

 Negombo Education Zone Second Term Evaluation - 2024 Health and Physical Education		
Index number : _____	Name : _____	
Grade 7	Paper I, II	Time : 02 hours

* Answer all the questions.

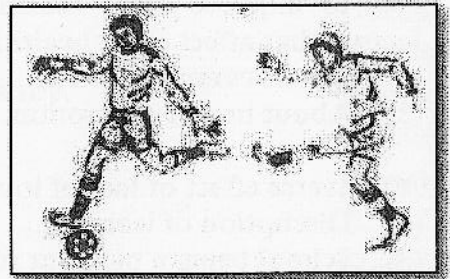
- The health and physical education teacher explained in relation to the lesson that "being able to improve one's health while controlling the social, economic and environmental factors that affect one's health." The concept of Accordingly, we have learned that,
 - About complete health.
 - About full personality.
 - About health promotion.
 - About factors affecting health.
- An adverse effect of loss of love and security is,
 - Disruption of learning.
 - Family discord.
 - School being a pleasant place.
 - Being liked by others.
- Who is known as "Sirimala" in the game of panchadala?
 - It is the name given to Kavadi.
 - All the shells are turned upside down.
 - Kavadi is turning everything upside down.
 - Qualifying to start the game.
- Not a member/members of a nuclear family
 - Sons
 - mother and father
 - Grandma
 - Mother
- A characteristic of correct posture is,
 - Excessive energy expenditure.
 - Not being able to stay in that position for long.
 - Not causing pain in different parts of the body.
 - Fatigue in the bones and muscles of the body.
- This figure shows some measures to be followed to avoid diseases related to any system or organ. Those diseases can be.


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graph TD
    Face((Smiling Face)) --> A[Proper nutrition]
    Face --> B[exercis]
    Face --> C[A simple and light lifestyle]
    Face --> D[Controlling body weight]
    Face --> E[Abstain from alcohol and smoking]
    Face --> F[Proper nutrition]
      
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 - Eye diseases
 - Ear disorders.
 - Diseases related to the nose.
 - Diseases related to the circulatory system.
- What not to do when you have bad emotions.
 - Counting slowly from 1 to 10.
 - Getting into fights.
 - Listening to a song.
 - Drinking a glass of water slowly.
- Food is carried to the stomach in lumps,
 - By the stomach.
 - through the tongue.
 - By the salivary glands.
 - By Annasotra.

9. The most important function in the game is,
 (1) Respect for the Laws of the Game. (2) Thinking only of victory.
 (3) Overtaking the opposing player. (4) Swearing at teammates in defeat
10. Community health services help in creating a healthy family environment. P.H.I. Abbreviated as,
 (1) Family Health Officer. (2) Medical Officer of Health.
 (3) Inspector of Public Health. (4) Family Medical Officer.
11. We should avoid eating fast food,
 (1) Because of its high nutritional value.
 (2) Because it is not local food.
 (3) Because they are expensive.
 (4) Because it contains too much oil, chillies and sugar.
12. The figure shows,
 (1) An instance of hitting the ball with the surface of the foot in football.
 (2) A chance to hit the ball inside the leg in football.
 (3) A case of striking with the fingers.
 (4) A case of ball control.
13. Larynx, gall bladder, pancreas, liver are not part of the digestive system of these organs,
 (1) Larynx. (2) Gallbladder. (3) Pancreas. (4) Liver.
14. A method used for waste management
 (1) VIR method. (2) 2R method. (3) 3RS method. (4) 3R method.
15. An advantage of walking with correct posture.
 (1) Being able to complete the journey quickly.
 (2) Maintaining balance.
 (3) Placing the fingertips first.
 (4) Deformation of the ventricles.
16. Water balance is,
 (1) $\text{Daily Water Requirement} = \frac{\text{Body Weight (kg)}}{\text{Liter } 30}$
 (2) $\text{Daily Water Requirement} = \frac{\text{Body Weight (g)}}{\text{Liter } 30}$
 (3) $\text{Daily Water Requirement} = \frac{\text{Body Weight (kg)}}{\text{Liter } 20}$
 (4) $\text{Daily Water Requirement} = \frac{\text{Body Weight (g)}}{\text{Liter } 20}$
17. A sport that requires the most endurance is,
 (1) In football. (2) In rugby.
 (3) In the game of netball. (4) For all of the above.
18. There are many categories of people who give you love and security. Among them, the group of people who are constantly obliged to give you the most love and security are,
 (1) Parents (2) Peer group (3) Teachers (4) None of the above



19. In athletics, the two main divisions into which jumping is divided are,
 (1) High and long jump. (2) High and Pole Jump.
 (3) far and wide. (4) Vertical and horizontal.
20. Correct eating posture is not,
 (1) Acute swelling. (2) Swelling on toes.
 (3) Swelling on the heel. (4) Seated swelling.

Part II

* The first question is mandatory. Answer four more questions. All questions

01. By now, children in all schools have gained a good understanding of athletics and team sports by participating in inter-house, divisional, zonal sports competitions. The students will do the practical activities of those games.

The coach said that eating a balanced diet during team sports can lead to proper growth in training. It was also said that maintaining a good mental state, rest and sleep is also a necessary part of sports.

- (1) Write two running events that you know.
- (2) Write two throwing events.
- (3) Write two organized games that you know.
- (4) Write two benefits you get from participating in sports activities.
- (5) Write four nutrients that should be included in a balanced diet.
- (6) Which nutrient provides energy to the body?
- (7) Look at the tree nano
 The tree is covered with milk nano
 See if the pods are formed nano
 Milk Buddha made of pods nano
 Which folk game does the above folk poem belong to ?
- (8) Write two folk games that can be seen during New Year.
- (9) Write two common features of folk games.
- (10) Write a dance related folk game and an adventure folk game.

02. In order to keep the body healthy, we should make our lifestyles so that the functioning of the systems is not disturbed.
- (1) Which organ is designed to prevent food from entering the respiratory tract during swallowing? (2 marks)
 - (2) Write 03 things to do to protect the health of the digestive system (3 marks)
 - (3) What is the main organ of the respiratory system? (1 mark)
 - (4) Write 02 functions of circulatory system. (2 marks)
 - (5) What types of cells are there in the blood to destroy germs that enter the body? (2 marks)

03. Consuming nutritious food helps a lot in maintaining good health.
- (1) Write 03 main functions of the body by taking food. (3 marks)
 - (2) Write 02 foods rich in fiber. (2 marks)
 - (3) Write one benefit of vitamin K in the body. (1 mark)
 - (4) What is the disease caused by iron deficiency? (1 mark)
 - (5) Write 03 methods of food preservation under traditional methods. (3 marks)
04. There are many types of jumps in athletics.
- (1) Name the main stages of jumping. (4 marks)
 - (2) Classify jumping events with examples. (4 marks)
 - (3) Write a possible activity to practice jumping. (2 marks)
05. Correct posture helps to lead a healthy life and maintain a pleasant appearance.
- (1) Explain what is correct posture. (2 marks)
 - (2) Write 02 correct lying postures. (2 marks)
 - (3) Write 02 benefits you get from maintaining correct posture. (2 marks)
 - (4) Write 02 factors causing wrong postures. (2 marks)
 - (5) Write 02 advantages of correct walking. (2 marks)
06. (1) What is health promotion? (2 marks)
- (2) Write 03 themes related to actions that can be taken to promote family health. (3 marks)
- (3) Write two elements each belonging to the following 03 themes that must be present in a healthy family environment. (3 marks)
- a. Physical environment 1. 2.
 - b. mental environment 1. 2.
 - c. Social environment 1. 2.
- (4) Write two things you should do in fulfilling your responsibilities in your family as a student to maintain a healthy family environment. (2 marks)
07. Netball, volleyball, football can be called as organized sports.
- (1) Name the 02 main methods of serving in volleyball. (2 marks)
 - (2) Write 02 skills in netball. (2 marks)
 - (3) Write 02 ways to control the ball in football. (2 marks)
 - (4) Write the number of players who can play in netball, volleyball, football separately. (3 marks)
 - o Netball -
 - o Volleyball -
 - o football -
 - (5) Who introduced volleyball to Sri Lanka? (1 mark)

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