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Second Term Evaluation - 2025

இரண்டாம் தவணைப் பரீட்சை- 2025

ශ්‍රේණිය Grade	11	විෂයය Subject	Health and Physical Education. (EM) I	කාලය Time	01 hour
නම பெயர் Name					

Instructions:

- **Answer all questions.**
- **In each of the questions 01 to 40, Pick one of the alternatives (1), (2), (3), (4) which is correct or most appropriate.**
- **Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.**
- **Further instructions are given on the back of the answer sheet. Follow them carefully.**

- **Read the following brief descriptions of several Grade 11 students and answer Questions 01 to 04 accordingly:**

Sameera - He is the captain of the college football team. His teachers and parents believe that he deserves the certificate awarded to the student who regularly attended school due to his ability to avoid illness.

Vidya - He has many friends and is always eager to help others. He is popular at school for being pleasant, friendly, and sensitive.

Vishwa - Everyone thinks he is a talented student who studies well, has an excellent memory, makes wise decisions, and has a strong interest in innovation and new creations.

1. Which student(s) are considered to have the best physical health according to the concept of total health?

1) Sameera
2) Vidya
3) Vishwa
4) Vidyaand Vishwa

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2. Which of the following is the most obvious characteristic of Vidya?

1) Good physical health
2) Good social health
3) Good mental health
4) Good spiritual health

3. What is the most helpful thing that can help Vishwa improve his current situation?

1) Attending the event
2) Always playing games
3) Meditation
4) Being alone

4. Choose the option that does not represent a common health challenge faced by all of them today:

1) Highly competitive lifestyle
2) Population density
3) Harmful sexual behavior
4) Engaging in recreational activities

5. What is the vision of the School Health Promotion Program?

1) A strong generation of children
2) A healthy and active generation of children
3) A school-friendly environment
4) A beautiful house

- **Use the following information to answer Questions 6 and 7.**

“Smoking, drinking alcohol, and using polythene are completely prohibited in Namalgama School. The local Public Health Officer is actively involved in the school’s health activities. Students, teachers, and all other officials of the school work cooperatively to develop both educational and co-curricular activities.”

6. What further action should the principal take to help make the school a Health Promotion School?

1) Formulate the necessary policies
2) Build a collaborative environment
3) Reorganize health services
4) Strengthen community participation

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7. Why are smoking, alcohol consumption, and the use of polythene completely prohibited in the school?

1) For skill development
2) For policy formulation
3) For the reorganization of health services
4) To build a collaborative environment

8. Which system in the human body helps control blood sugar levels?

1) Digestive system
2) Respiratory system
3) Excretory system
4) Reproductive system

9. The hormone released by the system mentioned above (Question 8) to control blood sugar concentration is:

1) Insulin
2) Thyroxine
3) Adrenaline
4) Estrogen

- **Use the following instructions given to Amila after visiting the doctor to answer Questions 10 and 11.**

“It is important to get enough carbohydrates, fats, and proteins. You should also get iron, iodine, calcium, phosphorus, and vitamins. Don’t forget to take the folic acid tablets given by the clinic. You should seek medical advice before taking any medications during the first three months. Even if you have a no appetite, you should eat nutritious foods in small amounts or at regular intervals throughout the day.”

10. According to the above information, Amila is:

1) A young woman who has reached puberty
2) A nursing mother
3) A pregnant mother
4) A sick woman

11. The micronutrients recommended by the doctor for Amila are:

1) Carbohydrates, protein, fat, iron, and iodine
2) Iron, iodine, calcium, phosphorus, and vitamin A
3) Vitamin A, calcium, phosphorus, carbohydrates, and protein
4) Fat, protein, iodine, calcium, and folic acid

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12. Mahima is showing rapid physical development. His beard has grown. He also seems focused on independence, standing out, and getting attention from the opposite sex. Mahima is in,

1) Adulthood
2) Middle age
3) Adolescence
4) Youth

13. Nishi is 38 years old. Kavi is 15 years old. Meenu is 52 years old. What is the correct order of their life stages?

A. Infancy, youth, and later childhood
B. Youth, adolescence, and middle age
C. Middle age, adolescence, and adulthood
D. Adulthood, adolescence, and middle age

14. To maintain a good quality of life, Rashana should avoid:

1) Increasing work efficiency
2) Creating a complex life
3) Acting respectfully to the principal
4) Following proper nutritional habits

15. “Students Walk on the playground. They run. In the classroom, they often sit. They stand. They lie down when they go to sleep.”
According to this statement, students are engaged in dynamic postures:

1) In the classroom
2) On the playground
3) At bedtime and in classrooms
4) In the classroom and on the playground

- **Use the following scenario to answer Questions 16 and 17.**

“Today was a hot day. Riana, who kept playing, started sweating profusely. He had a headache, dizziness, and fainted. He said that the flesh on his foot had turned brown.”

16. Riana is suffering from:

1) Snakebite
2) Burn
3) Electric shock
4) Dehydration

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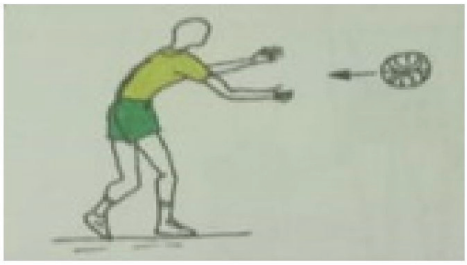
17. The above situation may have been caused Riana because:

A. He did not engage in warm-up activities
B. He did not engage in warm-down activities
C. Water and salts were lost from his body due to excessive sweating during sports
D. He did not eat a nutritious breakfast

18. The balance of the player shown in the figure is achieved due to:



A. Movement of body parts in opposite directions
B. Enlarging the base of support
C. Lowering the center of gravity
D. Tilting the body toward an external force

19. The act of releasing an object into the air is called a "projectilemotion," and the object itself is called a "projectile." Which of the following events does not involve the athlete's body acting as a projectile?

1) Long jump
2) High jump
3) Hurdling
4) 100-meter run

20. A group of students preparing for a trip practiced tying the right knots and hanging from a rope. They packed equipment to carry on their backs and prepared a stick for support. They were preparing:

1) To explore the jungle
2) For a walk
3) For a mountain hike
4) For a picnic

21. While exploring the forest early in the morning with all the necessary equipment, what is the easiest and most accurate way to find the north direction?

A. Asking the teacher
B. Placing a compass on a flat surface and reading the direction
C. Holding the compass up to find the direction
D. Finding direction based on the setting sun

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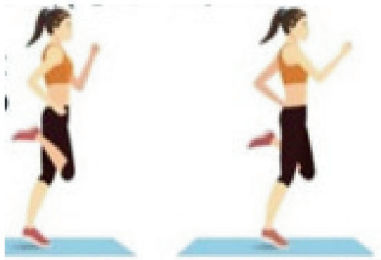
22. The referee observed a player's foot during a competition. The heel touched the ground first, followed by the ball of the foot, and finally the toes — in that order. This player was participating in:

1) A race-walking competition
2) A 100-meter race
3) A long jump event
4) A triple jump event

23. This image shows a type of running drills taught by your health and physical education teacher:



1) Running – A
2) Running – B
3) Running – C
4) Running – D

24. What is the first thing a first- aider should do?

1) Refer the patient for immediate medical attention
2) Investigate the nature of the accident
3) Immediately give artificial respiration
4) Give the patient something to drink

25. What is the most important action to take in order to prevent the spread of dengue and chikungunya?

1) Destroying mosquito breeding sites
2) Using mosquito nets and repellents
3) Fumigating the garden and surrounding areas
4) Wearing clothes that cover the body

26. Select the correct response based on the following statement and reason:

Statement: Potatoes with green skin should not be eaten.
Reason: Potatoes turn green when exposed to sunlight and produce a toxic compound called solanine, which can be poisonous.

1) The statement and reason are both false
2) The statement and reason are both true
3) The statement is true, but the reason is false
4) The statement is false, but the reason is true

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27. “A person with high sportsmanship always considers participation in a competition more important than winning.” This statement:

1) Explains the Olympic Pledge
2) Explains the rules of the sports
3) Explains the ethics of the sports
4) Explains the nature of fair competition

28. The five intertwined rings of the Olympic flag represent:

1) All athletes participating in the Olympic Games
2) The five main events at the Olympic Games
3) The five continents, regardless of nationality
4) The colors of all the national flags in the world

29. When trying to stop a shot and a tennis ball rolling on the ground, the tennis ball was easier to stop. This is because:

1) The tennis ball has more inertia than the shot
2) The shat has more inertia than the tennis ball
3) The speed of the tennis ball is less than that of the shot
4) The speed of the shot is less than that of the tennis ball

30. Two main factors that affect a player’s speed are:

1) The length of the player's step and the speed at which steps are taken
2) The number of steps taken in a second and the number of seconds
3) The speed of arm and leg movements
4) The start of the match and reaction time

31. Select the answer that includes only standard athletics events that begin with the use of starting blocks:

1) 100m hurdles, 400m hurdles, pole vault
2) 200m, 110m hurdles, 4x400m relay
3) 4x100m relay, 400m hurdles, 1500m
4) 5000 meters, 100 meters, 200 meters

32. All athletes in a 100-meter race arrive at the starting point wearing spikes, except for one athlete who arrives without them. As the starting official, what should you do?

1) The opportunity to participate in the event should not be given.
2) The opportunity to participate in the event should be provided.
3) Pause the start of the race briefly, give instructions to find a pair of running shoes, and allow the athlete to participate.
4) Provide another athlete with a pair of running shoes and allow them to participate instead.

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33. How is balance maintained while walking and running?

1) By keeping the center of gravity low
2) By enlarging the base of support
3) By leaning the body forward
4) By moving the arms and legs in opposite directions

- **Use the following pairs of events (P, Q, R, and S) to answer Questions 34 and 35:**
  P - Long-term use of banned substances in sports
  Q - Risk of serious bodily harm
  R - Engaging in proper warm-up exercises
  S - Musculoskeletal and skeletal injuries that may occur during sports

34. Which pair of events shows that an<u>increase</u> in the first leads to an <u>increase</u> in the second?

1) P and Q
2) Q and R
3) R and S
4) P and R

35. Which pair of events shows that an <u>increase</u> in the first leads to a <u>decrease</u> in the second?

1) P and Q
2) Q and S
3) R and S
4) P and R

36. Among the following programs implemented in school, which physical education program allows students to fully showcase their talents?

1) Art festival
2) The school cleaning service or donation programs
3) Inter-house sports festival
4) Religious festival

37. You are tasked with selecting the best badminton player in your house. Which tournament system would you use?

1) Knock-out tournament
2) League tournament
3) Knock-out and league tournament
4) Mixed tournament

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38. The numbers and events of two competitors in the National School Sports Competitions are shown below:

Contestant No	Participating Events
105	800 meters, 1500 meters, 5000 meters
148	200 meters, 400 meters, 110m hurdles

What is the correct starting method for their events?

1) Contestant 105 uses the standing start, and contestant 148 uses the crouch start
2) Contestant 105 and 148 both use the crouch start
3) Contestant 105 and 148 both use the standing start
4) Contestant 105 and 148 both use the crouch start

39. In a 4x100m relay race on a standard track, which runners must remain in their assigned lanes?

1) Only the first runner
2) Only the first and second runners
3) Only the first, second, and third runners
4) All four runners

40. Which country is proposed to host the 2028 Olympic Games?

1) Brazil
2) United States of America
3) Japan
4) France

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Second Term Evaluation - 2025

இரண்டாம் தவணைப் பரீட்சை- 2025

ශ්‍රේණිය Grade	11	විෂයය Subject	Health and Physical Education. (EM) II	කාලය Time	02 Hours
නම பெயர் Name					

❖ **Answer five questions only. Selecting questionNo.1, two questions from Part I and two questions from part II.**

1. Your principal of Ranminithenna Maha Vidyalaya has instructed you to assist in organizing the inter-house sports meet. He gave the following responsibilities:

   - Decide on the events to be held.
   - Properly arrange equipment.
   - Select chief guest and other invitees.
   - Conduct awarding without delay.
   - Appoint experienced referees/judges.
   - Keep competition records and results systematically.

   Answer the following:

   (i) Write two track and two field events for the sports meet. (2 marks)
   (ii) Name a starting method used in track events. (2 marks)
   (iii) Name a field event and one piece of equipment required for it. (2 marks)
   (iv) Assure the school band is assigned to welcome the chief guest. Name the instance they need to prepare. (2 marks)
   (v) If you are instructed to organize refreshments using nutritious foods, name one type of such food. (2 marks)
   (vi) Write one possible error that could happen on the ground even with an experienced referee. (2 marks)
   (vii) Write down one rule that referee must be careful about when judging long jump event. (2 marks)
   (viii) State one benefit of systematically keeping competition records and results. (2 marks)
   (ix) Name two skills, that students can gain through organizing inter house sports meet. (2 marks)
   (x) Name two organized games used for inter – house sports meet in school. (2 marks)

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Part I

2. During the interval, all students were playing, except for Mina and Rayani who sat in a corner. Mina looking fat and Rayani looking pale.

   (i) Describe the nutritional status of Mina and Rayani. (2 marks)

   (ii) Give three suggestions to help Rayani overcome her nutritional issues. (3 marks)

   (iii) List five negative consequences that Mina may face in the future. (5 marks)

3. The human life can be categorized in to few phases according to their age.

   (i) Name the stage that after the adolescence. (2 marks)

   (ii) Mention one change for catch of physical, mental and social sector that can be occurred during adolescence. (3 marks)

   (iii) State five challenges, which will be faced by the adolescents due to numerous changes they undergo. (5 marks)

4. Briefly explain how you successfully faced the challenges mentioned below.

   (i) While preparing the house on the day before the inter-house sport meet, your friends invite you to drink alcohol. (2 marks)

   (ii) You friend asked you to keep her mobile phone which was screfly brought in with you until school is over. (2 marks)

   (iii) You seen your best friend eats junk and fast food every day. (2 marks)

   (iv) You see a group of small children playing outside during heavy rain with lightning. (2 marks)

   (v) See you some polythene and plastic collected during the weekly clean – up being burned on near by land. (2 marks)

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Part II

5. The inter-house sports meet is a special occasion among extra-curricular school activities.
   (i) Name the three main stages of organizing a sports festival. (2 marks)
   (ii) If five teams are participating in a knockout tournament, calculate the number of matches using a formula. (3 marks)
   (iii) Mention one benefit and one draw of organized about tournament according to the knockout method. (5 marks)

6. Athletic activities can be seen in both indoor and outdoor settings. There are general and specific rules for each event.
   (i) Write one general rule related to the running track. (2 marks)
   (ii) Write three general rules for field events. (3 marks)
   (iii) Name four phases in hurdling. (2 marks)
   (iv) Write three rules specific to hurdle events. (3 marks)

7. Choose and answer only one of the following: A, B, or C.

A. Volleyball

- Manjula, a skilled volleyball player, coaches the school team.
  (i) What is the minimum and maximum number of players allowed in a volleyball team for a match? (2 marks)
  (ii) Mention three skills that Manjula might help improve in his team. (3 marks)
  (iii) Select one skill from the above and explain 02 activities that can be used to practice the relevent skill that you have selected. (5 marks)

B. Netball

- Kumudu, a skilled netball player, works as a netball coach.
  (i) What is the minimum and maximum number of players allowed in a netball team for a match? (2 marks)
  (ii) List three skills Kumudu might improve in her team. (3 marks)
  (iii) Choose one of these skills and explain three training activities that help develop it. (5 marks)

C. Football

- Vikum, a skilled football player, is the football coach of the school.
  (i) What is the minimum and maximum number of players allowed in a football team for a match? (2 marks)
  (ii) Write three skills Vikum might improve in his team. (3 marks)
  (iii) Choose one skill and explain three training activities to improve it. (5 marks)

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