



De Mazenod College
Health and Physical Education

First Term Evaluation 2025

Grade 7

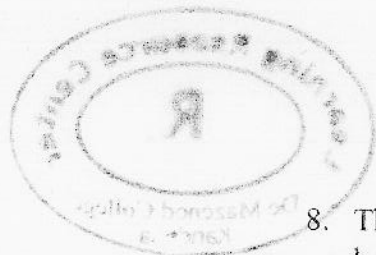
Time 1 ½ hours

Part I

2025-05-09

- Underline the most suitable answer for the questions from 1 to 10.

1. Improving and controlling, social, economical and environmental factors are known as,
 - i. Health development
 - ii. Health and protection
 - iii. Health promotion
 - iv. Social environment
2. The skill present of a person with social well - being.
 - i. Good interpersonal relationship
 - ii. Being active
 - iii. Meditation
 - iv. Misbehavior
3. A folk game that can be played without instrument is
 - i. Eluwankema
 - ii. Pancha dameema
 - iii. Leekeliya
 - iv. Coppara Coppara Pipigya
4. A group of people who give your love and protection at your home is,
 - i. Teachers
 - ii. Relatives
 - iii. Parents
 - iv. PHI
5. Footwork is a skill of an organized game. What is it?
 - i. Netball
 - ii. Volleyball
 - iii. Football
 - iv. Badminton
6. A feature of a mental environment is,
 - i. Safety and protection
 - ii. Enough space
 - iii. Working as a team
 - iv. Productive communication
7. One of the skills of Volleyball is,
 - i. Footwork
 - ii. Blocking
 - iii. Kicking
 - iv. Throw in



8. The instant mental condition which may cause changes in our mind or external body is known as,

- | | |
|--------------|--------------|
| i. Education | iii. Emotion |
| ii. Diseases | iv. Anger |

9. A respond that can be caused due to a bad emotion is,

- | | |
|-------------|----------------------|
| i. Crying | iii. unhappy |
| ii. blaming | iv. all of the above |

10. In volleyball, each team consists of players and they stand in the court, on either side of the net.

- | | |
|--------|---------|
| i. 07 | iii. 06 |
| ii. 10 | iv. 11 |

- Choose the most suitable word from the bracket for the question no. 11 to 15.

(Football, indoor, Public Health Inspector, shooting, spiking)

11. It is a responsibility of the to make the people aware of a communicable disease.

12. 'Pancha damima' is a folk game.

13. is a skill of Volleyball.

14. is a skill of Netball.

15. is the most popular game in the world.

- Put a tick (✓) or a cross (x) in the given bracket.

16. The national game of Sri-Lanka is Volleyball. ()

17. Over arm service is a skill of Netball. ()

18. Netball is a game popular among men. ()

19. Pregnant mothers are advised by the family health midwife. ()

20. 'Eluwankama' is a folk game. ()

(2x20=40 marks)

Part 02

Answer Five questions only.

1. Folk games are games that have been popular within a particular society for many generations.

- i. State 04 common features of folk games. (4marks)
 - ii. Write four outdoor folk games. (4 marks)
 - iii. Write four Folk games that can be seen during the new year season. (4 marks)
- (12 marks)

2. It is very important for a person to be loved in the family, at school and away from it.

- i. What do you mean as 'security'? (2 marks)
 - ii. Write four bad effects of lacking love and protection. (4 marks)
 - iii. Explain 'peer groups' (2 marks)
 - iv. Write four duties that you should fulfill for those who love and protect you. (4 marks)
- (12 marks)

3. Members of a family should take necessary steps to promote health in it.

- i. Write two features of a family with better mental environment. (2 marks)
 - ii. Write two features of physical environment. (2 marks)
 - iii. Write four things that you can do to develop physical environment of your family. (4 marks)
 - iv. Write four things that you can do to spend your leisure time fruitfully. (4 marks)
- (12 marks)

4. Most of our lives are spent with our family members. It is very important of physical, mental, social and spiritual well-being for a healthy life.

- i. Explain 'Health promotion'. (2 marks)
 - ii. State two features of a good social environment. (2 marks)
 - iii. 3R concept can be used to manage waste. Explain '3R concept' (3 marks)
 - iv. The people who give us love and protection can be classified into two main groups. State the two groups. (2 marks)
 - v. Explain 'Nuclear family' and 'Extended family' with suitable example. (3 marks)
- (12 marks)

5. The skill of Volleyball should be well practiced for being a good Volleyball player.

- i. Name the 6 main skills of volleyball. (3 marks)
 - ii. State two main ways of serving. (2 marks)
 - iii. Write down three stages of underarm receiving. (3 marks)
 - iv. Describe an activity that can be used to practice the under-arm method of receiving the volleyball. (4 marks)
- (12 marks)

6. A good netball player can be formed by improving the skills of Netball.

- i. Name four main skills of Netball. (2 marks)
 - ii. Explain 'Footwork' in netball. (2 marks)
 - iii. Write two activities that can be used to practice 'footwork'. (2 marks)
 - iv. Write two activities that can be used to practice movement in different directions. (3 marks)
 - v. Describe an activity that you have learnt for practicing landing. (3 marks)
- (12 marks)