

SECOND TERM TEST - 2018

HEALTH & PHYSICAL EDUCATION


GRADE 07

Name :

Time : 2 hrs

Answer all the questions.

underline the most correct answer

01. physical , mental , social and spiritual well being is,
- (1) favourable life style (2) Total health
(3) family health (4) physical well being
02. Getting accustomed to simple life by following good health habits and being active,
- (1) favourable life style (2) correct life sytle
(3) personal health (4) correct posture
03. There are 12 players in a team. But the number of players play in a match is 6 what is the game.
- (1) football (2) volleyball (3) netball (4) basketball
04. The two categories of athletic jumps,
- (1) high jump and pole vault (2) horizontal and vertical jumps
(3) high jump and long jump (4) long jump and pole vault
05. What is meant by health promotion
- (1) improving personal health
(2) improving the health of family members
(3) taking measures to improve and maintain personal health as well as the others
(4) creating an environment that suits for life
06. Various postures are used in sitting . The posture illustrated by the given picture.
- (1) Crook sitting
(2) sitting on a chair
(3) sitting on heels
(4) sitting astride
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07. system used to manage waste
- (1) 2R (2) 3R (3) 3RS (4) VR

08. Love and protection is a need,
 (1) physical (2) Mental (3) secondary (4) basic
09. A folk game that can be seen during new year season,
 (1) Gas kotu panima (2) Wala kadju gasima
 (3) Lee keliya (4) Thaachchi panima
10. Most popular game in the world,
 (1) cricket (2) badminton (3) netball (4) football

**Questions from 11 -15 choose the correct answer and fill in the blanks.
 (empathy , fairness , heel , physical , fitness , take off)**

11. In correct walking touches the ground first.
12. is a main stage of jumping .
13. Engaging in sports and exercises can be developed.
14. is a skill that helps to maintain emotional balance.
15. is a need that should fulfill in a family.

Questions from 16 - 20 marks right (✓) or wrong (✗) within the brackets.

16. Avoiding breakfast is a good health habit. (.....)
17. If a family member is suffering with a communicable disease , you must contact public health officer . (.....)
18. Porapol is a folk game with equipment. (.....)
19. Jenny Green introduced netball to the world. (.....)
20. According to the food pyramid high content of fat consist food should be consumed. (.....)

PART II

Answer all the questions

01. Home environment must have a happy surrounding for all the family members to live it is the responsibility of yours to make it pleasant place for all.
- i) Name 2 areas of health family environment. (2 marks)
 - ii) Name 3 features of a healthy home. (2 marks)
 - iii) There are five themes to promote family health. Name 3 of them. (3 marks)
 - iv) Write 2 of your duties in building family health environment as a student. (2 marks)
02. By maintaining correct posture one can maintain a healthy life and a pleasant appearance.
- i) What is meant by correct posture ?
 - ii) How do you keep your body parts in correct standing?
 - iii) Write 2 postures of lying down.
 - iv) Write 2 benefits you get by maintaining correct posture.
 - v) Write 2 causes of wrong postures. \
- (marks $5 \times 2 = 10$)
03. Among the events organized in school sports meet is a colourful one..
- i) Name 2 running events you have seen in this meet.
 - ii) Name 2 throwing events
 - iii) Write 2 vertical jumps
 - iv) Name 2 physical qualities
 - v) Write 2 natural activities that can be used to develop physical fitness.
- (marks $5 \times 2 = 10$)
04. Food is a basic need that needs to live . So it is one's duty to maintain a correct food pattern.
- i) Name 2 main parts of the nutrients in food and name nutrients of that.
 - ii) Write 3 main functions of food.
 - iii) Write 2 benefits you gain by consuming fibre containing food.
 - iv) Write 2 unhealthy foods.
 - v) Write 2 benefits you gain by adding spices to traditional food and write 2 traditional methods of preserving.
05. Our body is made up of several systems. So it is our duty to protect our systems.
- i) Name 4 systems of the human body.
 - ii) Write 2 health habits you should follow to keep health of the above mentioned system
 - iii) Write functions of the above mentioned 2 systems.
 - iv) Write 2 diseases related to the systems.
 - v) Write two function of the white blood cells.

06. Netball, volleyball and foot ball can be introduced as organized games.

i) Name the 2 types of service in volleyball

ii) Write 2 skills in netball

iii) Write 2 ways of ball controlling in football.

iv) Choose one of the above mentioned games and write 2 activities that can be used to develop the skill of mentioned game.