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**Physical Education**

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**One Hour**

**09 fY%aKsh – m<uq jdr we.hsu - 2024**

***Grade 09 – First Term Examination - 2024***

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புனித பேதுரு கல்லூரி, கொழும்பு 4

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



Name: ''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''' Class: '''''''''''''''''''' No: ''''''''''''''''''

**Part - I**

01. A defect which occurs due to bending backwards of the upper part of the vertebral column in an unusual ways in known as,

i. Kyphosis ii. Scoliosis

iii. Flat back iv. Excessive lumbar lordosis

02. Which is not a healthy behaviour that can prevent bad posture,

i. Taking a balance diet ii. Consuming fat food

iii. Exercising daily iv. Maintaining good health

03. Which of the following is a common feature of organized games,

i. Learning to spend the leisure effectively

ii. Less expensive

iii. There are accepted rules and regulations

iv. It is not necessary to have playgrounds according to standard measurements.

04. This is not an air sport:

i. Acrobatics ii. Par jumps

iii. Wind surfing iv. Sky diving

05. The psycho-Social quality which improves when we engage in outdoor activities,

i. Development of physical fitness.

ii. Strengthening of bones and muscles.

iii. Development of leadership skills.

iv. Improving nerve-muscles coordination.

06. Teacher gets one of her student to run four rounds of circles. Which fitness factor does she want to measure of the student?

i. Flexibility ii. Strength iii. Endurance iv. Speed

07. A skill in volleyball is:

i. Defending the player ii. Throw-in

iii. Spiking iv. Shooting

08. Which is not a skill in netball?

i. Ball controlling ii. Foot work

iii. Shooting iv. Spiking

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

i. Cardiovascular endurance ii. Muscular strength

iii. Speed iv. Body composition

10. Which group is short distance races?

i. ii.

iii. iv.

**(21020 Marks)**

**Part - II**

* **Answer all the questions.**

01. i. What is “correct posture”? **(02)**

ii. Write three benefits of maintaining good posture. **(02)**

iii. What are the two main reasons for physical deformities? **(02)**

iv. Write three physical deformities you have studied. **(02)**

v. Name three health behaviours that can prevent or minimize physical deformities. **(02)**

**(10 Marks)**

02. i. What are “organized games”? Give five examples. **(02)**

ii. What are the common features of “organized games”? **(02)**

iii. Explain “outdoor education”. **(02)**

iv. What are the benefits you gain by participating in outdoor activities? **(02)**

v. Write four experience you receive by engaging in outdoor activities. **(02)**

**(10 Marks)**

03. i. Write four stages of spiking in volleyball. **(02)**

ii. Write two factors to be considered in effective blocking in volleyball. **(02)**

iii. Write an activity to practice “blocking” in volleyball. **(02)**

iv. Write three ways of defending in netball? **(02)**

v. Write two fouls committed when attacking, defending and shooting in netball. **(02)**

**(10 Marks)**