



யா/ஹாட்லிக் கல்லூரி,பருத்தித்துறை.  
J/ Hartley College, Point Pedro.



முதலாம் தவணைப் பரீட்சை-2020 – தரம் 09  
First Term Examination – 2020 – Grade 09

Health And Physical Education

86

E

I, II

இரண்டு மணித்தியாலம்  
Two Hours

கட்டெண்  
Index No

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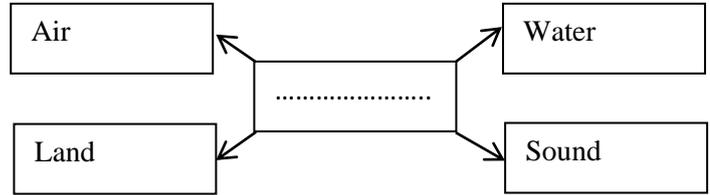
**Health &Physical Education.**

Part I

**Underline the most suitable answer.**

(01) The answer that fills the blank is,

- (1) Relief
- (2) Atmospheric composition
- (3) Climate
- (4) Elements of Environment



(02) There are five themes that should be considered to improve the health promotion. which one of the followings are correct.

- (1) Develop health policies
  - (2) Not get help from the community
  - (3) Improve knowledge and skills
- (1) A and B correct      (2) A and C correct      (3) B and C      (4) AB and C correct

(03) To which needs do confidence and appreciation belong?

- (1) Love      (2) Self esteem      (3) Security      (4) Physical

(04) Name the Psychologist who did the experiments on human needs?

- (1) Abraham Lingam Linchon      (2) Skinner      (3) Paulo      (4) Abraham Maslow

(05) In adults, Calcium deficiency causes ..... This leads to weakening of bones, bone pain and fractures.

- (1) Arthritis      (2) Paget' disease      (3) Osteoporosis      (4) All above

(06) Select the correct Statements

- A- Use iodated salt for cooking
- B- Save the money used for health
- C- Build up the attractive environment

of the above statements, which are related to health promotion?

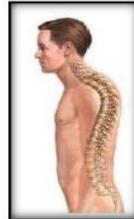
- (1) A and B correct      (2) A and C correct      (3) B and C correct      (4) AB and C correct

(07) The Disease which is caused by Polluted water?

- (1) Dengue
- (2) Respiratory disease
- (3) Typhoid
- (4) Elephantiasis

(08) The disease state shown in the picture

- (1) Kypbosis
- (2) Lumber Lordosis
- (3) Bowlegs
- (4) Flatback

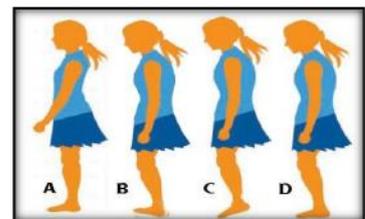


(09) The letter 'R' of 'SMART' method indicates

- (1) Specific      (2) Relevant      (3) Assignable      (4) Measurable

(10) Who follows the correct posture as shown in the pictures,

- (1) A
- (2) B
- (3) C
- (4) D



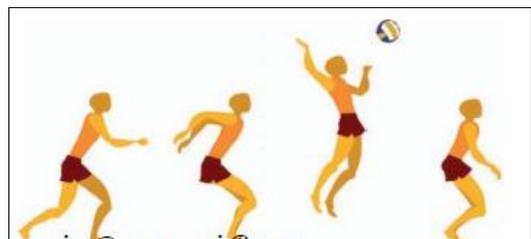
\* Use the information given and answer questions 11,12,13

A	Netball	Kabadi	Football
B	Cricket	Hockey	Tennis
C	Road race	Walk race	Event field

(11) The games played without using equipment are,

- (1) A      (2) B      (3) A, B      (4) None of the above

- (12) To which group do The jumping events which were held at your school sports meet belong?  
 (1) A                      (2) B                      (3) C                      (4) None of the above
- (13) The game which is played using ‘bat’ is,  
 (1) A                      (2) B                      (3) C                      (4) None of the above
- (14) Which of the following is not the characteristic of organized games?  
 (1) Accepted rules  
 (2) Using grounds with standard measures  
 (3) Using equipment made in standard size  
 (4) Not mentioning the number of players
- (15) What are the factors that differ the needs of an individual in the society?  
 (1) Various tastes                      (2) Different occupation, skills  
 (3) Different Age groups                      (4) All the above
- (16) Some responsibilities have to be done for society,  
 (1) Helping others  
 (2) Working cordially with neighbours  
 (3) Protecting public properties  
 (4) All the above
- (17) Select the correct statement  
 (a) Exercise is good for physical health  
 (b) Engaging in incorrect games without proper guidance leads to incorrect posture  
 (c) Using unsuitable clothes and shoes leads to incorrect posture  
 (1) A and B are correct                      (2) B and C correct  
 (3) A and C correct                      (4) A,B and C are correct
- (18) The skill of the game shown in the picture is,  
 (1) Volley ball  
 (2) Netball  
 (3) Basket ball  
 (4) Foot ball



(19) When is world Environment Day Celebrated?

(1) March -05

(2) April -08

(3) June -05

(4) December -01

(20) Which viral disease threatens the entire world in 2020 is,

(1) Corona

(2) Swine flu

(3) Bird flu

(4) rat fever

(20 x 2=40 Marks)

Part - II

Answer any of four questions

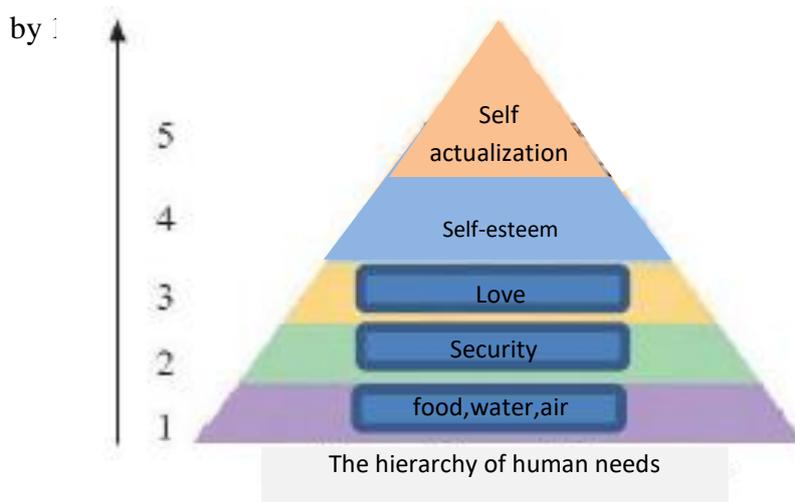
(01)



1. Identify the activities shown in the pictures A and B
2. How are these activities called?
3. Give two activities that caused the situation in 'B'
4. Give three diseases caused due to the activity of 'A'
5. Except the above activities mention three activities that affect the environment

(02) “..... is known as identifying our inner strengths

1. and using them to serve the Society to give us satisfaction and a peaceful life”. what is the word to be filled in the bank?
2. According to the hierarchy of human needs shown in the diagrams, what are the needs and indicated by 1



3. Give three good health habits
4. Give three skills found in an individual
5. Mention three qualities found in a healthy person

- (03) 1. What is 'correct postures'  
 2. Give three basic factors that cause incorrect postures  
 3. Mention three abnormalities due congenital causes  
 4. Mention three effects caused by improper habits  
 5. Write two deformities caused due to disease state



- (04) 1. What is an organized game?  
 2. Give 3 qualities of organized game?  
 3. Mention 3 indoor games  
 4. Write 3 water games  
 5. Mention 2 defense games

(05) Answer the questions by using the following information.

Major game	Skills	No of Players
A	Spiking, Blocking, defending	06
B	Dribbling, Goal keeping	11
C	Foot work, Shooting	07

1. Name the major games indicated by A, B and C in the table
2. Write other skills of major game "A"
3. Write the number of player in a team for the major game of A, B and C?
4. Who introduced the major game "C" in Sri Lanka?
5. What are the steps of spiking?

(04 x15=60 Marks)