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**09 fY%aKsh – m<uq jdr we.hsu - 2023**

***Grade 09 – First Term Examination - 2023***

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புனித பேதுரு கல்லூரி, கொழும்பு 4

***St. Peter's College - Colombo 04***



**1**

Name: ………………………………………………. Class: …………… Index No: ………….

* **Answer all the questions.**

01. This is not a benefit of engaging in outdoor activities.

i. Development of physical fitness.

ii. Improving the nerve muscle coordination.

iii. Ability to live a motivated life.

iv. To gain stress.

02. Which fitness is measured by using the 800 m running test?

i. Speed ii. Flexibility iii. Endurance iv. Body composition

03. Who is allow to block the ball in volleyball?

i. Back row players ii. All players

iii. Libero players iv. Front row players

04. Which is not a skill in netball?

i. Footwork ii. Service iii. Defending iv. Shooting

05. Which of the following is the correct answer for features in organized game?

i. There are accepted rules and regulations.

ii. Playground with standard measurements.

iii. Standard equipment are used.

iv. All of the above.

06. The first thing we need to develop before engaging physical fitness activities.

i. Speed ii. Strength

iii. Warm up exercises iv. Endurance

07. Which is not an air sport?

i. Sky jumping ii. Sky diving

iii. Para jumps iv. Aerobatics

08. Which is not a health related physical fitness factor?

i. Flexibility ii. Body composition

iii. Speed iv. Muscular strength

09. The standard number of members in platoon of a school march-past including the leader.

i. 23 ii. 24 iii. 25 iv. 26

10. A lead up game played with equipment.

i. Serving the ball to a target ii. Turning about an running

iii. Hopscotch iv.Hide and seek

***(21020 Marks)***

**Part II**

* **Answer all the questions.**

01. i. Explain organized games. ***(02)***

ii. Write 05 examples for organized games. ***(02)***

iii. What are the common features of organized games? ***(02)***

iv. Write 05 benefits of engage in outdoor activities. ***(02)***

v. Explain the objectives of participating in outdoor activities. ***(02)***

***(10 Marks)***

02. i. Name the skills in volleyball. ***(02)***

ii. Explain “Spiking” ***(02)***

iii. Write 02 factors that should be taken into consideration when spiking in volleyball. ***(02)***

iv. Explain “Blocking”. ***(02)***

v. What are the 04 stages in blocking? ***(02)***

***(10 Marks)***

03. i. Name the skills in netball. ***(02)***

ii. What are the ways defending can be done? ***(03)***

iii. Define “Defending” ***(02)***

iv. Write 03 fouls committed when attacking, defending and shooting. ***(03)***

***(10 Marks)***