

De Mazenod College, Kandana

Health & Physical education

Grade-9

1<sup>st</sup> Term Test - 2024

Duration - 2 Hours

Part I

2024-06-

Answer all the questions.

01. The ability to face challenges successfully and be a productive and happy member of the society is known as,
  - i. Physical health
  - ii. Social health
  - iii. Mental health
  - iv. Spiritual health
02. A good habit for health is,
  - i. Engage a simple life style
  - ii. Being jealous
  - iii. Smoking and use alcohol
  - iv. Enjoy well
03. Responsibility of health promotion is,
  - i. Personal and community attempt
  - ii. Attempt of government
  - iii. Community attempt
  - iv. Personal attempt
04. How many main themes of community health promotions are?
  - i. 4
  - ii. 6
  - iii. 5
  - iv. 3
05. The main reason for getting weak bones,
  - i. Deficiency of protein
  - ii. Deficiency of fat
  - iii. Deficiency of iron
  - iv. Deficiency of calcium
06. A psychologist who did a lot of experiments on human need is,
  - i. Abraham Maslow
  - ii. Abraham Lincon
  - iii. William. G. Morgan
  - iv. Maxwaber
07. Natural disasters only contain in,
  - i. Landslides, hurricane, burning
  - ii. Flood, landslide, burning
  - iii. Armed struggle, landslide, burning
  - iv. Flood, wind, armed struggle
08. The group contains outdoor activities is,
  - i. Exploring of forests, Carom
  - ii. Climbing mountains, cycling tours
  - iii. Fire sports, Carom
  - iv. Boat race, kabaddi
09. The government has imposed a law to wear helmets for motor cyclist as a health promotion. Select the theme to which the above action is taken.
  - i. Creating a collaborative environment
  - ii. An essential elements for motorcyclist
  - iii. To promote health friendly public policies.
  - iv. Because of hot following traffic rules
10. Abnormality due to the excessive curvature of the lower region of the spine,
  - i. Scoliosis
  - ii. Excessive lumbar lordosis
  - iii. Kyphosis
  - iv. Flat back
11. Psycho-social skill can be developed by engaging organized games and outdoor activities is,
  - i. Team spirit
  - ii. Activeness
  - iii. Perseverance
  - iv. Correct posture
12. An impact due to bad posture is,
  - i. Ability to do activities property
  - ii. Ability to get attraction
  - iii. Ability to get attraction
  - iv. Feel less tired during an activity
13. Responsibility of the libero player,
  - i. Attacking
  - ii. Lifting the ball from the front line
  - iii. Receive the service
  - iv. Help to defend



14. Long distance running event is,
- 400m and 800m
  - 800m and 1500m
  - 400m and 5000m
  - 400m and 400 hurdles
15. Ability to do any work without getting tired is known as,
- Energy
  - Speed
  - Flexibility
  - endurance
16. A disease caused due to the deficiency of macro-nutrients,
- Malnutrition
  - Thames blindness
  - Deficiency of iodine
  - deficiency of zinc
17. Which from the following, is a one-handed pass in Netball,
- Side pass
  - Chest pass
  - Overarm pass
  - Shoulder pass
18. A sport played without using equipment according to the classification of games.
- Squash
  - Boxing
  - Kabaddi
  - Carom
19. The total number of players and the game are given correctly,
- 12 – volleyball
  - 14 – football
  - 16 – cricket
  - 08 – netball
20. Which country will the summer Olympics be held in 2024?
- Japan
  - France
  - United states of America
  - Australia

(20 x 2 marks = 40)

## Part II

- First question is compulsory.
- Answer the first question and four other questions.

01. Public health inspector is participated in the health promotion campaign organized by Anuradhapura central college. He stated about the importance of health and introduced some methods to develop the health condition of that area. Then he concluded his programme by explaining about the services given to the schools by Ministry of health offices.
- What do you mean by environmental pollution?
  - Mention two aspects of environmental pollution.
  - Write two criteria that determine a healthy person?
  - Name two food groups which caused to non-communicable diseases
  - Name two methods that can be taken to maintain personal hygiene.
  - Name two methods that can be used to prevent the breeding of mosquitoes.
  - Name two factors that should follow for the spiritual development.
  - Mention two adverse effects of using drugs.
  - Name two types of food containing iron.
02. i. Name two diseases caused due to environment pollution.
- Mention two symptoms of Dengue.
  - Mention two strategies that can be used to prevent above disease in your school.
  - Mention two ways to prevent disasters and minimize the damage.
  - Write two negative consequences of child abuse and coercion?

(2 marks x 3 = 10 marks)

03. i. Name three basic human needs. (3 marks)  
ii. State two qualities of a person who has reached self-actualization. (2 marks)  
iii. Mention three main themes that can be thought of, for the development of social health.  
iv. Write two advantages of promoting social health.

04. Good posture helps to look pleasant, carry out activities easily and efficiently.

- i. What is a good posture?  
ii. Name two benefits of maintaining good posture.  
iii. Mention two main cause of physical deformities.  
iv. Name two abnormalities occur in knees due to two reasons mentioned above.  
v. What is the unit in government hospitals use to treat for abnormalities due to congenital factors?

(marks 02 x 5 = 10)

05. Physical or mental competitions, where the participants take part following accepted sets of rules can be called as games.

- i. Name two common features of organized games.  
ii. What is outdoor education?  
iii. Mention two experiences that can be gained by engaging in outdoor activities.  
iv. Name two exploration and recreational activities.  
v. Mention two physical benefits of engaging in outdoor activities.

(2 marks x 5 = 10)

06.

- i. Mention two skills of volleyball.  
ii. Mention two skills of netball.  
iii. Mention two skills of football.  
iv. Name two self-defense games.  
v. Select one of the games given below and draw its court / ground according to the measurements.

(2 marks x 5 = 10)

07. Among the sports, athletics has a major place. It is divided into categories. Namely, individual or group running events, jumping events and throwing events.

- i. According to the classification of sports in athletics, classify jumping events and provide example each.  
ii. Name two starting methods in running events and provide one example each.  
iii. Mention the commands that use to start events.  
iv. Name two throwing events that you know  
v. Name two horizontal jumps that you know.

(2x5=10 Marks)