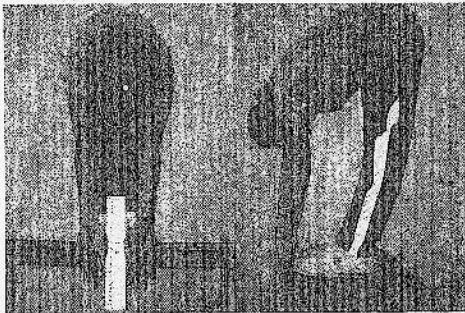


බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province			
වර්ෂ අවසාන ඇගයීම - 2024 (2025) ஆண்டிறுதி மதிப்பீடு - 2024 (2025) Year End Evaluation - 2024 (2025)			
ශ්‍රේණිය தரம் Grade	07	විෂයය மாதம் Subject	Health and Physical Education
		පත්‍රය வினாத்தாள் Paper	I, II
		කාලය காலம் Time	2 Hr
නම பெயர் Name		විභාග අංකය சட்டிலக்கம் Index No.	

● Select and underline from the correct answer

- Theme of a health promotion is.
 - Follow correct food habits.
 - spend leisure time effectively.
 - get community participation.
 - help to others.
- Duty of a student should fulfil to receive love and protection from other is.
 - dislike of school
 - disturb to others.
 - jealous to others.
 - help to others.
- Maximum sugar and salt intake respectively.
 - 6 spoons and 1 spoon.
 - 4 spoons and 6 spoon.
 - 8 spoons and 1 spoon.
 - 1 spoons and 2 spoon.
- system which helps to inhale and exhale process is.
 - Reproductive system.
 - Immune system.
 - Blood circulatory system.
 - Respiratory system.
- outdoor Folk game which can play with equipments is
 - Olinda keliya
 - Lee keliya
 - Nerenchi Edima
 - hiding hands.

6.



Activity of above diagram, expect to develop

- | | | | |
|----------|-----------------|----------------|-------------------|
| i. speed | ii. Flexibility | iii. Endurance | iv. Coordination. |
|----------|-----------------|----------------|-------------------|

7. Nutrient which content in Fish, meat and eggs.

i. Protien

ii. Vitamin

iii. Carbohydrate

iv. Lipid

8. To prevent "goiter" we should include

i. protien in food

ii. Carbohydrate in Food

iii. Iodine in food.

iv. Vitamin in Food.

9. Thing should do when lifting an object is.

i. Straight your body when lift the object.

ii. Bend the body from waist.

iii. Bend body from knees when lift the object.

iv. Use one hand to lift the object.

10. Skill of football is.

i. Footwork

ii. Heading the ball

iii. Spiking

iv. Recieving

If correct put (✓) or if wrong put (x) in the bracket.

11. Netball use kicking with instep to the ball

()

12. We should point our fingers toward the direction whrn walking.

()

13. Flight can called as a stage of jumping

()

14. to process of excretory use kidneys only

()

15. Through doing sports, we can develop respecting others and listen to others.

()

Find the correct answer from below cage

16. is a traditional food of ours.

17. is an ability to do something in shortest time period.

18. Pharynx belongs to system.

19. communicable diseases can devide to and chronic diseases.

20. hormones affects to get secondary sexual features of a girl.

(Respiratory/Acute/Aestrogen and Projestron/speed/Hathmaluwa)

(2x20= 40)

Part II

- Question number one is compulsory
- Answer for four other questions.

01. Weerasekara family who are in Saranatissa Village try to get the effort to build up healthy environment, So, Mr. Weerasekara, Wife, son and daughter grow plants like Anthurium, Orchid, etc which gain income to the family. Likewise grow herbals and spices such as Rampe, Kaapincha and Sera. Not only that grow fruits and vegetables to increase the nutritional level of the family.

Through those activities Mr. Weerasekara taught to his children about physical features of healthy family environment about fresh air, clean water etc. and get the Knowledge about health promotion. Destroy mosquito breeding places in land, clean drainage system properly. Weerasekara family is a model family in the society then live with peace and harmony.



- Define the term "Health promotion"
- Name 2 herbal plants can grow at home.
- Name 2 green leaves can grow at home.
- Name 2 nutrients which content in green leaves you mentioned.
- Name 2 other features of physical environment which not mentioned in above passage.
- Write 2 positive emotions can get in due build up a healthy family.
- Write 2 support can get from neighbours to build up a healthy environment at home.
- Name 2 officers in health related services to get the support for the family.
- Name 2 water collecting places in environment at your home.
- Name 2 positive things can get from weerasekara family.

(2x10=20)

02. Running, Jumping and throwing activities can use in day to day life, likewise sporting activities.

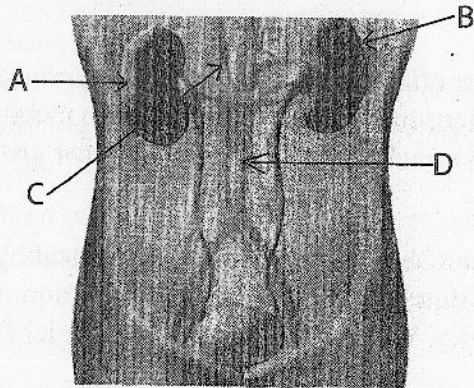
- Write 3 activities can do to improve running (3 marks)
- Name 2 types of jumping events according to the classification of athletic and give an example for each type. (4 marks)
- Write 3 throwing events in athletic (3 marks)

03. Good dietary habits are very important to well-being of a person.

- Name 3 tasks of food (3 marks)
- Name 2 food preservation methods and give an example for each (4 marks)
- Write 3 situations should not use packeted food. (3 marks)

04. All systems contribute to well-being of an animal and we should consider about that systems properly
- Name 3 chambers of heart (3 marks)

ii.



Name parts of the system represent with "A,B,C and D" (4 marks)

- List 3 health habits should follow to protect digestive system. (3 marks)

05. We can get different emotions in different time likewise we react it according to positive and negative way.
- Write 2 positive emotions and 2 negative emotions you know. (4 marks)
 - Write 3 actions can do when get negative emotion. (3 marks)
 - Write 3 skills should develop to maintain emotional balance. (3 marks)

06. Respect to rules, regulations and ethics in sports are very important to develop qualities of a player
- Define "rules,regulations" in sports (3 marks)
 - Write 3 importance of following rules, regulations and ethics in sports. (3 marks)
 - Write 4 things can do to improve sportsmanship qualities of the player (4 marks)

07. After the childhood, you reached for the transitional stage in your life, this is the entrance of youthhood.
- According to you learn, what is the meaning of reproductive health (4 marks)
 - Name 3 parts of female reproductive system (3 marks)
 - Name 3 parts of male reproductive system (3 marks)