



Asian Grammar School

1st Term - 2017

Grade 9

Health and Physical Education

2½ hours

Name :

Class :

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Part I

❖ Answer all the questions.

1. The transformation of the environment to a state that is unsuitable for all living beings is called.

- | | |
|-----------------------|-----------------------------|
| i) Total health | ii) Environmental Pollution |
| iii) Health Promotion | iv) Health Services |

2. Who listed out our needs.

- | | |
|--------------------|--------------------|
| i) Abraham Marslow | ii) Abraham Linkan |
| iii) Jenny Green | iv) Robert Kemic |

3. The state government provides relief to the low - income families. This means.

- i) Gaining community participation of health
- ii) laying down public policies beneficial for health
- iii) building up a co-operative environment
- iv) Organizing health services.

4. The lumber region of the spinal column is pushed forward while the hips are pushed back beyond the normal conditions. This abnormality shows us.

- | | | | |
|-------------|---------------|--------------|--------------|
| i) Kyphosis | ii) Scoliosis | ii) Lordosis | iv) Bow legs |
|-------------|---------------|--------------|--------------|

5. Water born disease is,

- | | |
|------------------|-------------------------|
| i) Mental stress | ii) High blood pressure |
| iii) Diarrhoea | iv) Fever |

❖ Put ✓ or ✕.

6. Mental stresses caused by sound pollution ()
7. Foot work, throwing, catching are not netball skills. ()
8. Unsuitable sports equipments may lead to abnormalities. ()
9. By listen to others cannot build up communication competency ()
10. Sound pollution can presented by enforcing fines and taxes on those releasing sound haphazardly. ()
11. Athletics takes a main place among the organized the most greatest sports meet which is held in athletics is,
i) South Asian games ii) Asian games
iii) World championship iv) Olympic games
12. Sarath who is a good triple jumper completes 3 steps when engaging in the event the 3 steps in order are.
i) hop, step, jump ii) step, hop, jump
iii) Jump, step, hop iv) hop, jump, step
13. Ruwani is a lady who has a weight which suits the hight. The amount calories needed for her per day is,
i) 2000 calories ii) 2100 calories
iii) 2200 calories iv) 2300 calories
14. Gamini who would love to gain enjoyment by watching cricket matches does not miss any game and goes to watch every match played at international level with lot of enthusiasm. As a speetater a quality which cannot be shown by him, is
i) accepting defeat as well as the victory.
ii) encourage the participants
iii) Insult the participants
iv) not disturb the decision of the umpire
15. The advice which was given to the members of a relay team by there coach is to take the baton by looking at when bringing towards the runner and to run while exchanging the baton. These advises are given to the runners for the event of.

- i) 4 x 500 m relay
- iii) 4 x 200 m relay

- ii) 4 x 100 m relay
- iv) 4 x 400 m relay

16. The students who came to the physical education lesson was asked to play "Cat and the rat" by there teacher. The most suitable way to introduce this game is as.

- i) Fun games
- iii) Unwanted games

- ii) Organized games
- iv) Team games

17. 400 m running is included in.

- i) Middle distance running
- iii) Road running

- ii) Short distance running
- iv) Long distance running

18. A major factor or which affect the speed of the runner is,

- i) The distance of the step of the runner
- ii) The nature of the clothing's
- iii) The amount of the food of the runner
- iv) The nature of the heel of the runner

19. Posture can be divided in to 2 categories as static the dynamic a dynamic posture is.

- i) Starting / sitting
- iii) Lying/ sitting/ jumping

- ii) Walking/ running / sitting
- iv) walking / running/ jumping

20. You get a mental satisfaction by engaging in games at school. There you play organized games as were is an organized game. ,

- i) "Meeyo memo" game
- iii) Bear family

- ii) Dodge ball
- iv) Cricket

Health and Physical Education

Part II

❖ **Answer all the questions.**

01. An unhealthy environment leads to many health problems.

A, B, C, D are the pupils of grade 9 gathered information about polluting environment by the people.

- A - Dumping garbage every where
- B - Burning polything and garbage
- C - Various fuels disposed by ships
- D - War - explosions

i) What are the areas that get polluted by the above A - D. (4 Marks)

ii) Write 04 resources possessed by a healthy person. (4 Marks)

iii) Government has to divide reorganization of health services. Write 4 services. (4Marks)

iv) "Dengue" is the sever threat to the people so neighbors organized programme to dispose garbage and clean the environment list out who can we get the support form for this programme. (4 Marks)

v) Write down 5 principles of health promotion (4 Marks)

(Total - 20 Marks)

02. Our needs and desires are different so day by day we like to fulfill those,.

i) What is the differences between needs and desires.

ii) Abraham Marslow listed out our needs. Write those needs in order.

iii) Some challenges that may threaten your happiness could be overcome by building up competencies. Write 05 competencies that you need to develop

(15 Marks)

03. Correct postures affect person's health appearance and efficiency.

i) What is correct posture.

ii) What are the three basic factors which affect physical defects changing the mental and physical health condition of a person.

iii) Different defects can be caused due to in correct postures and bad health habits. State 5 incorrect habits which affect these defects.

iv) Mention 5 benefits you gaining form correct posture

(Total - 20 Marks)

04. You may have observed various sports with relevant to exercises taking place around the world. Organized games can be categorized in many ways.

- i) Give an example for the categorized in many ways.
- ii) Write 4 sports which are held under categorized sports.
- iii) Write 4 advantages of engaging in organizing games.

(Total - 20 Marks)