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சபரகமுவ மாகாண கல்வித் திணைக்களம்
Sabaragamuwa Provincial Department of Education

පළමු වාර පරීක්ෂණය - 2018 මාර්තු
 முதலாம் தவணைப் பரீட்சை 2018 மார்ச்
First Term Test – 2018 March

11 ශ්‍රේණිය
 தரம் - 11
Grade - 11

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය - I,II
 சுகாதாரமும் உடற்கல்வியும் - I,II
Health & Physical Education - I,II

පැය දෙකයි
 2 மணித்தியாலம்
2 Hour

- Paper II

- First question is compulsory. Answer two questions from Part one and two questions from Part two.
- Answer five questions only.

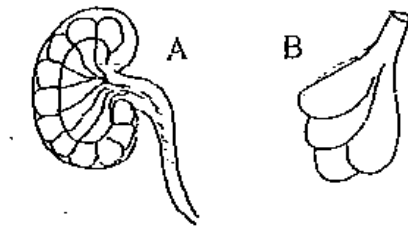
01) Vidura Chathura are two brothers Vidura is Handsome and strong and also he is very clever to learn as an active child.

Chathura is not active but studied and also he has a fat body. Vidura likes to get rice or kind of grain as his breakfast while chathura likes to get rolls,pastry etc... from the canteen. Vidura is good at 100M,200M and long jump. Vidura gives first aids to a friend whose leg has been sprained and also he follows advice of his coach. Vidura engaged in religious activities too.

- (I) Write 2 fields to show that he is healthy
- (II) Write 2 reasons from the passage which may be caused for to be fat
- (III) Mentioned the type of jumping event that Vidura participated in and give another event belongs to that category
- (IV) Name the first aid given by Vidura for the sprain
- (V) Mentioned two suggestions to control Chathuras obesity
- (VI) Name two non infectious diseases that could be harmful Chathura due to his life pattern, in future
- (VII) Mention the type of starting taken by Vidura to Start his running event
- (VIII) Name the type of postures
- (IX) Write 2 of ethics of sports that Vidura has developed.
- (X) Write 2 advantages that Vidura can gain by practicing Properly
 (2 x 10 = 20 marks)

Part 1

02) We should keep our system of our body healthy



- (I) The diagrams shown by A and B are two parts of the two systems of our body. Name the 2 systems (2)
- (II) Write two of the fascinations of the blood circulatory system (2)
- (III) Write 3 of the diseases relating to the reproductive system (3)
- (IV) Write 3 suggestions that you can make in your school to keep the reparatory system healthy (3)

03) Food helps to give energy to live , to grow our body and to protect our body from diseases , so food safety is important to keep a healthy life.

- (I) Name the 2 main parts of nutrients (2)
- (II) Name 2 nutritional problems in Sri lanka (3)
- (III) Name 3 steps to be taken to prevent nutritional deficiency (3)
- (IV) Describe 3 factors affecting nutritional deficiency

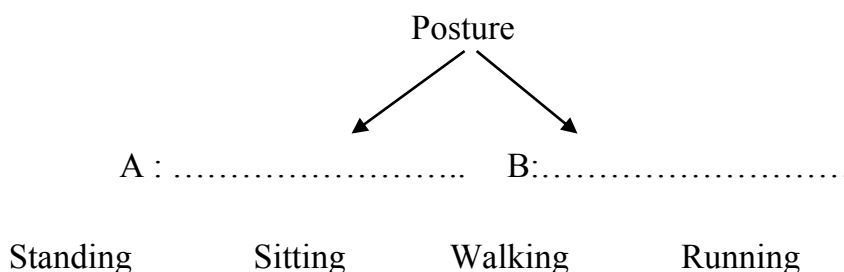
(04) Explain briefly the way how you face following Challenges successfully

- (I) You observe that your younger sister eats only instant foods as a habit
- (II) Your friend is trying to persuade you to take liquor expressing that use of liquor brings enjoyment
- (III) Your parents are asking you about the subject stream that you are going to follow for the G.C.E.(A/L)
- (IV) You must take immediate action to prevent the spread of Dengue disease in your village
- (V) You see that your friend Nimal is helpless and sad as his pair of running shoes has been missed when he is going to participate in the 200m at the sport meet.

(2x5=10)

Part II

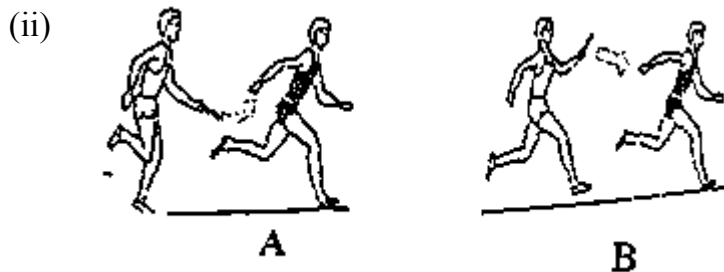
(01) We keep various type of postures in our day today life.



- (I) Name most suitable part for the blank A and B (2)
- (II) Name the factors that may help to maintain in balance (2)
- (III) Write 3 points that we should be considered when we are lying properly (3)
- (IV) Write 3 advantages of developing “ Muscular Strength” as a physical fitness factor

(06) (I) A technique is a way of doing something to slandered rules and regulation and also actively

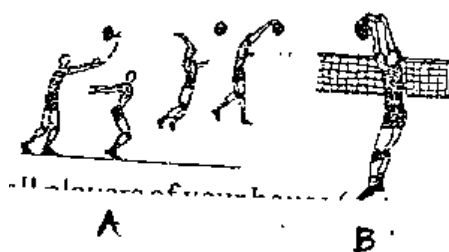
- (a) Write 2 technique of long jump (2)
- (b) Write 2 instances in which a long jumper can be fall (2)



Name the methods of changing the baton depicted by the diagrams “A” and “B” (2)

- (iii) Mention 2 facts to confirm that rules and regulations are important to play games (2)
- (iv) Write 2 ways that can be used to develop sports skills (2)

(07) (A) (i)The diagram A and B show 2 skills of volley ball name them(2)

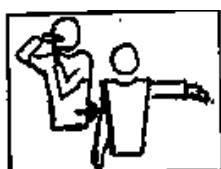


(ii) Explain 2 ways how you used to train the skill at B to the volleyball players of your house (Use diagram If necessary) (2)

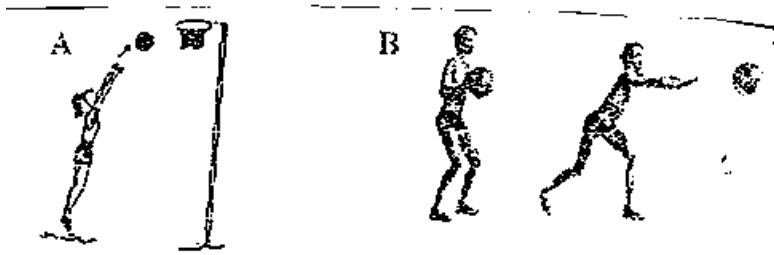
(iii) Give your decision to the following incidents

- The player at B team hits the ball consecutively 2 times when he receives it form the team A
- A front line player of the team B fell down and touched the play area of the team A while he was playing (3)

(iv) Explain the following Hand signals (3)



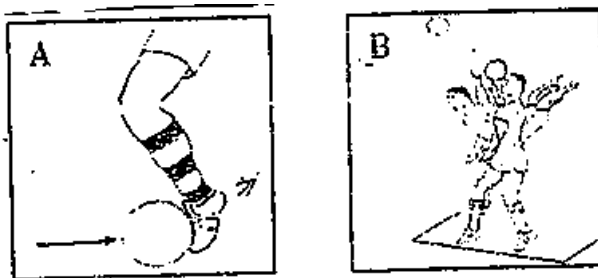
(B)



- (i) The above diagram show 2 skills of netball. Name the two skills (2)
- (ii) Write three rules that should be considered when the skill at A is being practiced properly (3)
- (iii) Explain the decisions given by you as a judge in a following instance
 - (a) The GA of the team “Blue” and the “C” of the team “Red” Catches the ball simultaneously
 - (b) The WA of the “Red” team enters the goal circle .
 - (c) The GK of the “Blue” Team obstructs the GS of the “Red” Team (3)
- (iv) Explain the following Diagram (2)



(C) (i) The following diagrams shows two skills of foot ball. Name them (2)



- (ii) Write 2 facts that you should be careful when skill at B is Being trained to your team. (4)
- (iii) Explain your decision at the following instance referee.
 - (a) A player from the team “A” hits the player of the team “B” (1)
 - (b) The ball goes off the line after attacked of a player of the team “B” (1)
- (iv) Explain the following hand signal (2)

