

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 } 11 தரம் } Grade }	විෂය } படம் } Subject }	Health and Physical Education	පත්‍රය } வினாத்தாள் } Paper } I කාලය } காலம் } Time } 01 மணி
නම } பெயர் } Name }		විභාග අංකය } சுட்டிலக்கம் } Index No. }	

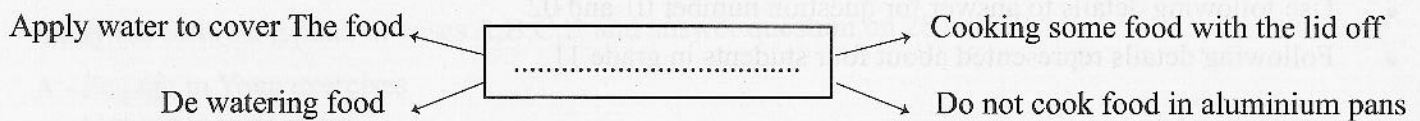
- Answer for all questions
- In each of the questions 1 to 40. pick one of the alternatives (1),(2),(3),(4) which is correct or most appropriate.

- Use following details to answer for question number 01 and 02
- Following details represented about four students in grade 11

Kumudu - A religious woman who lives religiously and works hard for the welfare of her family
 Saman - Can work hard without fatigue cooperative and fun person
 Namal - tough looking, popular at school and talented volleyball player
 Manel - Obedient to parents, does well in education, has good memory and healthy person.

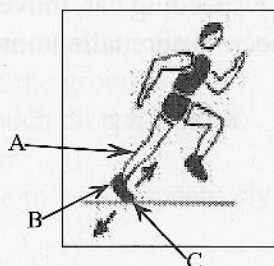
- According to above information, who is close for total health
 (1) Kumudu (2) Saman (3) Namal (4) Manel
- Those who pay less attention to sprritual well-being are.
 (1) Kumudu and Namal (2) Saman and Namal (3) Namal amd Manel (4) Kumudu and Manel
- The ratio between waist and height calculated to identify the natritional status of Kumari. If she is in proper nutritional status, answer should be in the calculation is.
 (1) Less than 0.5 (2) More than 0.5 (3) Less than 0.8 (4) increase to 0.8
- Muthulatha is a teacher took a year's maternity leave after giving birth to her first child. stage of her child when she returns to work after her vacation is over is.
 (1) Prenatel stage (2) Neo natal stage (3) Infant stage (4) early childhood stage
- Chintha entered the road to cross the road and saw a speeding car, move for her side and away from it with move immdiatly to the side. Her teacher said that secrate adrenalin homone through her at this moment. special feature which we can see through it is.
 (1) scolding the driver (2) trembling (3) smiling (4) being anger

- Sandun's answer to the question of what is the most amazing creation ever born in the world was the human body.
06. Not a task of human body.
- (1) Engage in exercises
 - (2) Minimizing use of alcohol.
 - (3) Always get enough rest and sleep
 - (4) keep space between meals.
07. System which helps to control sugar level of the body is,
- (1) digestive system.
 - (2) Respiratory system
 - (3) Excretory system
 - (4) Reproductive system
08. Diabetes can get induce increase level of sugar in the body. Hormone which reduce to help and control this disease is.
- (1) Aestrogen hormone
 - (2) Thyroxine hormone
 - (3) Projestrone hormone
 - (4) Insuline hormone
- There is a weakness in swallowing and speaking
 - Anusha's voice become weak.
09. Disease which can get in due lack of iodine can get by Anusha.
- (1) Tonsils
 - (2) Cancer
 - (3) Goitre
 - (4) Anemia



10. suitable topic to diagram is,
- (1) Way of prevent food poisoning.
 - (2) Food preservation.
 - (3) Way of protect food from pesiticides.
 - (4) Prevent food adulteration.
11. Nimal who attendent to the religious programme and upul who was near by told that sitting in comfotable manner with not having pain for bones and muscles to not spend energy unnecessarily. This is to be expected.
- (1) To develop the ability to listen programme properly
 - (2) To focus attention in one place.
 - (3) Remedies for nimal's joint disorders.
 - (4) To keep in correct posture.
- Red spots appear under the skin
 - Bleeding with vomitting
 - Bleeding from the vitreous
12. The doctor who examined told that Jayani who was suffering from high fever also discovered above symptoms what do you think is the disease that Jayani is suffering from.
- (1) Dengue
 - (2) Aids
 - (3) Diarrhea
 - (4) Malaria
13. The diagram above shows how the feet act as a lever during running. According to the diagram effort load and fulcrum respectively

- (1) A, B and C
- (2) B, C and A
- (3) A, C and B
- (4) B, C and A



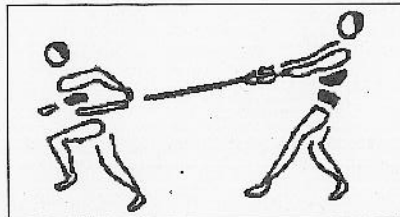
14. According to the figure, type of lever which represent by foot
 (1) Type I lever (2) Type II lever
 (3) Type III lever (4) Type IV lever
15. Balance of the body is very important to correct posture and Factor which not affect to balance is.
 (1) Center of gravity at lower level.
 (2) Narrow supporting base.
 (3) Bend the body towards an external force.
 (4) movement of the body in the opposite direction
- The principal who had attended the morning assembly of the school and saw that Jayanthi fainted and said that many children is Sri Lankan society suffer from nutritional deficiencies. He cited the increase in fast food consumption is as the main reason.
16. Main reason which affect to addict instant food by students.
 (1) Competitive lifestyle of parents. (2) False propaganda carried out by mass media
 (3) High content of artificial sweeteners (4) All of above
17. Nipuna who participated to gymnastic, and did hand stand. That posture is.
 (1) dynamic posture (2) static Posture (3) An improper posture (4) Wrong posture
18. Disease which you can suspect that someone showing symptoms of yellow pus discharge from penis/vagina.
 (1) HIV/AIDS (2) White Dot's (3) Genital warts. (4) herpes.
19. Sexually transmitted diseases which we can identify through ELISA and PAPID test is.
 (1) Clamidea (2) White dot's (3) HIV/AIDS (4) Herpes.
20. Not an objective of giving first aid is,
 (1) Saving life (2) Aid in recovery
 (3) Making sure that the situation is not serious. (4) Think with easy going way.
- Below chart shows the details of four students who participated in All Island school games in previous year. question number 21 to 23 based on it.

Name	Events
Rishad	100m, 200m, Long Jump
Dewaki	400m, 800m, 1500m
Edward	shotput, Javelin throw, Discus throw
Fathima	Highjump, 400m, Hurdles, 5000m

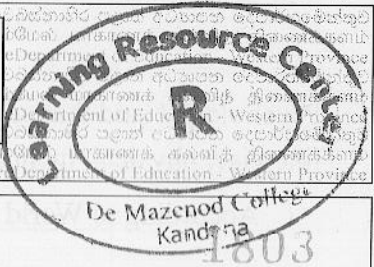
21. Fosbury flop method used by.
 (1) Rishad (2) Dewaki (3) Edward (4) Fathima
22. Athletes who obtain energy mostly anaerobically are.
 (1) Rishad and Edward (2) Dewaki and Fathima (3) Rishad and Dewaki (4) Edward and Fathima
23. Reaction speed is most required according to the event of,
 (1) Rishad (2) Dewaki (3) Edward (4) Fathima

24. Not an activity which belong to outdoor education
 (1) mountaineering (2) Jungle exploration (3) beach volleyball (4) hikes
25. In a 100mx4 relay race, if the baton falls to the ground during the passing of the baton between first runner and second runner the team shall act to obtain a correct victory is.
 (1) The player who dropped the baton picks it up and passes it to the second player.
 (2) The player who drop the baton picks it up and passes it in the air to the second player.
 (3) The second runner picks up the baton and run
 (4) after all the runners have run, the second runner picks up the baton and run.
26. Among the skills that the second player should have in the above, relay race should not be given much attention.
 (1) Getting off to the good start (2) Being good at direct driving
 (3) Receive baton properly. (4) hand over baton properly
27. stages of Long jump should be follow by players are.
 (1) Approach run, Take off, Landing, Flight
 (2) Approach run, Take off, clear the bar, landing
 (3) Approach run, Take off, Flight, Landing
 (4) Hop, Step, Jump
- Study the following pairs of cases A,B,C,D and answer question on 28 and 29
- A - Engage in Yoga exercises
 Can get mental stress
- B - Use unsuitable sporting equipments
 Can get accidents in sport
- C - Develop flexibility of the player
 Can get barriers of joint functions.
- D - Maintain reaction speed.
 Ability to gain victory.
28. An increase in the first is a pair of events that affect the increase of the second is
 (1) A and B (2) B and C (3) B and D (4) C and D
29. An increase in the first is a pair of events that affect the decrease of the second is
 (1) A and B (2) A and C (3) B and C (4) C and D
30. Mr. Nalin is the starter of the athletic game and who gave command " on your mark and gun sound"
 Respectively this command gave for.
 (1) 200m (2) 400m
 (3) 5000m (4) 400m hurdles
31. Distance and width of the lane in standard running track respectively.
 (1) 400m and 1.28m (2) 400m and 1.22m
 (3) 200m and 1.50m (4) 400m and 1.50m
32. Aravinda who participates race walking. Rule which should follow by him
 (1) Both feet should touch on the ground.
 (2) one foot should always touch on the ground.
 (3) Both feet should on the air
 (4) Foot should keep from toe to heel respectively.

33. Things which we need to conduct competition with fair play, minimize injuries, maintain dignity of the sport can called as.
- (1) Rules and regulations
 - (2) Knowledge about first aid
 - (3) Expectations about victory
 - (4) Participation to the game.
34. Student's play the game which created rules and regulation's by themselves and play with fun and enjoyment. This games can called as.
- (1) Organized games
 - (2) Indoor games.
 - (3) Lead up games.
 - (4) Minor games.
35. Taking part in a physical test, Sandali quickly recovered after repeatedly skipping in 6 minutes physical fitness factor which expected from her.
- (1) Speed
 - (2) Strength
 - (3) Flexibility
 - (4) Endurance



36. Activity which is in diagram expect to
- (1) Train technique of sprinting events.
 - (2) Obstruct player
 - (3) Train technique of long distance event
 - (4) engage in fun activity
37. First aid method which you can use to Janaki who got muscle injury while running event.
- (1) PRCIE method
 - (2) PREIC method
 - (3) PCRIE method
 - (4) PRICE method
38. As an adult, at least you should engage in exercises at
- (1) 30 minutes
 - (2) 60 minutes
 - (3) 90 minutes
 - (4) 120 minutes
39. Olympic game is the main athletic event in the world, Modern Olympic game was started at
- (1) 394 B,C
 - (2) 776 B,C
 - (3) 1896
 - (4) 394 B.C
40. The five ringed flag of Five colour to be flown at 2024 olympic at paris, France will be hoisted throughout the tournament. This colours represented.
- (1) International understanding
 - (2) Five continents
 - (3) World citizenship
 - (4) That any country's national flag contains at least one of these Five colours.

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)							
De Mazenod College Kandana							
ශ්‍රේණිය தரம் Grade	11	විෂය பாடம் Subject	Health and Physical Education	පත්‍රය வினாத்தாள் Paper	II	කාලය காலம் Time	02
නම பெயர் Name		විභාග අංකය சுட்டிலக்கம் Index No.					

Question number one is compulsory.
Select 2 questions from part I and 2 questions from part II,
Write for Five questions only.

01. Director, subject directors and in service advisors of western province education department supervised and submitted the report to the principal of Govinda Maha Vidyalaya and it included with following facts.
- Most of students are in obesity and should take the action for it.
 - Should consider about cleanliness of school and should build up a health promoting school.
 - Should repair every Places which can get accidents.
 - Student who has aggressive behavior, should keep away from that situation.
 - Should implement different kind of health education programmes.
 - Student should engage at least in two sports.
 - Should develop skills of aesthetic and ability to face challenges of students.
 - Should implement different kind of programme to prevent from diseases.
- i. Write 2 actions can do to prevent obesity from students.
 - ii. Write 2 nutritious food can give to children as the breakfast
 - iii. Write 2 activities can do by principal to build up a health promoting school
 - iv. Write 2 non-communicable diseases can get by students of Govinda Maha Vidyalaya.
 - v. Write 2 reasons can affect to accidents at school.
 - vi. Write 2 negative emotions and 2 negative consequences can see of students.
 - vii. Write 2 health education programs at school.
 - viii. Write 2 organized games can implement at school.
 - ix. Govinda Maha Vidyalaya introduced decathlon for boys in their sportmeet and write 2 events belong for it.
 - x. To face challenges and to get aesthetic value, student engage in outdoor educational activities. Name 2 outdoor educational activities you know.

(2x10 - 20 marks)

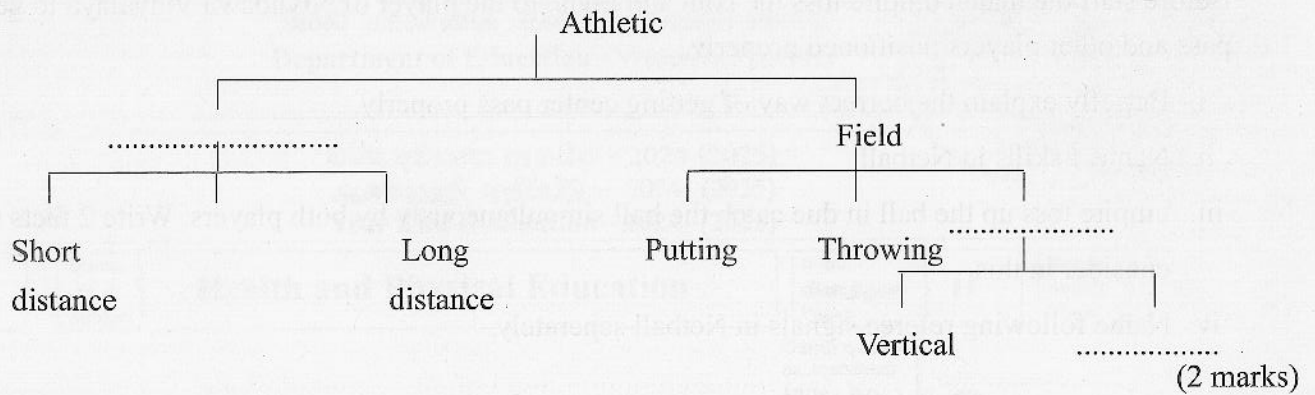
Part I

02. Psychologist said that adolescence is the second birth of life because it can affect changes of reproductive system likewise, physical, mental and social changes too.
- According to World health organization, Write the age range of adolescence. male and female separately (2 marks)
 - Write 3 for each physical changes can happen at male and female in adolescence separately. (3 marks)
 - Write 5 actions of male and female reproductive systems separately. (5 marks)
03. Muscle can divide according to their tasks.
- Write 2 types of muscles (2 marks)
 - Write 3 features for each muscle types (3 marks)
 - According to the function of muscle there are two type of muscle fibres and name it. and Write 5 characteristic of one type of muscle fibre you mentioned. (5 marks)
04. Write actions with what would you do for below incidents.
- Your friend invites you to go to bath in sea and to get liquor at the end of examination day.
 - Your friend bring a new mobile phone to school and invite you to see the porn movie.
 - Your friend decided to stop education in due economic hardship of the family.
 - Your friend who has the knowledge about Information Technology, invites you to print fake currency.
 - You have to prevent your friend from use instant food who face due busy life of parents.
- (2x5 = 10marks)

Part II

05. Principal told that you should consider about rules and regulations, in due participate to western province Volleyball tournament.
- Write 2 benefits of following rules, regulations in sports. (2 marks)
 - Name the tournament method can use to organize that event and prepare the draw with participate 6 teams. (3 marks)
 - Write 5 for each advantages and disadvantages of tournament method you mentioned. (5 marks)

06. Following diagram represented the classification of athletic fill it from the suitable words.



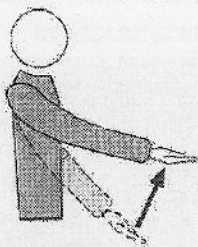
- Write 2 benefits of following rules, regulations in sports. (2 marks)
- Cardiovascular endurance is the factor should content in the runner. Write 2 actions can do to improve it. (3 marks)
- According to above diagram, High jump belongs to vertical jumping events and fosbury flop technique use for it properly. Write 5 exercises can do to practice that technique. (5 marks)

07. select and answer for only one question from A,B and C.

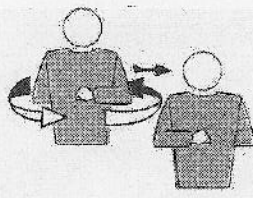
A Volleyball

There is a volleyball match in between Janajaya and Podujaya schools. No. 06 player in Janajaya did the serve and referee gave point and serve for opponenet with showing serving line.

- (a) Name an offence which was done by Janajaya player.
(b) Write 02 other offences can happen at serving (2 marks)
- If both teams got 24 and 24, points briefly explain the way of taking points to select the winner. (2 marks)
- There are different services use in volleyball and name 2 types of serving in volleyball. (2 marks)
- Name following referee signals in Volleyball seperately. (4 marks)



P



Q



R



S

B Netball

Before start the match umpire toss the coin and invite to the player of Nivudawa Vidyalaya to get the centre pass and other players positioned properly.

- Briefly explain the correct way of getting center pass properly. (2 marks)
- Name 4 skills in Netball (2 marks)
- umpire toss up the ball in due catch the ball simultaneously by both players. Write 2 facts should consider in this. (2 marks)
- Name following referee signals in Netball separately. (4 marks)



P



Q



R



S

C Football

There is a Football match in between Vijaya and Gamunu house. player number 10 in Gamunu house sent the ball for player number 07 but referee didn't get it as the point but gave the signal as offside was done by player number 07

- Define the term 'offside' in football. (2 marks)
- Football players use different type of kicks to pass the ball, name 2 kicks like that. (2 marks)
- Name 2 other skills except kicking in football. (2 marks)
- Name following referee signals in football. (4 marks)



P



Q



R



S