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சப்ரகமுவ மாகாணக் கல்வித் திணைக்களம்
Sabaragamuwa Provincial Department of Education

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය
 சுகாதாரமும் உடற்கல்வியும்
Health & Physical Education

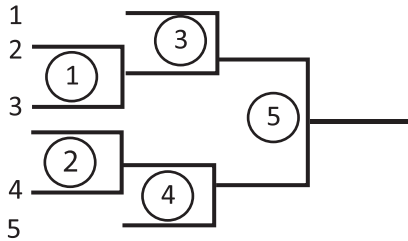
පිළිතුරු පත්‍රය
 விடைகள்
Answer

Question number	Answer	Question number	Answer	Question number	Answer	Question number	Answer
1	1	11	4	21	3	31	1
2	1	12	2	22	3	32	4
3	1	13	1	23	3	33	2
4	4	14	3	24	1	34	3
5	4	15	2	25	3	35	2
6	3	16	1	26	2	36	1
7	3	17	3	27	4	37	4
8	3	18	4	28	2	38	3
9	3	19	1	29	4	39	1
10	3	20	1	30	2	40	4

Question number 1

- I. Physical, mental, social, spiritual
- II. Carbohydrate, protein, vitamin, minerals, fat
- III. Dengue, covid 19, tuberculosis, cough, diarrhea
- IV. Correct healthy habits, exercise daily, take nutritious diet, minimize consuming oily and salty foods, drink adequate water, take enough adequate rest and sleep.
- V. jungle exploration, outdoor cooking, cycling, hiking, camping, campfire games, jungle craft, rowing
- VI. PRICES method
- VII. Knockout system

VIII.



- IX. Hang technique, sail technique hitch – kick technique
- X. Self-confident, ability to take correct decisions, patience, personality listen to the others ideas, sageness, tactful, honest, truthful, trustful

Question number 2

- I. lung cancers, oral cancers, gastritis, difficulties of inhale and exhale, sexual dysfunction
- II. growth of the body, protect from the diseases, provides energy, repair of worn out parts of the body
- III.
 - Carbohydrates – provide energy
 - Protein- growth of the body
 - vitamin - better vision, protect the skin and bones, absorption of iron
 - minerals – growth of the teeth and bones, to the metabolic process
 - Fat – absorption of vitamins and minerals, growth of cells, movement of mussels, clotting of blood.

Question number 3

- I. Doing exercise, active life, style, avoids from drugs and alcohol, maintaining correct healthy habits, controls the diabetes and obesity.
- II. Pulmonary artery/ Pulmonary veins
- III. Exercise daily, take nutritious diet
- IV. Maintaining temperature, destroying foreign matter entering the body, preventing bleeding by blood clots, transport of nutrients and oxygen to cells, hormone transport to tissues, the waste produced by the cells is transported out of the cells.

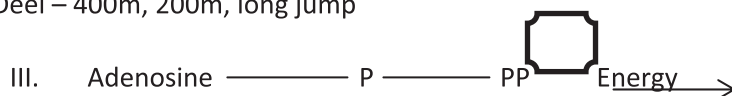
Question number 4

Give marks to the relevant positive answers.

Question number 5

- I. Football, rugby
- II. winnie – 800m, 1500m, 10000m

Deel – 400m, 200m, long jump



IV.

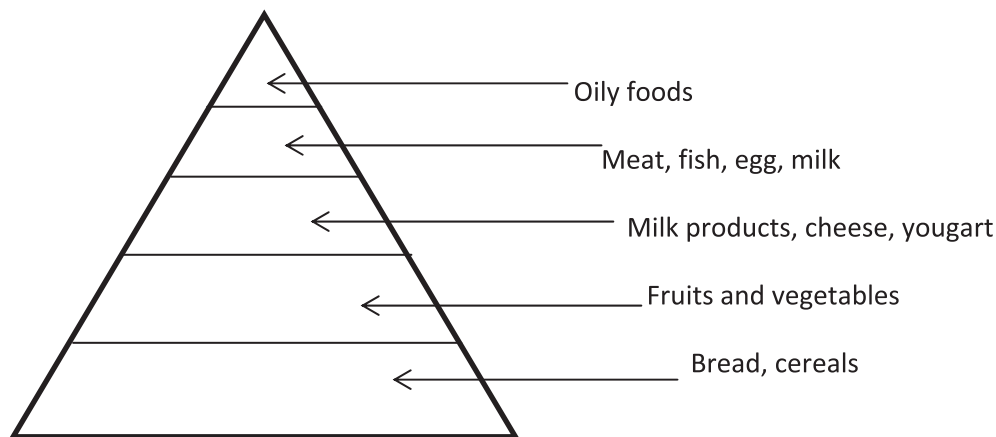
STF	FTF
Red color	White color
Less storage food	More storage food
Less speed of contraction	More speed of contraction
More aerobic respiration	More aerobic respiration
Less aerobic respiration	More aerobic respiration

Question number 06

- I. Manufacturing, transporting, storing, preparing, consuming
- II. Cooking meals in shortest possible time, avoid cooking foods rich in calcium and iron together, cooking several types of food together, consume pulses and grains together, Add Maldives fish to the food, adding lime to food.

III. Vitamin A / Iron / Calcium / Iodine

IV.



Question number 07

A)

- I. Serving, receiving, setting, blocking, court defending
- II.
 - Hold the ball with one hand, raise it above the shoulder and fling it on to the ground with great force.
 - Drop the ball upwards with both hands and hit it standing in the
 - Throw the ball upwards with both hands and hit it standing in the same spot.
- III.
 - a) The whistle is blown, the positional or rotational fault signal is pointed, the error is corrected, and the opposing team is awarded a mark and the service.
 - b) blowing the whistle, and giving a mark and the service to the opposite team. This is because the libero player is unable to set the ball for an spike.

B)

- I. Ball controlling, foot work, shooting, defending
- II. Running around obstacles in a zigzag, running sideways, running backward and forward, running changing the pace.

III. a) personal contact b) toss up

IV.

- a) blowing the whistle, and stopping the match and making a toss-up between two players who can play in the offside area.
- b) Giving penalty shot to the central provincial team for obstruction to shooting.
- C) i) dribbling, kicking, stopping the ball, throw in, goal defending, goal keeping.
- ii) heading the ball without a jump, heading the ball with a jump, heading the ball, that is coming from a side with a jump
- iii) a) Substitution b) indirect free kick
- iv) a) blow the whistle and give the opposing team a free kick from that point.
- b) blow the whistle and give the opposing team a free kick from that point.