



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 7

HEALTH AND PHYSICAL EDUCATION

Time : 2 hours

Name / Index No.

• Answer all questions.

Part I

- 01 The process of empowering an individual to increase control over, and to improve social, economical and environmental factors that affect health is known as,
 - (i) Total health
 - (ii) Health Promotion
 - (iii) Health development
 - (iv) Mental development
- 02 A reason that is important for the health of the family,
 - (i) Being a place where much time is being spent.
 - (ii) Being a place where food patterns are found.
 - (iii) Being a place where health habits are initiated.
 - (iv) Above all.
- 03 Love and protection are,
 - (i) Mental needs
 - (ii) Physical needs
 - (iii) Spiritual needs
 - (iv) Social needs
- 04 Correct statement regarding folk games,
 - (i) Competitiveness is high.
 - (ii) Both male and female can engage.
 - (iii) 'Angam Pora' is not a folk game.
 - (iv) Standard rules and regulations are there.
- 05 Methods of serving in Volleyball,
 - (i) 4
 - (ii) 6
 - (iii) 2
 - (iv) 3
- 06 Below picture shows a type of sitting posture. That is,



- (i) Crook sitting
- (ii) Sitting on heels
- (iii) Sitting cross legged
- (iv) Kneeling

07 A skill of Netball,

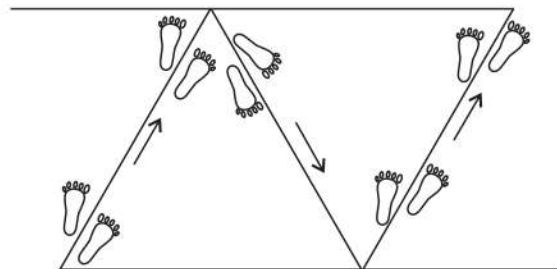
- (i) Spiking (ii) Attacking (iii) Receiving (iv) Take off

08 What is the correct statement regarding kicking the ball in football?

- (i) Cannot kick the ball with instep.
(ii) Can kick the ball with instep.
(iii) Can hit the ball with fingers of the hand.
(iv) Can hit the ball with both hands.

09 A correct posture that can be improved by engaging in below mentioned activity,

- (i) Correct walking
(ii) Correct sitting
(iii) Correct running
(iv) Correct lying



10 A feature of correct lying down,

- (i) The head, shoulders and the hip are not being in a straight line.
(ii) Lying down with bending one leg.
(iii) The surface used to lie down is a flat surface.
(iv) Bend knees, keeping feet flat on the floor and use a pillow to keep the head.

• Write the correct answer using the words given in the bracket for question No. 11 to 15.

(respiratory / waste / protein / blood / vitamin)

- 11 belongs to micronutrients.
12 Meat, fish contain lot of
13 Excretory system removes
14 Alveoli is a part of system.
15 Heart pumps the through out the body.

• Put (✓) mark if the statement is correct and if incorrect put (✗) in the brackets given for question No. 16 to 20.

- 16 Skipping can be used to practise running drills. ()
17 In athletics, taking off with one leg is a rule. ()
18 Throwing is only used in athletics. ()
19 Crying and laughing are the ways of expressing emotions by infants. ()
20 White blood cells help to destroy the germs enter into the body. ()

(2 x 20 = 40 marks)

• **Answer 05 questions including question No. 01.**

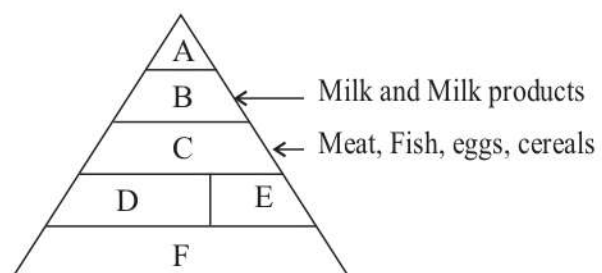
01 The health promotion programme was organized by President Central College in Puttlam and focused mainly on children. They conducted programmes to raise the awareness regarding the improvement of health status of family and fulfilling duties and responsibilities towards school. At the same time, there were some awareness programmes on engaging in organized games such as volleyball and athletics such as running to spend the leisure time effectively. Through these programmes they discussed that it is necessary to follow spiritual qualities for maintaining the proper functioning of systems of our body as well.

- (i) Mention two responsibilities that should be fulfilled by you towards your school. (02m.)
- (ii) Mention two responsibilities that should be fulfilled by you towards your family members. (02m.)
- (iii) Write two functions that you can do at home in spending the leisure effectively. (02m.)
- (iv) Mention two functions that you can do for family health promotion. (02m.)
- (v) Mention two main blood vessels seen in blood circulatory system. (02m.)
- (vi) Mention two activities that you suggest for the development of spiritual environment. (02m.)
- (vii) Write two methods of receiving in Volleyball. (02m.)
- (viii) Mention the way of your arm movement that should be followed when correct running. (02m.)

(2 x 8 = 16 total marks)

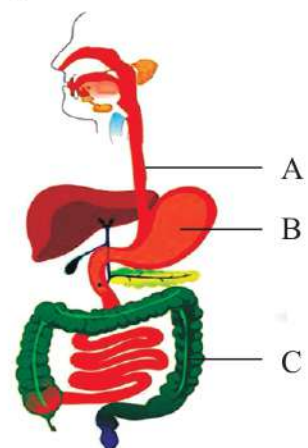
02 Below diagram depicts a Food Pyramid. Answer the questions using the diagram.

- (i) Name the food groups labeled as A, D, E in the above diagram. (03m.)
- (ii) Mention two types of foods that are suitable for "F". (04m.)
- (iii) Write four traditional local foods that are available in Sri Lanka. (04m.)



03 Digestive system is responsible for the digestion of foods, absorbtion of nutrients and discarding waste matters from the body.

- (i) Name A, B, C of this system. (03m.)
- (ii) Write two changes occur to foods inside the mouth. (04m.)
- (iii) Write two habits that should be followed to maintain a healthy digestive system. (04m.)



- 04 Sitting, Walking, Lying are common postures we follow in our day to day life.
- (i) Mention three correct lying postures. (03m.)
 - (ii) Write two situations where we follow lying postures. (04m.)
 - (iii) Write four advantages that you can gain through correct walking. (04m.)
- 05 Simplicity, Creates unity and Brings happiness are common features of folk games, and engaging in folk games can be seen through out the past.
- (i) Mention three folk games seen in new year season. (03m.)
 - (ii) Name the two types of folk games. (04m.)
 - (iii) Name four folk games which use songs. (04m.)
- 06 Jumping and throwing are used in day to day life.
- (i) Mention three stages of jumping. (03m.)
 - (ii) Describe an activity to practise jumping. (04m.)
 - (iii) Describe an activity to practise throwing. (04m.)
- 07 Games that use standard rules and regulations, equipments and courts are known as organized games.
- (i) Mention three skills of volleyball. (03m.)
 - (ii) Mention an activity to practise footwork with the ball in netball. (04m.)
 - (iii) Describe an activity to practise kicking the ball in football. (04m.)

Answer Sheet - Part I

| | | | | | | | |
|------------|----------|--------------|--------------|-------------|------------------|---------|---------|
| (01) ii | (02) iv | (03) i | (04) ii | (05) iii | (06) ii | (07) ii | (08) ii |
| (09) i | (10) iii | (11) Vitamin | (12) Protein | (13) Wastes | (14) respiratory | | |
| (15) blood | (16) ✓ | (17) ✓ | (18) ✗ | (19) ✓ | (20) ✓ | | |

(2 × 20 = 40 marks)

Part - II

- 01 (i) Give marks for relevant answers. (02m.)
(ii) * Fulfilling duties and responsibilities towards the family (Actively participate when organising family functions, maintain good relationships with parents, siblings, relations)
* Following correct food habits.
* Avoiding smoking and consuming liquor and narcotic drugs.
* Conveying health messages to the family.
* Spending the leisure effectively. (02m.)
(iii) Engaging in aesthetic activities, Engaging in literary activities, home gardening etc., (02m.)
(iv) Establishing health policies, improving knowledge and skills, making a healthy environment, obtaining community participation, reorganization of health services. (02m.)
(v) Arteries, Veins (02m.)
(vi) Helping the needy, following activities at home and in religious places, showing kindness to animals, engaging in a suitable meditation, engaging in yoga, protecting the nature. (02m.)
(vii) Over arm receiving, under arm receiving (02m.)
(viii) Bend the arms by 90° at the elbow and swing forward and backwards. / Right hand must move with the left leg in the same direction while the left hand must move with the right leg in the same direction. (02m.)
- 02 (i) A Oil and Sugar D Vegetables E Fruits (03m.)
(ii) rice, bread, grains, yams (04m.)
(iii) Mixed green leafy mullum, seven vegetable curry, thalapa, diya bath, salt porridge etc..... (04m.)
- 03 (i) A Oesophagus B Stomach C large intestine (03m.)
(ii) Breaking into small pieces, grinding, mixing with saliva, forming into bolus (04m.)
(iii) Take meals at the correct time, take meals with proper nutritional value, take more natural foods and beverages, take food rich in fibre, minimize the consumption of oil, salt and wheat flour, drink enough water etc..., (04m.)
- 04 (i) lying with face upwards, lying with face downwards, lying sideways (left of right) crook lying. (03m.)
(ii) During sleeping, during a disease, during relaxing (04m.)
(iii) reduce tiredness, expends less energy, increases efficiency, minimizes discomfort, maintains balance etc.,
- 05 (i) Pancha demeema, Nerenchi, Olinda keliya, Eluwan kema, Wala kaju gaseema (03m.)
(ii) Outdoor folk games, indoor folk games, religious folk games, adventurous folk games etc., (04m.)
(iii) Olinda Keliya, Onchili waram, Eluwan kema, Iniweta Peraleema, Mewara Keliya etc., (04m.)
- 06 (i) Take off, Flight, Landing (03m.)
(ii) Hopping with one leg, jumping with both legs, jumping over and object.... etc., (04m.)
(iii) Rubber balls, Netballs, Volleyballs, rings of different sizes and pieces of wood of different length..... Give marks for activities described as throwing to a target. (04m.)
- 07 (i) serving, receiving, setting, spiking, blocking, court defending (03m.)
(ii) Give marks for a relevant activity. (04m.)
(iii) Give marks for a relevant activity. (04m.)