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மகாணக் கல்வித் திணைக்களம் - வட மத்திய மாகாணம்
DEPARTMENT OF EDUCATION - NORTH CENTRAL PROVINCE



Grade

7

SECOND TERM TEST - 2019

SUBJECT - Health and Physical Education

School :

Name of the Student/ Index No :

Time : 2 hrs.

Part I

Answer all questions

(1x20=20 marks)

Underline the most suitable answer.

- Which is not a part of the physical surrounding of a healthy family?
a. clean water b. clean environment c. tranquility d. free time
- What is included in 3R system of garbage disposal management?
a. Separate garbage
b. reduce the amount of waste
c. reduce use of polythene
d. burning polythene
- What are the two categories of folk games?
a. Outdoor and indoor folk games.
b. Folk games played with equipments and without equipments
c. Individual and pair folk games
d. Children's' and adults' folk games
- Which is not considered as an activity to practice footwork in netball?
a. Run backwards and stop instantly at the command
b. Run on the spot slowly and stop at the command.
c. Run on the spot fast and stop at the command.
d. Controlling the ball using the instep of the foot.
- Which is the wrong answer on correct posture of lying?
a. Does not waste energy unnecessarily.
b. Does not affect the bones and other organs
c. Feel discomfort and fatigue
d. Get a good sleep
- Which answer shows the nutrient and relevant food items?
a. Carbohydrates- cheese and butter
b. Protein- bread and rice
c. Minerals- serials and sweet potatoes
d. Lipids- oils and peanuts

7. Which is not a way of sending water away from our body?
a. blood b. urine c. sweat d. faeces
8. What can you do to protect the respiratory system?
a. Being away from clean environment
b. Doing exercises
c. Putting things inside the nose to clean it.
d. Not having vaccination at proper time.
9. What is the heart rate of an adult for a minute?
a. 65 b. 80 c. 75 d. 72
10. Which answer includes only the organs of the excretory system?
a. Kidney/ heart b. kidney /bladder c. oesophagus /kidney d. heart/pharynx

State whether the following sentences are correct or wrong by putting (✓) or (X).

11. Digestion of food is easy when taking food rich with fibre. (.....)
12. Micro and macro nutrients are essential for our body. (.....)
13. Putt shot, discus throw and javelin can be taken as throwing games. (.....)
14. "Defending " is a main skill of netball. (.....)
15. When sitting on a chair, head, shoulders and the lap should be in a vertical line (.....)

Select the most suitable answer from the words given within brackets and write them in the space given.

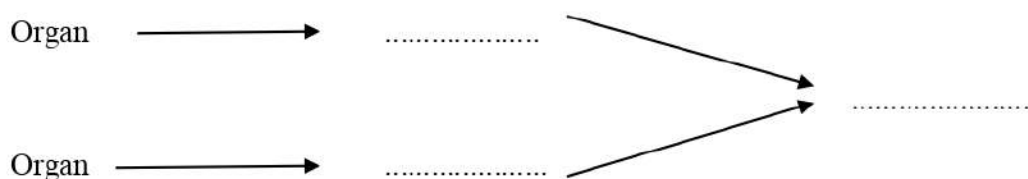
(carbohydrates/epiglottis/ toes/walking/protein/running/esophagus/ empathy/understanding/ball)

16. In jumping events, the athlete must land on theof the feet.
17. When.....both legs are in the air at a certain moment.
18. ½ of our food plate must contain.....
19.protects food going to the pharynx.
20.is a skill of controlling and balancing emotions.

Part II

Answer only 5 questions.

1. For a better life, physical, mental and social well being is important.
 - (I) Name 2 health officers help us to promote the health of our family.
 - (II) Mention 2 themes out of 5 themes of family health promotion.
 - (III) Write 2 duties you can do as a student, to develop the family health.
2.
 - (I) Write 2 basic needs of humans.
 - (II) Explain briefly “nuclear family” and “extended family”
 - (III) Write 2 duties and responsibilities you should do to get love and protection from your family.
3.
 - (I) Write 2 folk games done with equipments and without equipments separately.
 - (II) Write 2 folk games seen during the Sinhala and Tamil New Year.
 - (III) Write 2 benefits you get by engaging in folk games.
4.
 - (I) What are the main methods of serving the ball in Volleyball?
 - (II) Name the 3 techniques of under arm receive in volleyball.
 - (III) Write 2 activities suitable to practice over arm service in volleyball.
5.
 - (I) Write any 2 stages of jumping out of the 3 stages.
 - (II) There are 2 main types of jumping according to the methods used. Write 1 example for each.
 - (III) Write 2 exercises to practice throwing.
6.
 - (I) Write 2 functions of Vitamin C and Vitamin D separately.
 - (II) Write 2 instances where we should drink enough water.
 - (III) Write 2 methods of preserving food with 2 examples separately.
7. (I) Complete the following diagram which shows how the human body is organized.



(II) Write the main function of the following systems in our body.

- a. Digestive system
- b. Excretory system

(III) Name the letters A, B, C and D in the following picture.

