## COMBINED SCHOOLS

## FIRST TERM EVALUATION - 2019

Grade କ୍ରୌଣିପ	Pos Subject Health Science & Physical Education Paper පතුය   1 & II කාලය   2 hours				
Name,	/Index No Class :				
PART - I					
Answer	all question.				
(i) (ii)	term 'Health' is defined as,  Being devoid of sickness and feebleness and having a sound physical, mental, social and spiritual wellbeing  Being happy and disease free  Keeping the surrounding environment clean and being devoid of sickness  Physical, mental, social and spiritual wellbeing				
(i) (ii) (iii)	t is not an advantage of having healthy inter personal relationships?  Not being lonely  Associating good community groups  Development of healthy thoughts  Being victims of abuse				
(i) (ii)	ch of the following is a health problem seen in the environment around us today?  An increase in the number of the breeding places for Dengue mosquitoes  Decrease in the number of accidents and crimes  Reduction in consumption of alcohol and smoking by people  Reduction of child labour and abuse				
envir	era, Diarrhea, skin diseases and breeding of mosquitoes are results of which of the following conmental effects? Soil pollution Water pollution Air pollution All of the above				
(i) (ii) (iii)	cease not caused by water pollution is,  Cholera  Diarrhea  Kidney diseases  Heart diseases				
(i) (ii) (iii)	n-communicable disease from the following is, Diabetes Diarrhea Cholera Measles				

(7) A <sub>1</sub>	policy implemented by schools to improve t	he physical wellbeing of st	udents is,
(i) (ii)	Physical fitness activities	_	
	Providing herbal porridge in the morning Providing rice and cereals for breakfast	3	
	All of the above		
(14)	An of the above		
(8) Wh	ich of the following is not a skill in volleyb	all?	
(i)	Serving		
(ii)	Blocking		
(iii)	Spiking		
(iv)	Shooting		
(9) The	number of players in a volleyball team is,		
(i)	6 (ii) 8	(iii) 10	(iv.) 12
(-)	(11) 8	(111) 10	(iv) 12
(10) Di	iseases caused only by mosquitoes from the	following are,	
(i)	Dengue, Malaria, Filaria	9	
(ii)	Diarrhea, Dengue, Cholera		
	Malaria, Chikungunya, Diabetes		
(iv)	Diarrhea, Malaria, Typhoid		
(11) W	hich of the following is a minor game?		
(i)	Rugby		
	Netball		
	Kabaddi		
` '	Lensu Hangeema (hiding hankerchieves)		
	•		
	ng - jump, high jump and discuss throw are	respectively,	
(i)	Horizontal jump, vertical jump, throw	•	
(ii)	Vertical jump, horizontal jump, throw		
(iii)	Vertical jump, throw, horizontal jump		
(iv)	Throw, horizontal jump, vertical jump		
(13) Spo	ort requiring a ball, an indoor sport and a sp	ort do not require an equin	ment are respectively
giv	ren by,		nont are respectively
(i)	Kabaddi, Volleyball, Elle		
	Chess, Volleyball, Karate		
	Netball, Hockey, Squash		
(iv)	Football, Carom, Kabaddi		
(14) Not	a benefit of correct posture,		$\mathcal{F}$
	Efficiency		
` '	Increasing of accidents		
	Reduce body pain		
	Pleasant appearance		
(-1)			
15) Elle:			
` '	Folk dance	•	
	Organized game		
	Minor game		
(iv) L	ead up game		

(06)	As a	As a healthy student, you should engage in sports activities and have a healthy and balances diet.			
	(i)	Write three organized sports available in your school.	(3 marks)		
	(ii)	Write three features of organized sports.	(3 marks)		
	(iii)	Mention three types of self defence games and three athletic events.	(3 marks)		
	(iv)	Mention two advantages of engaging in outdoor sports.	(2 marks)		
(07)					
(i)	M	ention three types of water games.	(3 marks)		
(ii	) W	rite three skills of football.	(3 marks)		
(ii	i) W	rite three benefits you can enjoy by engaging in sports.	(3 marks)		
(iv	z) W	rite two outdoor activities.	(2 marks)		