education

Name :

Time : 2 hours

Part I

- Choose the most suitable answer from the given options for questions 1 to 10 and underline it.

1. Being free from diseases and disabilities, and having physical, mental, social, and spiritual well-being is:

- i. good lifestyle
- iii. Family health
- ii. Complete health
- iv. Physical well-being

2. Health promotion is:

- i. Improving personal health
- ii. Improving family health status
- iii. The process of enabling people to improve their health by control over factors affecting health.
- iv. Creating a suitable environment for living.

3. A method used for waste management is:

- i. 2R
- ii. 3R
- iii. 3RS
- iv. 5S

4. Love and security are a need.

- i. Mental
- iii. Physical
- ii. Basic
- iv. Secondary

5. Which is not a common characteristic of traditional games?

- i. Simplicity
- ii. Unity
- iii. Easy participation
- iv. Presence of standard rules and regulations

6. The most popular sport in the world is:

- i. Cricket
- iii. Kabaddi
- ii. Volleyball
- iv. Football

7. A traditional game with equipment is:
- | | |
|-------------------|-------------------|
| i. Mevara Keliya | iii. Hiding hands |
| ii. Pancha Demima | iv. All above |
8. Is not a skill in Volleyball,
- | | |
|---------------------|---------------------|
| i. Serving the ball | iii. Ball saving |
| ii. Shooting | iv. Field defending |
9. The minimum number of players a team can have in Netball is,
- | | | | |
|-------|--------|---------|--------|
| i. 07 | ii. 12 | iii. 05 | iv. 14 |
|-------|--------|---------|--------|
10. Community health services are helpful for improving family health. The most convenient officer to obtain health services for a family with a pregnant mother is:
- | | |
|----------------------------|------------------------------|
| i. Public Health Inspector | iii. District Health Officer |
| ii. Family Health Midwife | iv. Minister of Health |

- **Answer questions 11 to 15 by choosing from the options in brackets and writing in the blank space.**

(Empathy, Fairness, Heel, Fitness, Takeoff)

11. When walking correctly, touches the ground first.
12. is a major phase in jumping events.
13. By engaging in exercises and sports, can be developed.
14. is a skill that helps maintain emotional balance.
15. is a need that must be fulfilled within a family

- **Mark the following statements with a ✓ if correct and a X if incorrect in the brackets.**

16. Skipping breakfast is a good health habit. ()
17. If family members have an infectious disease, the Public Health Inspector should be informed. ()
18. Pol pol Gasima is a folk game with equipment. ()
19. Netball was introduced to the world by Mr. William G. Morgan. ()
20. According to the food pyramid, the most consumed food should be fatty foods. ()

(Marks 2 x 20)

Part II

- **Answer all questions.**

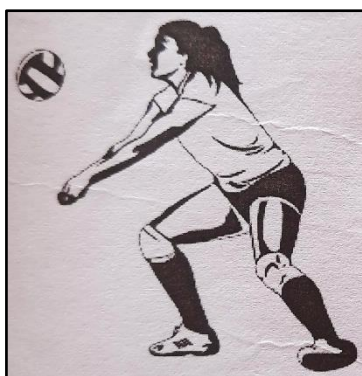
1. The family environment should be an environment where everyone can live happily. It is the responsibility of each of you to make the home a pleasant place for everyone.

- Briefly explain what health promotion means. (Marks 4)
- Write two appropriate measures for effective leisure time. (Marks 2)
- Name two health service officials who can assist in improving family health. (Marks 2)
- Write two services that can be obtained from those officials. (Marks 2)
- Measures for promoting family health are carried out under five main themes. Write 3 of them. (Marks 3)
- Write three duties of you, as a student, can perform to create a healthy family environment. (Marks 3)
- Write two benefits gained from engaging in recreational activities during leisure time. (Marks 2)
- Write two characteristics found in a healthy home. (Marks 2)

2. Love and security are also essential factors for a healthy life.

- Name three external groups of people who provide you love and security. (Marks 3)
- Write four duties and responsibilities of you should fulfill at school. (Marks 4)
- Write three things you should consider regarding your safety. (Marks 3)

3.



- To which sport does the skill shown in the above diagram belongs? (2 Marks)
- Name the above skill? (2 Marks)
- This skill can be divided into three steps for ease of learning. What are those three steps? (3 Marks)
- Write a suitable activity to practice the underarm serve in volleyball. (3 Marks)

4. Correct posture helps to lead a healthy life and achieve a pleasant appearance.
- Explain what correct posture means.
 - Write two different walking methods that can be used to improve walking posture correctly.
 - Write two correct lying postures.
 - Write two benefits you gain by maintaining correct posture.
 - Write two factors that cause incorrect posture.

(Marks 2x5=10)

5. Among the sports held at school, the inter-house sports festival is a very colorful event.
- Name two running events held at that festival.
 - Name two throwing events.
 - Write two events belonging to vertical jumps and two events belonging to horizontal jumps.
 - Write two components of physical fitness.
 - Write two natural activities that can be done to develop fitness.

(Marks 2x5=10)