

 Negombo Education Zone Second Semester Examination 2024 Health and Physical Education		
Index number..... Name.....	Grade 09	Paper I, II
Time 02 hours		

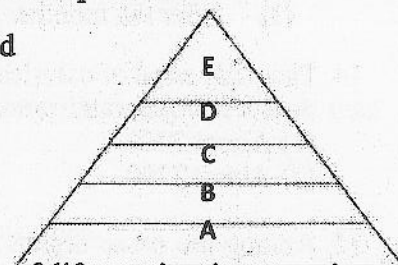


Instructions

Answer all the questions.

Choose the most appropriate answer and underline it.

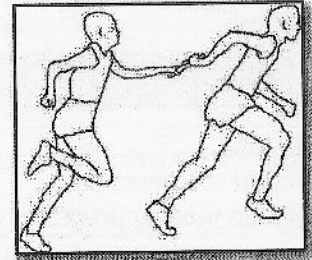
- One's ability to live productively and satisfactorily in the society by facing challenges successfully is,
 - Physical well-being.
 - Medical well-being.
 - Social well-being.
 - Spiritual well-being.
- As a student this is your duty that you can contribute to build up a healthy environment.
 - By maintaining a favorable environment.
 - By contributing to the prevent the environmental pollution.
 - By contributing to health promotion.
 - By reducing the use of alcohol and cigarettes
- A grade nine student of Pitipana Maha Vidyalaya displayed the following quotes under the prevention of environmental pollution in the school garden.
 - * "Let's send garbage to recycle. "
 - * "Let's dispose of garbage in the proper bins."
 - * "Let's reduce the use of polythene."
 Their expectation is,
 - Prevention of air pollution.
 - Prevention of water pollution.
 - Prevention of noise pollution.
 - Prevention of land pollution.
- According the Abraham Maslow's hierarchy of human needs in the pyramid the letter B and D are respectively shown are,
 - Self-esteem and security.
 - Love and self-esteem.
 - Food, water, air, clothing, housing and love.
 - Security and self - esteem.
- Abnormalities that are appeared due to lack of nutrients in each stage of life , using inappropriate footwear, wrong exercise without instructions are called,
 - As disabilities caused by environmental conditions.
 - As disorders caused by congenital conditions.
 - As disorders caused by genetic conditions
 - As disorders caused by wrong habits.
- Sakuni went to see a doctor in the orthopedic unit due to a deformity of the vertebral column, and the doctor told her that the lower part of the vertebral column, had abnormally curved forward. Therefore, her hips were pushed back and her stomach was protruding. Accordingly, the disability that can be considered to have arisen for her would be,
 - Scoliosis
 - Kyphosis
 - Excessive lumbar lordosis
 - Flat back
- Sports can be classified as organized games, self defence sports, indoor games, track and field, etc. What is the correct answer according to the order of these games?
 - Basketball, chess, Boxing, 800 meters and long jump.
 - Netball, Boxing, Badminton, 200m and shot put.



- (3) Volleyball, Karate, Cricket, 1500m and High Jump
 (4) Chess, Volleyball, Wushu, 100m and pole vault.

8. Netball is a very popular sport among women. In the game of netball, the players of the opposing team strategically avoid and pass the ball between their own team players.
 (1) attacking (2) footwork (3) shooting (4) defending

9. This diagram shows how a baton change takes place between two athletes in a relay race. This baton changing method is called,
 (1) visual inside change
 (2) non-visual outside change
 (3) visual inside change
 (4) non-visual outside change



10. A – Placing the take off foot on the ground outside the two sides of the take off board.
 B – Not starting to attempt jumping before the lapse of one minute after the number of the jumper has been announced.
 (1) Only A is correct. (3) Only B is correct.
 (2) Both A and B are wrong. (4) Both A and B are correct.

11. A psychosocial quality that can be developed by engaging in outdoor activities.
 (1) Accustoming to the use of correct postures.
 (2) Improvement of neuromuscular coordination.
 (3) Being able to live refreshed.
 (4) Strengthening of bones and muscles.

12. The category of answers that includes micronutrients among the nutrients needed by the body is,
 (1) Fat and carbohydrates (2) Vitamins and minerals
 (3) Carbohydrates and vitamins (4) Proteins and Minerals

13. In which age Shyama should gradually start feeding solid food after feeding the breast milk?
 (1) After five months. (2) After six months.
 (3) After ten months. (4) After one year.

14. The daily need of calories differs from one another according to the activities we do. How many calories does a woman waste perday?
 (1) About 2000. (3) About 2300.
 (2) About 2200. (4) About 2700.

15. Among the sense organs "eye" is a very important organ. The ability to look at one thing at a time is called
 (1) R view. (3) Two-dimensional view.
 (2) Binary view. (4) Night blindness.

16. What are the names of P, Q, R, S types of teeth?
 (1) premolar, molar, canines, incisors
 (2) canines, incisors, premolar, molar.
 (3) premolar, incisors, canines, molar.
 (4) molar, premolar, canines, incisors.



17. Choose the physical fitness factor which we use continuous running.
 (1) Heart bearing capacity. (2) Muscular endurance.
 (3) Muscular strength. (4) Physical composition.

18. It is very important to maintain the proper values of the waist circumference in maintaining a proper body composition. The value of waist circumference should be,
 (1) should be less than 0.3. (2) should be less than 0.5.
 (3) should be less than 0.8. (4) Should be less than 12.

19. For the first time in history, the Sri Lankan women's cricket teams managed to win the Asia Cup women's championship undefeated. Who were their opposing team?
- (1) South Africa. (2) Australia.
(3) India. (4) Pakistan.
20. The country and city where the Olympic Games was held in the year 2024, which is undoubtedly recognized as the premier sports event in the world,
- (1) Athens, Greece. (2) Paris, France.
(3) Tokyo, Japan. (4) Rio de Janeiro, Brazil.

Part II

The first question is compulsory. Answer four more questions. Total questions are five.

01. The Anuradhapura Education Zone School Sports Tournament fished in a grand manner recently. The championships and runners-up in team sports like volleyball, netball, football were divided among different schools and in athletics the overall boys' championship was won by Anuradhapura Seevali Vidyalaya and the girls' championship was won by Anuradhapura Maha Maya Girls' College. The relay race victories and field event victories were a great help to these overall victories. Addressing the athletes on the last day of the ceremony, the Regional Sports Director mentioned that sports are very helpful in attaining Total Health and that proper training and proper nutrition patterns are very important to achieve sports achievements. At the end of the sports event, everyone was praised for cleaning the surrounding environment together.

- (1) Briefly describe what is Total Health.
- (2) Name organized sports other than those mentioned in paragraph.
- (3) Mention two baton changing methods who we use according to the side of the body.
- (4) Name the 02 events belonging to the category of cooking events.
- (5) Write 02 methods of long jump techniques.
- (6) Among the categories with special nutritional requirements, name the categories other than the category mentioned in the case.
- (7) Mention the 02 benefits of proper nutrition to an athlete.
- (8) Write down 04 benefits a person gets from engaging in sports activities.
- (9) Mention two skill related factors that can be developed due to proper training.
- (10) Mention 02 suitable proposals to prevent environmental pollution.

(marks 2×10=20)

02. Keeping the health of the society better means maintaining the individual health and maintaining the balance of the environment. Health Promotion is very important for this.

- (1) Name 04 major health problems that have arisen in the current society. (marks .02)
- (2) Choose one you mentioned and explain it briefly. (marks.03)
- (3) Mention 02 themes of health promotion. (marks.02)
- (4) Write down 03 advantages of health promotion. (marks.03)

03. The human body is naturally designed to be properly formed. But it is not easy to do. Because there are many conditions and factors that influence wrong postures. These factors are called genetic factors and environmental factors.

- (1) Explain clearly what correct posture is. (marks.02)
- (2) Write 03 benefits of maintaining correct posture. (marks.03)

- (3) Mention 02 causes of disorders caused by genetic conditions. (marks.02)
- (4) (a) Name 02 nutrients required for growth and maintenance of bone health. (marks.02)
 (b) Which disease is caused by bone weakening in old age? (marks.01)
04. Athletics is a fascinating collection of events compared to other sports in the world.
- (1) Explain how the mixed change is performed in an athletics relay event. (marks.02)
- (2) Mention 03 rules related to baton change. (marks.03)
- (3) Write the stages of long jump. (marks.02)
- (4) Write activities to practice long jump for a beginner. Explain it using pictures (marks.03)
05. We pass different stages of life, from birth to death. We should fulfil our nutritional needs during each stage.
- (1) Name 02 main functions performed by food in the body. (marks 02)
- (2) Mention 03 wrong nutritional practices that have adverse effects during adolescence. (marks 03)
- (3) Write down 02 things that should be taken care of in meeting nutritional needs in adulthood. (marks 02)
- (4) State 03 myths about nutrition in food intake. (marks 03)
06. Our body can be pointed out as a wonderful biological creation well designed to sustain and advance life. Among them as two important body parts that affect the external appearance
- (1) Name 04 physical features other than physical appearance that affect external appearance. (marks 02)
- (2) Choose 03 of the body parts you have named above and the disease that can be affected by each parts. (marks 03)
- (3) Write down 02 functions performed by the skin. (marks 02)
- (4) Mention 03 health practices to be followed to protect the eyes. (marks 03)
07. Team sports such as volleyball, netball, and football are popular games in schools
- (1) mention 04 skills in volleyball. (marks 02)
- (2) Name the 03 attacking situations seen in the game of netball. (marks 03)
- (3) Write 02 false that can be committed by attacking, saving and shooting in netball. (marks 02)
- (4) State 03 ways to save the ball coming to the goal in football. (marks 03)

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REGISTRAR
 De Mazenod College
 Kandana.