

බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province		2025-01 5791
වර්ෂ අවසාන ඇගයීම - 2024 - (2025) ஆண்டிறுதி மதிப்பீடு - 2024 - (2025) Year End Evaluation - 2024 - (2025)		
ශ්‍රේණිය தரம் } 09 Grade	විෂය பாடம் } Health and Physical Education Subject	පත්‍ර வினாத்தாள் } I, II Paper
නම பெயர் } Name	විභාග අංකය சுட்டிலக்கம் } Index No.	
කාලය காலம் } 2 hours Time		

• Underline from the correct answer in question number 01 to 20.

1.

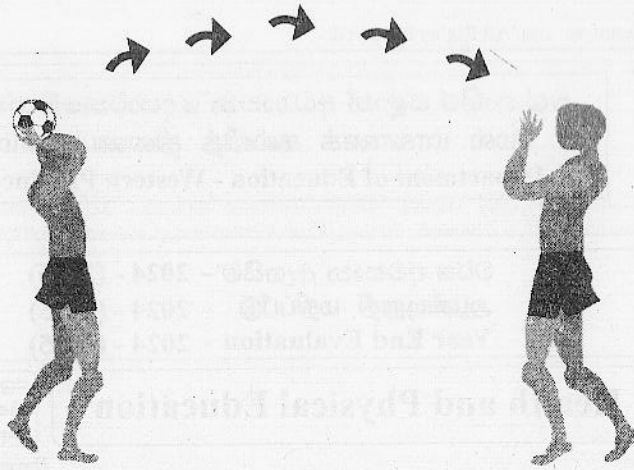
Total health

 - > A. Maintain good interpersonal relationship
 - > B. Being free from diseases
 - > C. Indentify the meaning of life
 - > D.

Most suitable statemant for "D" is,

 - i. Maintain proper Body Mass Index (BMI).
 - ii. Facing to challenges successfully.
 - iii. Live according to the religion.
 - iv. Live with cooperatively.
2. Social health promotion should build up to solve health problems in the society. Action which we can do to fulfil is,
 - i. Do tasks for social welfare.
 - ii. Following hierachey of human needs.
 - iii. Use criteriaes of total health.
 - iv. Use Themes of health promotion.
3. According to the hierachy of needs of Abraham Maslow, highest need should fulfil by us is,
 - i. Self esteem.
 - ii. Self comprehension.
 - iii. Self actualization.
 - iv. Self confidance.
4. Main reason which can cause to get deformities such as kyphosis, scoliosis and flat back is
 - i. Congenital and environmental factors.
 - ii. Acording to height and weight of the body.
 - iii. Rest and sleep.
 - iv. Balance and force
5. Correct statement regarding to "Libero" player in Volleyball is.
 - i. Libero player can serve the ball with take a jump.
 - ii. Libero player can't spike when ball in beyond the net.
 - iii. Libero player should more than 5 feet 3 inches in height.
 - iv. Libero player play in front row at everytime.
6. Answer which can use to define "attacking" in netball is,
 - i. Centre pass can use to get a goal directly.
 - ii. Center pass can use with three passes to get goal.
 - iii. Center pass use to pass in between teammates and send to goal area and take a shot.
 - iv. Center pass send to wing attack (WA) and take a direct shot from that player.

7.



Above diagram represented,

- i. Activities which relavent to minor games.
- ii. Activities to practice setting the ball in Volleyball.
- iii. Activities to practice shooting in Netball.
- iv. Activities to practice throw-in in Football.

• Use following description to answer from question 08 to 10.

A - Mixed baton change/ non - visual method.

B - Hang technique.

C - Fosbury flop method.

8. According to the classification of athletic, hang technique use to,

- i. Field events.
- ii. Horizontal jumps.
- iii. Vartical jumps.
- iv. Track events.

9. Technique which represented in "A" is most suitable to.

- i. 100 m x 4 Relay events.
- ii. 300 m staplechease.
- iii. 400 m x 4 Relay events.
- iv. Heptathlon and Pentathlon events.

10. Rule which is belong to "C" is,

- i. Batton should change from hand to hand.
- ii. Event should start according to proper starting method.
- iii. Player can't get take off from beyond the take off board.
- iv. Player will disqualify after concecutive unsuccessful attempts.

11. Sport persons are special person who get special nutrition and select the wrong statement about them,

- i. Fat and lipids need to generate energy while doing activities in long time duration.
- ii. Carbohydrate and lipid are very important to generate energy for the sport.
- iii. Protien is very important to more training and develop our muscles and tissues of the body.
- iv. Vitamin and mineral are very important to reduce fatigue of muscles.

12. Skin is the largest organ of the human body. Skin disease which we can get.

- i. Bitot spot
- ii. Glucoma
- iii. Worm infection
- iv. Tuberculosis

13. Every mother expect healthy birth of baby. action which we can do for it is.

- i. Use smoking and alcohol.
- ii. Develop good mental state.
- iii. Not engage in sports and exercises.
- iv. Not engage in aesthetic exercises.

14. Most suitable test to measure "muscular strength" is,

- i. standing broad jump test
- ii. pushups test
- iii. continous running test
- iv. sit and reach test

15. main task of teeth which is called "canine" is,

- i. Grind food ii. Tear food iii. Chew food iv. Grind and chew food

16. Nutritional requirement which belongs to adolescence.

A - Folic acid

B - Iron and calcium

C - Vitamin A, B₁₂, C, D

- i. A and B ii. A and C iii. A, B and C iv. B and C

17. People face a lot of challenges in our competitive society and competitive education. Most suitable action which we can take to prevent stress is,

- i. Not identifying problems. ii. Unsuccessful time management.
iii. Not engage in religious activities. iv. Engage in exercises and hobbies.

18. Fire which we can use to cooking several pots at the same time is,

- i. Tin can stove ii. Double fork fire
iii. Ditch fire iv. Carter's fire place (3 stones fire)

19. Vitamin which we can use to improve eyesight and health state of eyes is,

- i. Vitamin A ii. Vitamin B iii. Vitamin C iv. Vitamin D

20. Games which can play according to standard rules and regulations. Use standard equipments and specific number of players can called as.

- i. Minor games ii. Organized games iii. Lead up games iv. Outdoor games

(2 marks x 20 = 40 marks)

Health and Physical Education

Part II

Nº 005764

• Question number one is compulsory.

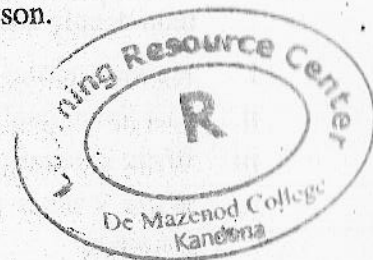
• Select four other questions and answer for five questions only.

G. 9

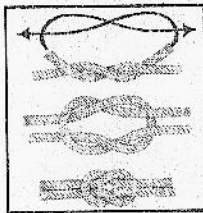
2025-01

01. Health promotion committee of our school and Lions club of our village proposed more activities to celebrate World Children day. So they thought to give nutritious meal for students who are in adolescence stage, likewise introduce minor games with introduce about value of engage in sports and hope to give the certificate for all participants. At that day, speaker spoke about areas of throwing, jumping and relay running events too.

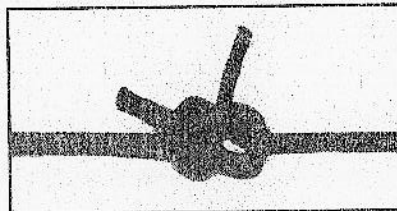
- Write 3 health problems can see in your area or society.
- Name 3 macronutrients should content in nutritious meal.
- Write 2 facts which we should consider when preparing meals for elder person.
- Name 2 other special need persons except sports person.
- Introduce about mixed method in relay events.
- Name 2 stages of high jump event.
- Write 2 rules related to long jump event.
- Name 2 throwing events according to classification of athletic.



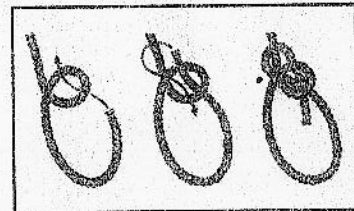
02. Knots and lashings, Bonfires and outdoor cooking are helps to face challenges successfully.



A



B



C

- Name knots and lashings in above A, B and C diagrams. (3 marks)
- Write 2 occasions which we can use knots and lashings in daily life. (2 marks)
- Name 2 bonfires you know. (2 marks)
- Name 3 foods can cook in outdoor (3 marks)

03. Disease can get as the challenge of a person in their day today life. When we face for diseases we can live with successful life.

- Name 2 communicable diseases you know. (2 marks)
- Name 2 ways of spreading that diseases. (2 marks)
- Write 2 non-communicable diseases. (2 marks)
- Write 3 steps can do to prevent non-communicable diseases you mentioned in above. (2 marks)
- Name 2 other challenges except diseases you learnt in grade 9. (2 marks)

04. Skin, nails, teeth, lips, nose and eye affect to the appearance of person, It helps to develop personality and hygiene too,

- Write 2 functions of skin. (2 marks)
- Write 2 actions can do to protect skin. (2 marks)
- Write 2 for each diseases can get to eyes and teeth. (4 marks)
- List 2 actions can done by you to protect your teeth. (2 marks)

05. Pahesara is a clever athlete. He fulfil his lunch through having instant food, like wise he drinks a bottle of sweetened.
- Write your idea about meal of pahesara. (3 marks)
 - Write 2 instant food items you know. (2 marks)
 - Write 3 myths about nutritional food. (3 marks)
 - Write 2 points should consider when selecting food. (2 marks)
06. Correct postures help to proper appearance, healthy and effective lifestyle.
- Briefly explain about congenital and environmetol factor which affects to wrong posture.(4 marks)
 - Name 3 reasons which affect to wrong posture. (3 marks)
 - Write 3 advantages of maintain correct posture. (3 marks)
07. When person adapt to the society, he should adapt to law, ethics and manners at that society. Sport help deeply adapt to this task.
- Name 4 parties should develop interpersonal relationship by the sport person. (3 marks)
 - List down qualities should develop to work with above parties you mentioned. (3 marks)
 - Write 2 benefits of following rules, regulations and ethics in sport. (2 marks)
 - Write 2 other programmes which we can use to adapt students, to the society except classroom activities. (2 marks)