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බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව
மேல் மாகாணக் கல்வித் திணைக்களம்
Department of Education - Western Province

වර්ෂ අවසාන ඇගයීම
ஆண்டிறுதி மதிப்பீடு
Year End Evaluation 2020

ශ්‍රේණිය தரம் Grade	11	විෂයය பாடம் Subject	Health & Physical Education	පත්‍රය வினாத்தாள் Paper	I	පැය மணித்தியாலம் Hours	1

Important

- **Provide answers to all the questions.**
- **Provide answers to question numbers 01-40 by selecting the correct answer from the given choices. (1,2,3 and 4)**
- **Cross out (x) the correct circle on the given answer script relevant to the question.**

Four statements on total health, which was given by four students are listed below. Answer question no 1-3 by using the followings.

Vinuk - Total health is being away from diseases, minimizing the behaviors which causes of getting diseases and having a proper physical fitness.

Dinuk - Total health is identifying ones skills and facing the day to day challenges successfully.

Cheka - Total health is knowing the meaning of living a happy life and spending an active lifestyle.

Leka - Total health is spending a life which is developed in physically, mentally, socially and spiritually.

(1) According to the above given statements, the most suitable statement was given by,

1. Vinuk 2. Dinuk 3. Cheka 4. Leka

(2) According to what Vinuk has said, it is mostly close to,

1. Physical health
2. Mental health
3. Social health
4. Spiritual health

(3) A factor which should be there in a person with mental wellbeing,

1. Paying concern to proper nutritional level.
2. Paying concern to proper waist measurement.
3. Paying concern to effective communication.
4. Paying concern to activeness.

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- Ratio between the measurements of Waist and height can be taken as a way of measuring the correct nutritional status.

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(4) The correct method of measuring the waist level is,

1. Ratio between Waist/ height = $\frac{\text{Height (cm)}}{\text{Waist circumference (cm)}}$
2. Ratio between Waist/ height = $\frac{\text{waist circumference (cm)}}{\text{Height (cm)}}$
3. Ratio between Waist/ height = $\frac{\text{Height (m)}}{\text{Waist circumference (m)}}$
4. Ratio between Waist/ height = $\frac{\text{waist circumference (m)}}{\text{Height (m)}}$

(5) If you use the above equation to calculate to measure the ratio of waist circumference who is at a correct nutritional status the answer will be

1. Less than 0.52.
2. More than 0.5
3. Between 0.5 - 0.75
4. Between 0.5- 1.0

- Followings are some of the steps mentioned by the mid-wife which needs to be followed by the pregnant mother's.
  - ❖ Correct nutritional level of the mother.
  - ❖ Weight during pregnancy.
  - ❖ Weight of the infant.
  - ❖ Medical tests and advices.
  - ❖ Being happy and relax.

(6) According to the mid-wife, during pregnancy the weight of the mother should be increased,

1. Between 12kg – 15kg
2. Between 10kg -12kg
3. Between 10kg -15kg
4. Between 8kg – 10kg

(7) According to the mid-wife the most suitable weight that should be there in a baby is between,

1. 1kg – 2kg
2. 1.5kg – 2.5kg
3. 2kg-2.5kg
4. 2.5kg-3kg

(8) Which she did not mention regarding a neonatal child,

1. Child needs around 8 to 10 hours sleep.
2. Child should be protected from the coldness and heat.
3. Child should be fed breast milk whenever the child cries.
4. Breast feeding should begin during $1\frac{1}{2}$ hours.

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- Most of the accidents can be minimized by maintaining the balance when engaging in all human activities.

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(9) Which is not an accepted factor when maintaining balance,
1. Broad supporting base.
2. Center of gravity situated above the supporting base.
3. Having less height to the center of gravity from the surface.
4. Moving the body organs in the opposite direction.

(10) The advice that the doctor gives to Nalini who has night blindness,
1. Taking food more rich with iron.
2. Taking food more rich with vitamin A.
3. Taking food more rich with iodine.
4. Taking food more rich with calcium.

- Corona (Covid-19) is a disease related to the respiratory system that shock the whole world.

(11) An advice which is not given by the government to be protective from this disease is,
1. Maintaining a certain distance between each other.
2. Washing hands by putting soup often.
3. Shaking hands instead of saying ayubowan when greeting.
4. Using facial masks.

- A female is eligible to have a baby after stepping in to adolescence which also can be called as being re- born.

(12) The fertilization takes place in a female to conceive a child in,
1. In the ovum.
2. In side vagina.
3. Inside fallopian tube.
4. Inside the womb.

- Having to face various reasons, many emotions may arise in your life time, due to challenges and conflicts.

(13) A positive emotion which takes place in you is,
1. Anger 2. Scared 3. Happiness 4. Sadness

- Some of the imported containers with food stocked has being destroyed by the port authority due to the food not being in a proper standard.

(14) The incorrect idea of food safety is,
1. Should be concerned when manufacturing.
2. Should be concerned about ones who get involved with the production.
3. Should be concern when transporting.
4. Should be concern when storing.

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(15) Which should not be done when preparing food while protecting its nutritional value,

1. Washing food such as fish and meat as much as you can.
2. Mixing lime after taken from the hearth.
3. Boiling according to its necessity.
4. Some food cooking while the lid is being open.

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- Information of four patients who have come for a HIV/AIDS checkup are given below.

A. – Have used cloths worn by an HIV infected person.
B. – Maintaining unprotected sexual relationships with others.
C. – Blood injected of a person with HIV.
D. – Bathing in a swimming pool with a HIV infected person.

(16) Among the above patients, the patient whom you assume of getting a positive result is,

1. A 2. A and D 3. B and D 4. B, C and D

(17) Mode that HIV virus which infects the AIDS can live in,

1. On the face of the sperm.
2. Inside the virginal secretion.
3. In blood.
4. In all modes given above.

- Answer question number 18 and 19 by considering the incidents given by P, Q, R and S.

P - Smoking
Lung cancer will arise

Q - Consuming a balanced diet
Obesity will arise

R - Unprotected sexual activities
Disease may arise related to sexual organs

S - Consuming food rich in iron
Will cause Anemia

(18) Increase of the first one will affect the increase of second one

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

(19) Increase of first one will affect the decrease in second one

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

(20) Malika who came to the grounds to engage in sports activities saw a huge dog coming running to her. She got very scared and was frozen. At this situation a feature which was not seen in Malika was,

1. A need of passing urine
2. A need of passing stools
3. Increase in sweat
4. Decrease in heart beat

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- Information of 6 female athletes, who were joint to the training squad of Mr. Dishanth who is a talented coach in athletics is given below.

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Name	Events that they take part
Sunari	100m, 200m, 4x100m
Rukmi	100m, Long jump, 4x100m
Nayana	100m, High jump, 4x100m
Meepa	Shot-put, Discuss, Javelin
Amitha	1500m, 10,000m
Rohini	200m, Long jump, 4x100m

(21) Among the above athletes, the athletes that he trained according to the command 'On your mark and gunshot' is,
1. Suhari 2. Rukmi 3. Rohini 4. Amitha

(22) 'After landing, to walk from behind' was given as an advice to,
1. Rukmi 2. Nayana 3. Rohini 4. Meepa

(23) The way that Anitha supplies most of the energy when engaging in her event is,
1. Aerobics 2. Anaerobic
3. Anaerobic lactic Method 4. Phosphate method

(24) Suhari who is very good in running in a bend and to run more distance. The place that Mr.Dishantha will allocate for her to run in 4x100m relay is,
1. First runner. 2. Second runner.
3. Third runner. 4. Fourth runner.

(25) When engaging in their events, the athlete who need more reaction speed is,
1. Rohini. 2. Rukmi. 3. Meepa. 4. Amitha.

(26) Manjula, who participate in Decathlon events, an event that he has to take part on the first day is,
1. High jump. 2. 110m hurdles. 3. Pole vault. 4. Discuss.



(27) The above diagram shows of a technique used in long jump. The technique is,
1. Flying technique 2. Hang technique
3. Running in the air technique 4. Fosbery flop technique

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(28) The above shows the Olympic flag of the Olympic sports festival which is being witnessed by many people around the world. The five rings indicates in the flag is,

1. Five heroes
2. Five continents
3. Five major games
4. Five main countries



X



Y

(29) The above diagram shows of the postures X and Y which are maintained when pushing an equipment. According to this,

1. X is correct and Y is incorrect
2. X is incorrect and Y is correct
3. X and Y both are incorrect
4. X and Y both are correct

(30) Assume that 6 teams are to participate in a tournament which is being held according to the league system. Use the equation and calculate the number of matches going to be played. The answer what you got is,

1. 30 matches
2. 5 matches
3. 15 matches
4. 3 matches

(31) When a baton or a stick moving around a point is known as …… The suitable answer for the blank given is,

1. Load
2. Fulcrum
3. Effort
4. Lever

(32) The need for minimizing injuries and accidents, holding a fair player by maintaining the enthusiasm and protecting the dignity of sport is,

1. Rules and regulations of sports
2. Knowledge of first-aid
3. Expecting the victory
4. Participating in competitions

(33) The correct answer for the length and width of a standard track which holds international meets is,

1. 400m and 1.28m
2. 200m and 1.25m
3. 400m and 1.22m
4. 200m and 1.50m

(34) The rule which has to be followed by Upul who engages in a walking race is,

1. Both feet must have contact with the ground
2. One foot always must have contact with the ground
3. Both feet must be on air
4. When keeping the feet in front should change from toes to the ankle

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(35) The Sri Lankan athletic team left from the country to participate in an international meet. The incorrect statement from the given below regarding the international meets is,

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1. It is a must to use starting blocks for all track events
2. Must use a 400m running track when competing
3. It is a must to use a starting block when engaging in short distance running
4. It is allowed to take part with one number when taking part in pole vault and high jump

(36) At the Asian meet one participant made all surprise by winning a gold medal with a new record in discuss by throwing it more than the expected distance. At a test done afterwards it was found that he is guilty of taking banned drugs. Athletes are forced to take these drugs due to,

1. Producing energy fast
2. Minimizing tiredness
3. Expanding the body muscles by making the producing of hormones faster
4. To fulfill all the above

(37) At the finish of a running race, the winner is always decided according to how the torso of the competitors are being passed over the finish line. According to this the torso means,

1. Competitors body excluding his head.
2. Competitors body excluding his feet.
3. Competitors hands and feet only
4. The body between competitor's neck and the waist

(38) Sumal and Nimali who went to watch an International football and a netball competition, the correct statement given by them regarding the times that they watched the relevant games are,

1. Sumal - football (90 min) and Nimali - netball (90 min).
2. Sumal - football (90 min) and Nimali - netball (60 min).
3. Sumal - football (60 min) and Nimali - netball (60 min).
4. Sumal - football (60 min) and Nimali - netball (90 min).

(39) Some of the students were engaging in a curtain game. They engaged in the game happily with coordinating among each other while dividing themselves into two teams and making their own rules and regulations. This game is,

1. Organized games
2. Indoor games
3. Lead-up games
4. Minor game

(40) The country and the city accordingly, which next Olympics in 2024 is held,

1. America, New York
2. France, Paris
3. Japan, Tokyo
4. China, Beijing

(1x40=40 marks)

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ஆண்டிறுதி மதிப்பீடு
Year End Evaluation 2020

ශ්‍රේණිය தரம் Grade	11	විෂයය பாடம் Subject	Health & Physical Education	පත්‍රය வினாத்தாள் Paper	11	පැය மணித்தியாலம் Hours	2

Important
Question no 1 is compulsory. Select and answer two questions from part 1 and two questions from part 11. Answer only 5 questions.

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(01) Mr. Kithsiri who took over the new appointment of being the principal of Sandagala Maha Vidyalaya is a person who is a good administrator and a good manager was serving as a teacher for a very long time. He decided to take the following actions to uplift the standard of the school.

- Commencing various sports to improve the extracurricular activities.
- Starting of outdoor activities to encourage getting adder to natural environment
- Organizing various programs to avoid facing accidents and disasters and establishing the firs-aid unit.
- Activating various programs related to nutrition and giving advice to the canteen to sell only the local food rich in quality.
- Activating religious activities developing the quality of the students.
- Developing shramadana, field trips, lectures, workshops and public services to develop interpersonal relationships among students, teachers, parents and public.

(1) Write two approaches or methods that can be used by Mr.Kithsiri to convert the Sandagala maha vidyalaya in to a health promoting school.
(2) Write two extracurricular activities that Mr.Kithsiri may commence in school.
(3) Write two outdoor activities that Mr.Kithsiri may use to develop experiencing the beauty of the natural environment.
(4) If advices are given to maintain a first-aid box in every class room, write two pints that attention should be paid to.
(5) Propose two types of food that should sell in the canteen by considering the safety of nutrition and health of the students.
(6) Write two types of food that the principal may ban in selling in the canteen.
(7) Write the first-aid method which can be given to a muscle injury faced when engaging in sports.
(8) Write two qualities that should be there in a first-aider.
(9) The principal proposed to develop the empathy in the students through religious activities. What is meant by empathy?
(10) Write two activities of public service programs that you will propose to the principal to develop interpersonal relationships.

(2x10=20 marks)

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(02) It is a factor you know from birth to death that the human engages in various activities with movements. Many systems in the human body activates together for this purpose.

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(1) Write two systems that are directly involve in motion. (02 marks)

(2) Write three fitness factors related to skills in motion. (03 marks)

(3) Explain reaction speed which can be seen in motion activities and write two activities that can be used in developing this. (05 marks)

(10 marks)

(03) It is to be seen that many organizational structures are being displayed in a school. By using various sketches these structures can be presented.

(1) Write two common features of an organizational structure in a school. (02 marks)

(2) Write three qualities of roll of a manager. (03 marks)

(3) Provide an organizational structure which can be seen in a school. (05 marks)

(10 marks)

(04) Explain how you will react when overcoming the following challenges.

(1) Your friend has decided not to go to school due to principal being aware about posting some of the photos which are not suitable to post in to face book.

(2) Your friend is requesting you to go for an interview of a job which is being published in a newspaper. You have got to know that the certain organization is engaging in an illegal activities.

(3) At your home you are always preparing instant 0food, due to parents being busy with their work,

(4) Your friend who is facing G.C.E Ordinary level exam this year does not engage in any sports or extracurricular activity but allocating time only to participate in tuition classes.

(5) You friend is forcing you to take part in the picketing against the principal who has taken disciplinary actions against some of the students.

(2x5=10 marks)

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Part 11

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(05) It is a must to work towards maintaining postures according to bio-mechanical factors when spending a healthy life.

(1) Write the two major categories that posture can be divided into. (02 marks)

(2) Explain what inertia is according to bio-mechanical factors. (03 marks)

(3) Define what momentum is and write the equation used when measuring. (05 marks)

(10 marks)

(06) Assume that you are given the responsibility of organizing the school inter house sports meet.

(1) Write two duties that you will fulfill as pre-preparation. (02 marks)

(2) Write three activities that you engaged in, at the time of post-preparation. (03 marks)

(3) If you are interested in organizing a volleyball tournament with minimum expenditure, time and referees and participation of 7 teams, write the tournament method that you will select and draw the tournament draw. (fixture card). (05 marks)

(10 marks)

(07) Answer either A , B or C.

A) Assume that you are an expert in volleyball and given to train the under 15 volleyball team of your school.

(1) Write the number of players that you will get to participate when commencing the game. (01 mark)

(2) Write three skills that you will use when training the team. (03 marks)

(3) Select one skill and write briefly the order of activities that you will follow to develop the skill. (03 marks)

(4) Write the following official hand signals shown by the referees during a volleyball match. (03 marks)



X



Y



Z

(10 marks)

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B) Assume that you are an expert in netball and given to train the under 15 netball team of your school.

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(1) Write the number of players that you will get to participate when commencing the game of netball. (01 mark)

(2) Write three skills that you will use when training the netball team with. (03 marks)

(3) Select one skill and write briefly the order of activities that you will follow to develop the skill. (03 marks)

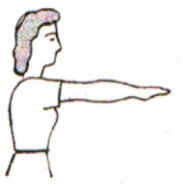
(4) Write the following official hand signals shown by the referees during a netball match. (03 marks)



X



Y



Z

(10 marks)

C) Assume that you are an expert in football and given to train the under 15 football team of your school.

(1) Write the number of players that you will get to participate when commencing the game of football. (01 mark)

(2) Write three skills that you will use, when train the team football. (03 marks)

(3) Select one skill and write briefly the order of activities that you will follow to develop the skill. (03 marks)

(4) Write the following legal hand signals shown by the referees during a football match. (03 marks)



X



Y



Z

(10 marks)

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