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PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

THIRD TERM TEST 2020

Grade 11 Health & Physical Education - I

One Hour.

Name / Index No. :

- **Answer all questions**.
- **In each of the questions from 1 to 40 , pick one of the alternatives (1),(2),(3),(4) which is correct or most appropriat**e.
- **Mark a cross (X) on the number you select in the answer sheet provided.**
- **Further instructions are given on the back of the answer sheet. Follow them carefully.**

01. Kamal is a student who possesses good decipline, personality and good memory power. He is popular among his friends. He always behaves in a way to protect the school culture,
He is a student who,
(1) works to promote health
(2) possesses good personality.
(3) possesses total health.
(4) possesses physical well being.

02. Nimal can manage stress and emotions effectively. Nimal can be called as,
(1) a boy with mental well being.
(2) a boy with physical well being.
(3) a boy with psycho social well being.
(4) a boy with physical fitness.

03. Controlling the factors that affect the health of oneself, the family and the society is ....
(1) Total health (2) Health promotion
(3) Psycho social well being (4) Quality of life.

04. A feature of a physical environment in a health promoting school is,
(1) facilities for sports (2) protecting democracy of the students.
(3) having various societies. (4) appreciating the children.

05. The period belongs to early childhood is,
(1) between 5 to 8 years (2) between 5 to 10 years
(3) from one month to one year (4) from two months to five years

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06.

Student	BMI
Kasun	less than 18.5
Vijitha	18.5 - 22.9
Nadeeka	23 - 26.9
Gamidu	above 27

Among the above students, the student with Optimal BMI is,

(1) Vijitha (2) Nadeeka (3) Gamidu (4) Kasun

07. Ramal - Trying to overcome challenges with a definite objective.
Raj - Trying to strengthen the Economy.
Piyal - Engage in Religious activities mostly.
Ananda - Obeying the parents and elders.
The above mentioned boys are of different stages in life and characteristics. Among them who needs love & Marriage,

(1) Ananda (2) Raj (3) Ramal (4) Piyal

08. Sarath who is in the Middle age, is suffering from mental stress. The following remedies can be taken to overcome mental stress.
A - engage in aesthetic activities.
B - engage in social welfare activities.
C - engage in religious activities.
the correct remedies are,

(1) A and B (2) A and C (3) Only B (4) B and C

09. The energy needed to maintain correct posture is,

(1) maximum energy (2) no energy needed
(3) moderate energy (4) minimum energy

10. The correct statement about A & B postures is,

(1) Posture A is correct and posture B is incorrect.
(2) Posture B is correct and posture A is incorrect.
(3) Both A and B postures are correct.
(4) Both A and B postures are correct.


A


B

11. The following diagram depicts a test to measure a physical fitness factor. What is the physical fitness factor measured here ?



(1) strength
(2) co-ordination
(3) flexibility
(4) inertia

12. By doing the following activities, which physical fitness factor is measured ?

- engage in push-ups
- throwing heavy objects
- engage in dips
- engage in jumping activities

(1) Muscular strength (2) Flexibility
(3) Cardio vascular edurance (4) speed

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13. A - Inertia depends on the mass of the object.
    B - Momentum depends on the mass and the velocity.
    The correct statement from the above is,
    (1) Only A (2) Both A and B
    (3) Both A and B are wrong (4) Only B

14. To lead a healthy life we need to engage in different activities. The activity that we should limit from the following activities is,
    (1) Engage in Computer games (2) Engage in cricket and Badminton games.
    (3) Engage in dancing. (4) Using the stairs instead of the lift.

15. The following activities are done by 4 different players.
    Supun - Running on a track
    Thilanga - Zig zag running.
    Harsha - Throwing the medicine ball.
    Sachith - Speed running of 30 m
    Among the players the player who develops co-ordination is,
    (1) Thilanga (2) Harsha (3) Supun (4) Sachith

16. The runner who should have the maximum reaction speed in relay is the,
    (1) Fourth runner (2) First runner (3) Third runner (4) Second runner

17. When engage in tiresome activities, during a warm season, the body temperature increases, what kind of an accident can be expected in such a condition ?
    (1) dislocation (2) fracture (3) sprain (4) cramp

18. During race walking, the umpires show the following signal.
    
    It says,
    (1) running during the race
    (2) no contact with the ground.
    (3) walking lifting legs
    (4) bending the knees.

- **Answer the 19 - 20 questions by studying the following table.**

Athlete number	Event
48	5 000 m, 10 000 m, Pole vault
56	110 m hurdles, 200 m, Triple jump
62	1500 m, long jump
33	Relay 100 x first runner, 100 m, high jump

19. The athlete who starts his event by the crouch start is,
    (1) 56 & 33 (2) 48 (3) 48 & 62 (4) 56 & 62

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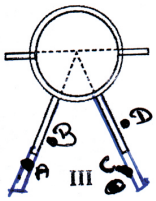
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20. The athletes who participate in horizontal jump,
(1) 56 (2) 56 & 62 (3) 33 & 56 (4) 48 & 33

21. 

The above diagram depicts,
(1) An activity to train high jump.
(2) An activity to train the technique of hurdles.
(3) A technique practicing triple jump.
(4) An activity to practice running.

22. An athlete, threw the discus to the following locations. Select the correct statement.



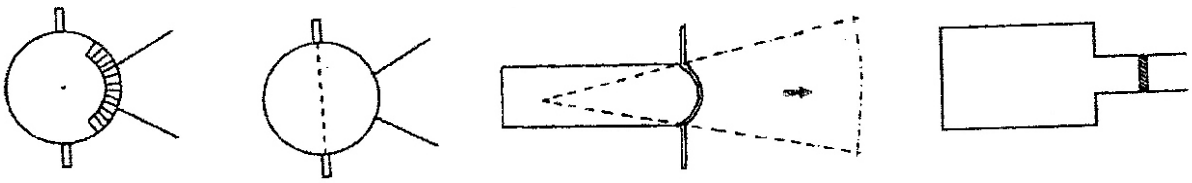
(1) A, B & C are correct (2) A, C & D are correct
(3) B, C & D are correct (4) A, B, C, D are correct

23. The technique used by an athlete, in this diagram is,



(1) Flop technique
(2) Straddle technique
(3) Scissor jump
(4) Eastern cut off.

- **Answer the questions 24 & 25 based on the following incident.**
- **You are being assigned to take the athletes to the relevant fields and providing them with necessary equipment. By studying the following diagrams, answer the questions.**



A B C D

24. To which field would you take the athlete who participates in shot put ?
(1) B (2) A (3) D (4) C

25. The equipment that you should provide to the field C,
(1) Shot - put (2) Hammer (3) Discus (4) Javelin

26. According to the classification of sports. The common event to all pentathlon - Heptathion and Decathlon is,
(1) pole vault (2) long jump (3) 200 m (4) 800 m

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27. A student in grade 10 has written the following as answer for a question.
- not being excited and being patient.
- correct decision making, assertiveness.
- not feeling ashamed.
- treating all alike.
- works with perseverance
- not feel loathing.

The question relevant to the above answer is,

(1) Qualities of a sports captain
(2) Qualities of a prefect
(3) Qualities of a first aider
(4) Qualities of a driver

28. 60% of the total body weight is water. When this percentage dicreases upto 3% during sports that condition is called as Dehydration. Which feature given below is not related to dehydration.

(1) reduction of the functioning of heart.
(2) increase in producing urine.
(3) decrease in supplying oxygen.
(4) problems related to maintaining body temperature.

29. The following facts are written on a leaflet which was distributed among students,
- Do not let anyone to touch your body.
- Be tactful and wise.
- Go to a safe place or to a secured person as soon as possible.
- Do not accept any gifts from strangers.

This leaflets are related to,

(1) create awareness on sexually transmitted diseases.
(2) create awareness during riots and accidents.
(3) create awareness to avoid, sexual abuse.
(4) create awareness to avoid accidents.

30.
- Increase in height and weight.
- Appearance of pimples on face.
- Broadening of hips.
- Menstruation.

The age group that belongs to the above characteristic is,

(1) adolescent boys
(2) adolescent boys and girls
(3) girls and boys of childhood
(4) adolescent girls

31. When stepping on to the adolescent period, due to the hormonal activities many changes take place in physical growth and sexual feelings. The Hormone responsible in creating such changes in girls is,

(1) Testosterone
(2) Growth hormone
(3) Oestrogen hormone
(4) Insuline hormone.

32. When preparing a vegetable salad the cause for the decrease in the nutritional value is,

(1) adding lime juice.
(2) washing the vegetables after cutting into small pieces
(3) using raw vegetables for the salad
(4) adding eggs and maldivefish to the salad

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33. Samadhi started to show the following symptoms.

- less memory power.
- being tired so easily
- less concentration
- laziness or lethargy.

the most suitable advice you can give to Samadhi is,

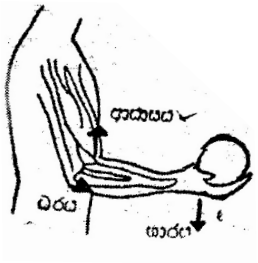
(1) advising her to take iron tablets properly given by the government.
(2) advising her not to consume goitergens.
(3) advising her to reduce sugar and salty food.
(4) advising her to consume iodized salt.

34. A Serving pickles in Aluminium vessels
B Frying meat, fish and potato chips
C Reusing the same oil repeatedly.

The instances of food poisioning are,

(1) A & B (2) AB & C (3) B & C (4) A & C

35. The diagram shows an activity practiced in athletics.
To which lever type does this belong to ?



(1) lever type I
(2) lever type II
(3) lever type III
(4) lever type IV

36. The system that is responsible in transporting gases, nutrients and protecting from diseases,

(1) Nervous system (2) Blood circulatory system
(3) Respiratory system (4) Skeleton system

37. This carries impulses from the receptor to the central nervous system,

(1) Muscle fibers (2) Actin & myosin fibers
(3) Kinetic nerves (4) Abdominal nerve

38. The absorbtion of nutrients mostly takes place in,

(1) small intestine (2) large intestine (3) pharyne (4) esophagus

39. Using garlic as a condiment helps,

(1) in the absorbtion of vitamin C. (2) in increasing the density of blood.
(3) in the absorbtion of iron. (4) to resist the action of virus & bacteria.

40. The food that contains high fat & sugar provides energy. But what do we call the food items that is less nutritious than other food ?

(1) instant food (2) energy giving food
(3) junk food (4) nutritious food

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PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

THIRD TERM TEST 2020

Health & Physical Education - II

Grade 11 **Two Hours**

Name / Index No. :

- **Answer 05 questions only as instructed. Any extra questions, answered if not struck off by the candidate himself, will be crossed out by the examiner without being marked.**
- **Answer five questions including question No. 01 and selecting two questions from each of the part I & II.**

---

(01) A leadership training camp has been organized by the grade 11 students who study Health and Physical Education, on behalf of the "sports day" in our school.

Various activities were organized in order to develop the skills under the theme of Health Promotion. The training camp started with a physical fitness program. A seminar was conducted on the challenges of the adolescence and how to overcome them.

The parents supplied the lunch, with vegetable fried rice, a vegetable salad, and some other curries. They gave a fruit salad for dessert, as well. The children were able to participate in a meditation programme too. In the evening there was a volleyball tournament, 5 teams participated with less facilities, and was able to conclude the tournament within the shortest period of time.

(i) Write two features that could be developed under total health, by conducting such leadership camps.

(ii) Write two health promoting strategies that are not mentioned in the paragraph.

(iii) The stage, that the grade eleven students belong to is considered as a very important period. Write 2 reasons to prove this,

(iv) Suggest two actions to overcome the challenges faced during the adolescent period.

(v) Write your opinion about the mixed diet provided by the parents.

(vi) Write two dynamic postures that the students maintained by participating in exercises and sports.

(vii) Write two cardio vascular fitness activities that could be implemented in this program.

(viii) What is the tournament method you could have launched for the volleyball tournament, held here?

(ix) Draw the tournament fixture for the 5 volleyball teams.

(x) What are the healthy measures you can take, when participating in such camps, or programmes, due to the present "Covid 19" viral epidemic ? Write 2 such measures, to combat "Covid 19".

(2 x 10 = 20 marks)

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Part I

(02) (i)
- Adequate rest is needed to get used to the unfamilar environment.
- As there are not enough fatty tissues. It should be protected from extreme cold and extreme temperature.

(a) To which stage of life do the above features talley with ?

(b) Write two psychosocial needs of the above stage. (03 marks)

(ii) Write two nutritional deficiencies, that the government protects the school children, from mal nutrition. (02 marks)

(iii) Write 3 actions to be taken to ensure healthy food during preparation. (03 marks)

(iv) Write two benefits of having local food. (02 marks)

(03) (i) Write the physical fitness qualities that are developed by engaging the following activities.

(a) Throwing the medicine ball

(b) Zig zag running. (02 marks)

(ii) We need to maintain balance not only in Jumping & Throwing events in athletics, but also in Gymnastics. Write 2 factors needed to maintain balance. (02 marks)

(iii) Sanath, who was participating in a long jump event at the inter-house sports meet, withdrew from the event due to an accident. Write 3 causes for sports accidents. (03 marks)

(iv) When providing first aid to Sanath, PRICE method was used. What do the letters stand for PRICE stand for ? (03 marks)

(04) How would you react during the following challenging situations.

(i) You feel that your friend who is sitting for the GCE O/L examination, this time seems to be highly worried, because his father is in a quarantine centre.

(ii) You notice a grade seven student, in the school library trying to tear the pages with pictures from a valuable book in the library.

(iii) Some students ask for your support to launch a strike against the principals' punishment to a student who is often late for school.

(iv) You came to know, that your sister who returns home from school, often buys ice-packets with her friend.

(v) When you practice netball you see, a team member faints. (2x5= 10 marks)

Part II

(05) Acquiring theoretical and practical knowledge of athletics contributes to the well-being of life.

(i) Among the running events, hurdling is an attractive event. Write the two stages of the hurdling technique. (02 marks)

(ii) Explain two activities to practice the javelin throw to a new athlete. (an apprentice) (02 marks)

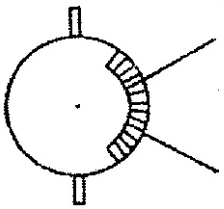
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(iii) Kamal was participating in a long jump event. The judge near the take-off board, raised a red flag. Write 3 reasons for this. (03 marks)

(iv) (a) Write the athletic event played in this play area.

(b) Write two techniques used in the above mentioned event. (03 marks)



(06) Answer the following questions by studying the table given below.

Name of the athlete	events
Amila	100m, 200m, put shot
Sahan	1000m, 5000m
Menaka	Long jump, high jump
Kamani	Marathon, Steeple chase.

(i) Write the types of fibres in Amila's and Kamani's legs respectively. (02 marks)

(ii) According to the events that Menaka participates, write 2 features of the type of fibre Menaka possesses. (02 marks)

(iii) The energy generated by the break down of ATP is used for muscle contraction. Write the formula. (03 marks)

(iv) Write 3 systems in our body that directly engage in physical activities. (03 marks)

(07) Answer only one question from the parts A, B, C.

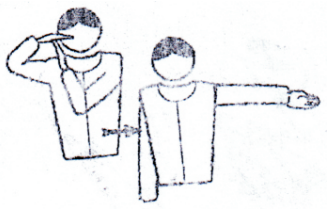
Part - A

(i) You have been assigned to train the new volley ball team of your house. Explain three activities to train "blocking" in volleyball. (03 marks)

(ii) Explain the following referee signals. (02 marks)



A



B

(iii) Explain your opinion as a referee, in the following instances.

(a) A back raw player, attacks the ball above the net and sends it to the opposing team by touching the attack line.

(b) The libero player, spikes the ball by coming to the front zone. (03 marks)

(iv) Write two officials needed to judge a volleyball match. (02 marks)

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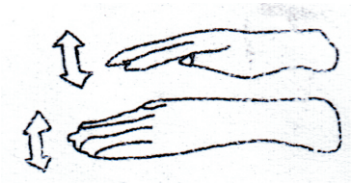
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Part - B

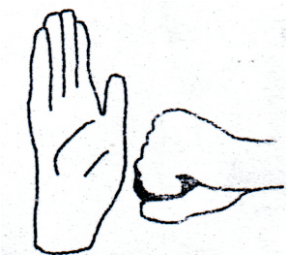
You are assigned to train the new netball team of your house.

(i) Write two activities to train the defending skill. (02 marks)

(ii) Explain the following hand signals of the referees. (02 marks)



A



B

(iii) Write down your opinion as a referee to the following situations.

(a) The ball touches an object or a person standing outside the court.

(b) The centre pass is received by not contacting the centre.

(c) lifting the leg which was on the ground when receiving the ball belore passing. (03 marks)

(iv) Write 3 officials needed to judge a netball match. (03 marks)

Part - C

You have been assigned to train the new foot ball team of your house.

(i) Write 3 activities to train 'heading' skill of football. (without jumping) (03 marks)

(ii) Explain the following referee signals. (02 marks)





(iii) Explain your opinion as a referee for the following instances.

(a) Two players from Paravi & Mayura houses, kicked the ball simultaneously and the ball went out, from the court.

(b) While a player from Mayura house gets a goal kick, due to an out ball by the opposing team. The two players from Paravi house are staying, in the penalty area. (03 marks)

(iv) Write the officials needed to judge a football game. (02 marks)

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Answer sheet - Part I

1 - (3)	11 - (3)	21 - (3)	31 - (3)
2 - (1)	12 - (1)	22 - (1)	32 - (2)
3 - (2)	13 - (2)	23 - (1)	33 - (1)
4 - (1)	14 - (1)	24 - (2)	34 - (4)
5 - (2)	15 - (3)	25 - (4)	35 - (3)
6 - (1)	16 - (2)	26 - (2)	36 - (2)
7 - (3)	17 - (4)	27 - (3)	37 - (4)
8 - (4)	18 - (2)	28 - (2)	38 - (1)
9 - (4)	19 - (1)	29 - (3)	39 - (4)
10 - (1)	20 - (4)	30 - (4)	40 - (3)

Part II

(40 marks)

(01) (i) physical, mental, social, spiritual

(ii)
- Formation of policies
- Building a health promoting environment.
- Obtain community participation
- Recruitment and organization of services necessary for health promotion.

(iii)
- A period of transition from childhood to adolescence.
- Resources to a country.
- Future generations.
- A rapid development period of physical mental social

(iv)
- taking responsible decisions.
- being creative
- engage in authentic activities.
- learning sports and self defensive sports / methods.

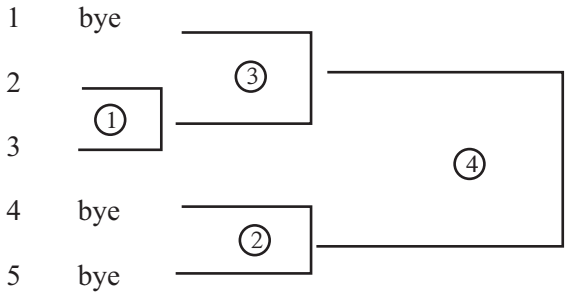
(v)
- A diet that contains all the required nutrients.
- A diet that promotes children's appetite.

(vi) walking, Running, Jumping .... etc.

(vii)
- brisk walking
- engage in minor games
- engage in aerobic respiration activities.
- jogging

(viii) Knockout method.

(ix) 1st round 2nd round final round



(x)
- Wearing masks that cover the nose & mouth.
- Always wash hands with soap.
- Maintain 1 m distance, from each other.
- Covering the nose and mouth when sneezing or coughing, or sneezing or coughing to the elbow.

(2 x 10 = 20 marks)

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Part I

(02) (i) Neonatal stage
- Petting
- talking
- singing lullabies ... etc.
- protection.

(ii) Iron deficiency / vitamin C deficiency / vitamin D deficiency

(iii)
- do not consume damaged food or eaten by animals
- avoiding contaminated food
- washing hands before cooking
- washing vegetables & fruits before cutting

(iv)
- with high nutritional value
- economic benefits
- free from toxins.
- can be grown in the home garden

(03) (i) (a) strength (b) Agility

(ii)
- keeping the line of gravity on the foot
- maintaining centre of gravity in a lower level
- maintaining a large supporting base.
- moving the parts of the body to opposite direction.
- moving the body to an external force.

(iii)
- Not engage in warming up exercises.
- using incorrect techniques.
- excessive training / practices.
- using unsuitable equipment.
- the play area is not according to the standard.

(iv) P - Protection
R - Rest
I - Ice
C - Compression
E - Elevation

(04) Give marks for positive answers.

Part II

(05) (i)
- running between hurdles
- clearing the hurdles

(ii)
- Throwing a soft ball over the head with single hand.
- forming two group (facing each) adn throwing the ball over the head.

(iii)
- Touching the area beyond the take off board (during take off)
- Stepping on either side of the take off board.
- taking off with both legs. (02 marks)

(iv)
- putshot
- linear method (Parry O Brien)
  Rotational method.

(06) (i) Amila - white - fast twitch fibers
Kamani - Red - Slow twitch fibers

(ii)
- more speed of contraction
- white in colour
- Anaerobic respiration
- less resistant to fatigue
- more storage of glycogen (food)

(iii) $ATP \rightarrow ADP + P + energy \uparrow$

(iv) skeleton system / muscular system / Nervous system

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(07) **Part A**

(i) Give marks for the relevant activities. (04marks)

(ii) A - double contact B- time out

(iii) (a) A fault - a service and a point to the opposing team

(b) not a fault - the game continues....

(iv) first referee / second referee / scorer / assistant scorer / two or four line judges..

Part B

(i) ♦ zigzag running by keeping obstacles.

♦ running side ways

♦ running changing the directions abruptly.

♦ running forward & backward

(ii) A - Held ball

B - personal contact (02 marks)

(iii) (a) Giving the ball to a player in the opposing team who can play in the region, by the side of the court. where the fault taken place.

throw in

(b) Giving a free pass to the opposing team

- (free pass) from the centre to the goal third.

(c) not considered as a fault. (03 marks)

(iv) ♦ tow umpires ♦ score keepers ♦ time keepers (03 marks)

Part C

(i) ♦ Heading the ball with the forehead while standing on the ground.

♦ when the ball is passed by one player and the other player heads the ball

♦ forming two teams, and let one player form A team to pass the ball and one player form B team should head the ball without jumping (give marks to answers)

(ii) A - warning B - throw in (02 marks)

(iii) (a) Tossing the ball at the exact place where both players attempted to kick.

(b) During a goal kick, the opponent player can stay in the penalty. That's not a fault can continue the game. (03 marks)

(iv) referee

two side referees (02 marks)

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