

සබරගමුව පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව சப்ரகமுவமாகாணக் கல்வித் திணைக்களம் Sabaragamuwa Provincial Department of Education		86	S	I,II
අවසාන වාර පරීක්ෂණය - 2020 முன்றாம் தவணைப் பரீட்சை 2020 Year End Term Test - 2020		11 ශ්‍රේණිය தரம் 11 Grade 11		
සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය I சுகாதாரமும் உடற்கல்வியும் I Health and Physical Education I				
පැය එකයි ஒரு மணித்தியாலம் One hour		අමතර කියවීමේ කාලය - මිනිත්තු 10 යි மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள் Additional Reading Time - 10 minutes		

- Answer all the questions.
- In each of the question 1 to 40 select one of the alternative 1,2,3,4 which you consider as correct or most appropriate.

- 01) The government has completely banned the use of Polythene. The same rules apply to you at school. This is a,
1. Decision of health policies
 2. Decision of environment favourable for health
 3. Decision of community participation
 4. Decision of environment favourable for society
- The table below contains some data from a medical examination report on adolescents. Answer the 3rd and 4th questions.

Name Of the Infected Patient	Symptoms
Aruni	Pain or burning sensation when urinating/ vaginal discharge.
Pawani	Laziness / Paleness
Kawindi	Foaming with urine/ Abnormal Swelling

- 02) Of these, it can be concluded that she has contracted social disease,
1. Aruni
 2. Pavani
 3. kavindi
 4. Aruni and kavindi
- 03) The lifeline of the country is the Kidney Disease faced by the farming community,
1. Kavindi
 2. Aruni
 3. Pawani
 4. Aruni and kavindi
- 04) Foremost among the objectives we consider in providing first-aid,
1. Preventing deterioration of the condition of the patient
 2. Possibility of saving in the life of the patient
 3. Helping to recover faster
 4. All three of the above objectives must be implemented

- Question number 5 and 6 consider the following and answer them
 - A- it is a bacterium that causes disease
 - B- blood comes out with the urine
 - C- swelling of the cheeks or hands
 - D- stools Brown or black
 - E- bleeding from Gum and cracked lips
 - F- excessive pain and discomfort in the Hip area
- 05) indicates a person's urinary tract infection ,
 - 1. A,C and E 2. C,D and F 3. C,D and E 4. B,E and F
- 06) symptoms of dengue Hemorrhagic fever include,
 - 1.A,C and F 2.A,B and C 3. B,D and E 4. A,C and D
- 07)Iodine is essential for the growth and function of the human body and brain . not getting enough Iodine ,
 - 1. Causes minor damage to eyes and ears
 - 2. Decreases the ability to respond to stimuli
 - 3. Decreased intelligence also leads to laziness
 - 4. Indicates mild condition of the Kidneys and liver
- 08)After middle age all people should always be concerned about their cholesterol level . rich in cholesterol is one of the following foods ,
 - 1.Mutton,prawns,dambala,potatoes 2.Fish,egg,cheese,red rice
 - 3.Animal liver,chicken,pork,beef 4.Pork,red rice,dhal,jadi
- 09)It is rich in colostrum ,
 - 1.Coconut oil and ghee 2.Yoghurt and ice cream
 - 3.Breast milk 4.Instant milk powder
- 10)As you walk through the mountains to explore the mountains one of your team teammates who has slipped and lying on the ground with Ankle pain in his foot.you have to do it first,
 - 1. Rotate in the ankle area to check for damage to the internal bones
 - 2. Apply and massage the balm on your ankle
 - 3. Rest in the heart without shake in him on the spot
 - 5. Find your physical education teacher and let them know
- 11)Muscle tissues located in the body can be classified according to their structure and function . it has the potential to cause rhythmic contractions ,
 - 1.Smooth muscles 2.skeletal muscles 3.cardiac muscles 4. all above
- 12)A group of students who walk to school daily sing the school Anthem from the attention of the morning meeting . sit in the classroom and study . engages in sports activities such as running and jumping on the playground . at home they lie down and sleep . according to this statement student who have acted in static posture ,
 - 1. At bedtime and on the playground
 - 2. In the morning assembly and at bedtime
 - 3. In the classroom and on the playground
 - 4. coming to school on foot and at the playground



13) The type of knot shown in the figure is used to connect ropes of unequal thickness .this type of knot is called ,

1. Sheet bend
2. shear lashing
3. Reef knot
4. Clove Hitch

14)Red fibre rich athletes take longer to contract muscles . which is another unique feature of athletes ?

1. Increased ability to engage in long term exercises
2. Increase in the percentage of capillaries
3. High oxidising ability
4. Increased anaerobic respiration

15) The property of resistance of a body that remains at rest to move or the resistance of a body that is in motion to stop,

1. Motion
2. inertia
3. force
4. momentum

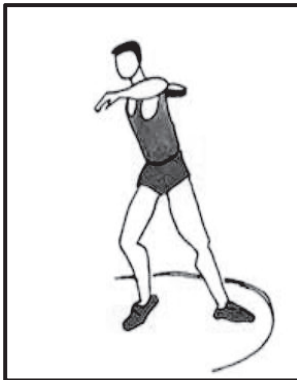
16)There are several events that are included in all age groups of Under 16, 18 and 20. if those events,

1. Shot put and javelin throw
2. long jump and shot put
3. 100m and high jump
4. high jump and long jump

17)Discuss weight used for boys and girls Discuss Throw events at the 2019 all island school sports meet respectively ,

1. 1 kilograms for boys and 1 kilograms for girls
2. 2 kilograms for boys and one kilogram for girls
3. 1.5 kilograms for boys and 1 kilograms for girls
4. To kilograms for boys and 1.5 kilograms for girls

18)



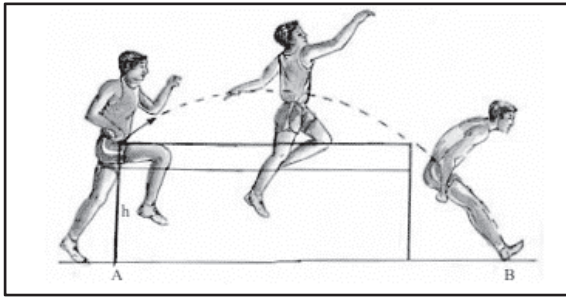
This figure shows one of the techniques used to throw the discus,

1. Preparation
2. follow through
3. release
4. power position

19)Due to the recent heavy rains rocks and mud fell on our hilly area . we immediately rushed to safety and secure our safety. That is the danger we have to face ,

1. Landslides
2. hurricanes
3. floods
4. earthquakes

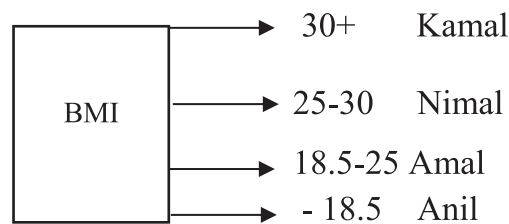
20) A closer look at the image shows the athlete's various stages from the moment he takes off to the moment he is landing. The stripes here indicate,



1. The path of the centre of gravity
2. point of taken off
3. Take off height
4. distance of take off

21) A person's good health contributes to effective learning, this statement ,

1. False
2. Somewhat True
3. True
4. Cant Say



22) Of these maintaining a good body mass index ,

1. Kamal
2. Nimal
3. Amal
4. Anil

23) there is a risk of developing non communicable diseases,

1. Nimal
2. Anil
3. Kamal
4. Amal

24) Sita has acne on her face. Breasts are enlarged. The hips are wide she also felt that she had changed to be more beautiful than before . this is a biological change in Sita at this stage ,

1. That Her Menstrual Cycle Has Began
2. She Eats more Oily Foods
3. She Is Full-Bodied
4. She Is Diligent

25) Mayura is one year older than Sita. This is possible biological change in my ,

1. Muscles are strong
2. Throat Protruding
3. Initiation Of Ejaculation
4. Prefer To Stand Out

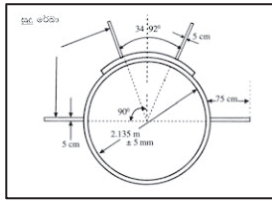
26) Alcohol and smoking addiction can lead to various disorders of the respiratory and nervous systems as well as impotence. He was not economically strong and was rejected by society . choose the most appropriate expression for the introduction of thoughts according to the description .

1. He has deteriorated socioeconomically and emotionally
2. He has deteriorated physically mentally socially and economically
3. He has deteriorated physically mentally and socially
4. He has deteriorated socially emotionally and mentally

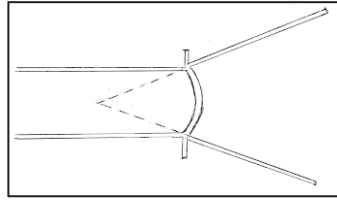
27) The nutrients contained in the micronutrients ,

1. Nutrients needed for physical growth
2. Most essential nutrients for the body
3. A name for the main nutrient
4. Needed very little daily

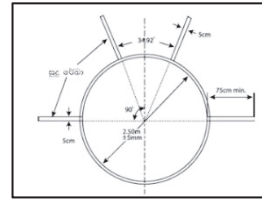
- Answer questions number 35 and 36 from the following playgrounds.



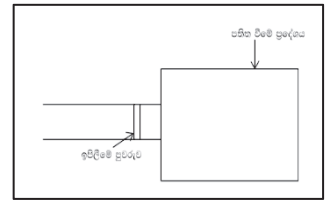
A



B



C



D

- 35) Tejan participates in the javelin throw event . this is the playground he should go to ,
 1. B 2. C 3. D 4. A
- 36) Ayesha competes in the javelin throw and long jump. This is the playground she should go to
 1. B and D 2. A and B 3. A and C 4. C and D
- 37) It is a technique used for high jump,
 1. Western Roll 2. Fosbury Flop 3. Scissor Jump 4. All Above



- 38) According to this diagram is the event in which the player participates,
 1. High Jump 2. Long Jump 3. Triple Jump 4. Pole Vault
- 39) On his way home from school, Dunesh saw elderly blind man waiting for help unable to cross the white line in front of the school road . when many people missed this emotional moment Dunesh grabbed the old blind man's hand and helped him to cross the white line. His quality is in him ,
 1. Empathy 2. Compassionate 3. The Pain Of Sad 4. Kindness
- 40) Many talented athletes use anti inflammatory drugs in their body,
 1. Produces energy quickly
 2. Increases muscle mass by accelerating hormone production
 3. Fatigue is reduced
 4. Achieving everything mentioned above
