



Provincial Department of Education



Northern Province

Grade - 11

Second term Exam – 2018

Time – 3 hour

Health and physical Education

Part I

01. Which Controlling factor is a barrier for accepted healthy situation by individual activity and social participation?

1. Reduce accident and risk
2. to healthy promotion
3. To keep the environmental clean
4. Vaccination programme

02. Doing exercise, eat nutrition food, release from mental stress and disease. Free bodies are qualities of...

1. Good health condition
2. Good mental qualities
3. Healthy life style
4. Discipline qualities

Answer 3 and 4th question by using followings

P – Person who has body mass index (BMI) is 20

Q – Person who eat more instant food

R – Person who eat all three meals for a day never missed breakfast

S – Person who has more mental stress

3. According to above data. P is...

1. Thin body shape person
2. Over body weight person
3. Obesity person
4. Correct weight for the height

4. Who has/ have good health habits

1. Q, R 2. R, S 3. R 4. Q, S

5. Period from birth to 28 days

1. Childhood period 2. Infant period

3. Older age

4. Middle age

6. I eat egg yolk carrot, and yellow fruits when necessary, can protected by

1. Vitamin C

2. Vitamin D

3. Iodine

4. Vitamin A

7. What is posture?

1. It has no negative impact during dynamic

2. Keeping body in current way

3. Body in rest

4. Body in motion

8. The factor which can help to change the rest status

1. Inertia

2. Center of gravity

3. Force

4. Balance

09. Group of students doing exercise by raise the hand and bend in elbow activity is

1. Ball and socket

2. Gliding joint

3. Hinge joint

4. Pivot joint

10. Shanthi suffered from high fever headache, body pain and red patches appeared in the body. Which disease may be affected shanthi?

1. Typhoid

2. Elephantiasis

3. Dengue

4. Aids.

11. Which instance we have to add iodine for food that is necessary for our body

1. Before cooking the food

2. When boiling the food

3. Just before remove from hearth

4. All are wrong

12. standing, sitting is included posture

1. Dynamic posture

2. Center of gravity

3. Static posture

4. Bending spinal column

13. Which is statement is correct regarding momentum

1. Catching leather ball is easy compare with softball.

2. less mass object thing catching is easy when it comes fast

3. momentum is depending on mass and speed

4. Momentum speed cannot be at zero level although speed zero.

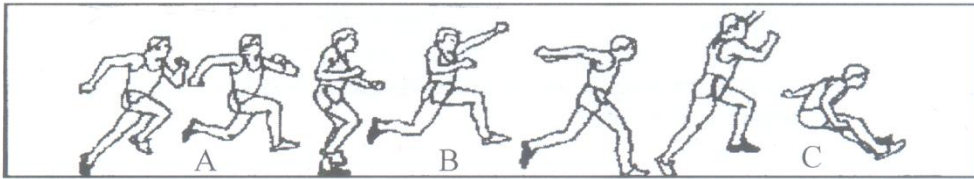
14. Which is included in outdoor Education?

1. Cycle race
2. Jungle exploration
3. Walk race
4. All above

15. Length at standard track

1. 400m
2. 200m
3. 800m
4. 100m

16.



This picture has been mentioned as A, B, C in activity status. Find out activity of A, B, C.

1. take off, flight, Landing
2. flight, landing, Take off
3. Landing, Flight, Take off
4. All above

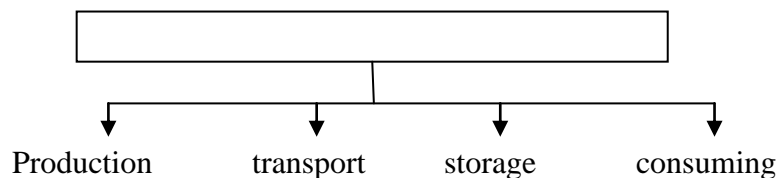
17. Which of tournament method is followed at provincial competition?

1. Knock out
2. League
3. Combination
4. All above

18. Negative impact of food poison

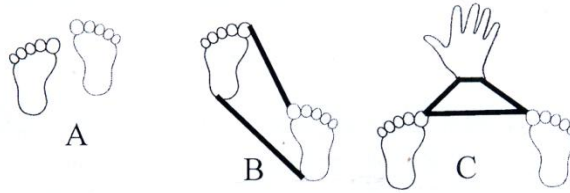
1. vomiting, Diarrhea
2. wasting food
3. economic loss
4. Food quality is affected

19. Which word is appropriate in blanks?



1. Food spoilage situation
2. Nutrient losing situation
3. Long period food protection
4. Easy way to sale the food to consumer

20.



3 sportsman postures has been shown above who is having more balance

1. Only A 2. B only 3. Only C 4. A,B Only

21. Compare C player with A, B

1. More center of gravity
2. Center of gravity in above level
3. Wide foot
4. Balance may be affected by external force

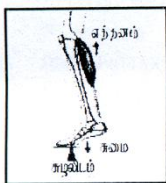
22.



Which is heading appropriate

1. Mal nutrients defiance disease
2. Communicable disease
3. Non communicable disease
4. sexual transmitted disease

23.



Above picture lever type

1. 1st lever 2. 2nd lever
3. 3rd lever 4. All above

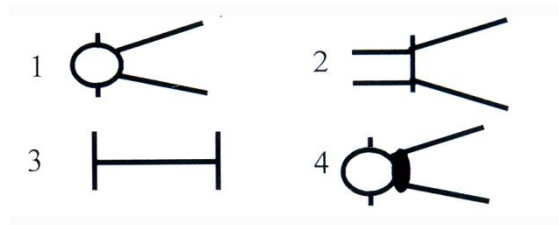
Below some field event and equipment is given. Based on answer question 24 – 27

P – Shot-put

Q – Javelin

R – Discus

S - Crossbar



24. Who use equipment Q where he should go for?

1. No - 1 2.No – 2 3. No – 3 4. No -4

25. What is the equipment used in ground -1


1. P 2. R 3. Q 4. S

26. Which ground should be diameter is 2.135m


1. 1 2. 2 3.3 4. 4

27. Which field diameter is 2.135m

1. 1 2. 2 3.4 4.3

28.  Most developed physical fitness quality by doing above activity

1. Speed 2. Endurance
3. Strength 3. Speed and endurance

29.  What is activity performed by athlete in diagram

1. Brest walking 2. Walking race
3. Correct race walking 4. Incorrect race walking

30. Which of sport used this symbol?



1. Feet is not touching with ground
2. Bending knees
3. Helping others
4. Fault in completion of race

31. Many changes took place in athletics from 2017. What age groups are now in athletics?

1. 11, 13,15,17,19,21 years old.
2. 13,15,17,19,21 years old.
3. 12,14,16,18,20 years old.
4. 10,12,14,16,18 years old.

32. Village people will be involving in war coconut, Pallanguli, soli game. Those are
1. Organized game
 2. Folk game
 3. Minor game
 4. All above
33. The Volleyball game started with which of skill
1. Spiking
 2. Service
 3. Blocking
 4. Throwing
34. Formula for calculating the number of knock out tournament
1. $n \frac{(n-1)}{2}$
 2. $n-1$
 3. $n-2$
 4. $n \frac{(n-2)}{1}$
35. Which is negative mental stress?
1. Addicted to drugs
 2. Dropping immunity power
 3. Social activity
 4. Group activity
36. How can you prevent from sports injury and negative impact?
1. Use appropriate equipment without care
 2. All the situation follow rules and ethics
 3. inappropriate of preplanned
 4. Concern rating on healthy food
37. In PRICES method of first aid that I indicating
1. Protection
 2. Best of injury part
 3. Every 10 minutes once support ice for 2 hours
 4. Control the affect part severe condition
38. Purpose of sports organization of school is maintaining physical activity at optimum level who can be appointed as school organization head.
1. Principal
 2. Deputy Principal
 3. Teacher in charge
 4. Health and physical education teacher
39. Where (town) will be the next Olympic in 2020?
1. Ryodi Generay
 2. Chicago
 3. Parish
 4. Tokyo
40. When proved that a player used
1. Recapture the medal
 2. Infamy to the country.
 3. Not allow to participate in athletics.
 4. All above are correct.

(40 marks)

Part - II

First question is compulsory, you have to answer, 2 question from part A, Select 2 question part – B, and totally you have to answer 5 questions.

Siva and Bala are studying in grade 10. Bala is become a prefect of school as well he is a famous sportsman with excellent physical body structure he is captain for volleyball team at provincial competition, which team won champion. His training was under the guidance of coach and often having mixed food.

Siva does not involve in sports with passionate. When he has time will involve in sports activity. Moreover he has bad friends with them having smoking habits. He participated in provincial 1500m competition got sprain unfortunately he could not complete event. First aid group provided first aid. The coach advised to Siva to follow good habits.

1. What do you meant mixed food? give 1 example
2. Which type of running event was participated by Bala?
3. Give additional 2 track event but if should not be mentioned in above paragraph.
4. Mention 2 leadership quality to be a perfect Mr.Bala
5. Mention 2 non communicable disease may be possible for Siva
6. What is command for Siva Participant?
7. List out first aid method for Siva.
8. How many hours that training should be donor advised by coach to Siva
9. 2 steps was taken by health department to reduce smoker in Srilanka
10. list out 2 advised done by coach to Siva (2x10=20 Marks)

Part A

02. A – Supplying required O₂ for human activity and removing CO₂
B – Providing nutrients, O₂ is my role
C – Giving impulse for body movement is my role.

1. Find out B,C system (2Marks)
2. What are 2 diseases affecting in system A, give 2 disease in system – B (2Marks)
3. Mention 2 disease which affect system C tell three ways to protect system (5Marks)

03. In modern world it is very difficult to get standard food. This issue occurred in developing country. Food quality is reduced for various causes so disease infect. It is very important to getting healthy food.

1. What is food Preservation (3 Marks)
2. Factors barrio to food preservation? (3 Marks)
3. A) Miss Mala when thirsty she drinks cool drinks usually but Rani Drinks natural stinks. Who is having healthy habits? (1 Mark)
B. In question – 3 compare answer and explain cause. (3 Marks)

4. Briefly explain how can you overcome the challenges.

1. Near to exam unable to study, confused, roaming with friends
2. Your friend is suffering due to obesity end he is unable to come out.
3. HIV infected patient's son joined in your school.
4. For jungle researcher/ exploratory unable to view environment as clear.
5. Your friend stimulates you to have smoke because it has real happy, enjoyment.

Part B

05. Kalaimagal sports club is to be organized game such as football, cricket, Application has been advertised and it was sent particular participating club. This game organized behalf of silver Jubilee year of sports club.

Football – Competition match calculated following formula (n -1)

Cricket – Competition match calculated by following formula

$$\frac{N(n-1)}{2}$$

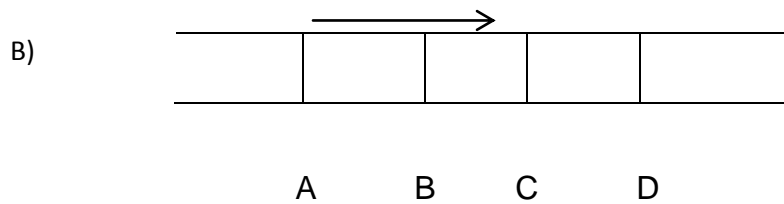
1. Which of tournament method is used to organize Kalaimagal tournament. Mention Football, Cricket conducted tournament method. (2Marks)
2. Mention benefit of method of conducting foot ball tournament, Disadvantages of method of conducting cricket tournament. (3Marks)
3. In conducted football tournament 7 team participated in the tournament. Make draw for tournament. (5Marks)

06. Based on chart answer following question

Competitors	Participating events
A	10,000M
B	Put shot
C	400m, 200m
D	800m, 1500m
E	4x100m relay, Long jump

1. List out who use crouch start, standing start. (2Marks)

2. A) which of method is suitable for exchanging relay baton



In 4x 100m relay event – that E group baton has been exchanged between A and B you are become a umpire what is your decision

1. Can you give first place for E group? (1Marks)

II. Your justification for your answer. (2Marks)

3. Mention jumping event which are not mentioned above. (3Marks)

7. From A, BC part answer for any one part

A

1. Your school inter house athletic meet is to be held. You are referee for this match. What things should you bring for playground/ match? (2Marks)

2. Give 3 new service techniques to coach for fresh volleyball players. (3Marks)

3. Volley ball match held between green VS Red team you are referee for this match following situation what is your decision

a) After service signal of referee the server bounce the ball.

b) Back field player attack ball with touching attack line.

c) Libero player of green team does service

d) Captain of red team declare 3 rd time out interval in 5th round.

e) Attacking of green team player defended then the ball touch antenna goes to, red team side. (5Marks)

B

1. Your school inter house athletic meet is to be held. For this match you are referee for netball match. What things should you bring to playground? (2Marks)

2. Mention 3 skill activities for handling ball by both hands. She is beginners. (3Marks)

3. You are become coach for school team. The player is doing following fouls what is your penalty.

a) After catching ball the player moving with ball, slip the leg.

b) Simultaneously catch the ball by both teams.

c) Physical conduct with player away from goal circle

d) A player throwing ball away from court.

e) When the goal shooter making attempt to shoot the ball opposite player defend within 3 feet (5Marks)

C

1. For your school inter house athletic meet you have nominated referee for this match what things should you bring (2Marks)

2. List out 3 kicking practice for new player (novice) (3Marks)

3. You are going judge match between green and red team. What is your decision on following situation?

1. Red team player made goal kick at the time red player alone with goal keeper of green team.
2. The green team player kick the ball towards red team a player head the ball and red team goal keeper catcher the ball.
3. Red team a player felt that boots is very stiffness to player and removed the boots and sink card.
4. Mid of match the green team a player kick by head opposite player felt down but unfortunately you did not see this situation but side umpire informed you what is your decision.
5. In the match green team player said that unable to play due to stomach pain agreed to play with 6 team. (5Marks)