Provincial Department of Education – Northern Province

Third Term Exam – 2025

Grade: 11

Subject: Health &physical Education **Time: 3 Hours**

PART I

Under line the most suitable answer

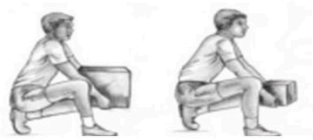
01. Nasim is a student who is very friendly with others and control his unpleasant emotions by doing meditations. and also he is very talented in sports too. Regard this he has,
    - i) Total health
    - ii) Health promotional person
    - iii) Total personality
    - iv) Good interpersonal relationships

02. Patents and the community has done the dengue prevention programme through the school principal
    This activity is,
    - i) To promote health policies
    - ii) To create a healthy environment
    - iii) Get help from the community
    - ii) Re orientate the health services

03. Which colour consists the BMI range at 27.2
    i) Orange ii) Green iii) Light purple iv) Dark purple

04. Mention the correct statement of walking and running posture
    - i)Walking id stable and running is unstable
    - ii) Walking is unstable and running is stable
    - iii) Both walking and running are stable
    - iv) Both running and walking are unstable

05. The picture shows lifting A is easier than lifting B the reason for this
    - i) Intertion
    - ii) Force
    - iii) Momentum
    - iv) Direction of force



A B

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The needs of human in different ages have been shown Answer the following 6,7

Person	Needs
P	Earning in different ways to fulfill his family
Q	Like to spend time with peers
R	Engage in religious activities and expect others love
S	Like to study in higher education and trying to get a job

06. In the above, who is in youth age.
    i) P ii) Q iii) R iv) S

07. Who gets non communicable disease easily.
    i) P ii) Q iii) R iv) S

08. What is the health related physical fitness text shows in the picture
    i) Muscular endurance
    ii) cardiovascular endurance
    iii) Muscular strength
    iv) Flexibility



09. The Picture Shows
    1. Type 1st Lever
    2. Type 2nd Lever
    3. Type 3rd Lever
    4. Type 1 & 3rd Lever



10. In volleyball to develop receining skill we practice dig pass. To develop these skills our teacher designs new game and play to develop these skills with rules, We engage in,
    i) Minor games
    ii) Organized games
    iii) Leadup games
    iv) Entertaining games

11. What happens when a runner steps outsides the Lane during a 200 m race?
    i) The runner is disqualified
    ii) The runner can continue running
    iii) The runner receives warning
    iv) The runner's time is reduced

12. The spreading of communicable disease from the following ways,
    - To close with the patient or touching the patient
    - To use the cloths of patient
    - By air

    Which communicable disease mention here,

    i)Dengue disease
    ii) Corona disease
    iii) Diarrhoea
    iv)Maleria

13. Characteristic of 200 m runner's muscle fibre
    i)Red colour
    ii) White colour
    iii) Not easily tired
    iv) More endurance

14. Characteristic of relay runners are

    A - Running fast in the bend B - Receiving and giving the baton is fast

    C - Starting should be perfect D - Running in a straight line fast

    In the above characteristic of 4th runner.

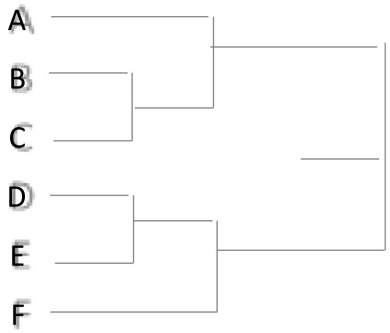
    i) A ii) B iii) C iv) D

15. To arrange the outdoor activities.
    i)Pre arrangement and implementation
    ii) Pre arrangement and decision making
    iii) Pre arrangement
    iv) Pre arrangement, implementation and decision making

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16. To evaluate student's sports talent annually a work shop held in a school.
    i)Inter house sports meet
    ii) Colours night
    iii) Health development programme
    iv) Sports day

17. The following shows that the 6 teams namely A, B, C, D, E, F are going to participate in the volleyball tournament.
    i)Match schedule is correct with Rotation method
    ii) Match schedule is wrong with Rotation method
    iii) Match schedule is correct with knockout method
    iv) Match schedule is wrong with knockout method



Answer the following 18, 19 questions

Medical officer of health issues micro nutrients for grade 4 students to add more in their daily meals,

Manushi	– Food rich in iodine
Vishnavi	– Food rich in Vitamin A
Kirushi	– Food rich in Calcium
Veni	– Food rich in iron

18. Who has goiter
    1. Manushi 2. Vishnavi 3. Kirushi 4. Veni

19. Who has Petro marks in her eyes
    1. Manushi 2. Vishnavi 3. Kirushi 4. Veni

20. The Following competition finish the 100m who got the first place
    Number 20 – head
    Number 25 – Neck
    Number 30 – hand
    Number 35 – Chest
    1. 20 2. 25 3. 30 4.35

21. A runner reacts when he hears the fire sound , which system reacts at this moment
    1. Muscular System 2. Skeletal System
    3. Nervous system 4. Respiratory system

22. Where did the sperm and ovum fertilizes?
    1.Ovary 2. Fallopian tube
    3. Uterus 3. Uterine cervix

23. Sajith always be afraid and getting angry he never be happy. How can you describe Sajith
    1. He doesn't have emotional balance
    2. He is self-fish
    3. He is an attractive person
    4. He doesn't like others

24. When the Ball going out side of the court in netball , which throw will be given
    1. Out Side throw 2. Inside Throw
    3. Penalty throw 4. Changing area

25. An athlete who does marathon has to run long time , so long distance runner need more energy than the sprinter, so which type of energy
    1. Anaerobic energy 2. Normal breathing system
    3. Aerobic energy 4. Fast breathing system

26. Which is the artificial condiment add in meals
    1. Cinnamon 2. Rambai 3. Ajinomoto 4. Curry leave

27. The main objective of warm down exercises after training is to,
    1. Increase body temperature
    2. Return the body to normal condition
    3. Improve Performance
    4. Increase heart rate

28. Identify the correct statement regarding HIV/AIS prevention
    1. It is transmitted through condemnation of blood
    2. It Spreads by sharing food or touching infected persons
    3. It Spreads through insect bites
    4. It Spreads by being in the same room as an infected person

    Answer 29,30 by using this statement.

29. Today is a very hot day. Namal is Playing long time with sweating, after wards he has headache, Vomiting and unconscious Also he got muscle cramping too.
    Namal Facing,
    1. Snake bite 2. Buring
    3. Electrocution 4. Dehydration

30. What is the reason for him to face such situation,
    1. Not do the warm up exercises
    2. Not do the warm down exercises
    3. More water and salt removed from his body
    4. He didn't take nutritious food at morning

31. Football , Table Tennis, Chess, Carrom Matches have been held at Provincial level These games are
    1. Indoor games 2. Organized games
    3.Leadup games 4. Folk games

32. The Principles of good posture include maintaining correct alignment between the head spine , and limbs. Which of the following is true about good posture?
    1. It prevents fatique and injury
    2. It increases the risk of joint pain
    3. It reduces flexibility
    4. It Causes muscle imbalance

33. Identify the correct body fat percentage for healthy males and females.
    1. Males 25-30% , Females 20-25%
    2. Males 20-25% , Females 30-35%
    3. Males 35-40% , Females 45-50%
    4. Males 20-25% , Females 25-30%

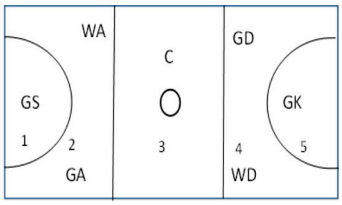
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34. The Picture Shows the signal of the referee at the volleyball Match.



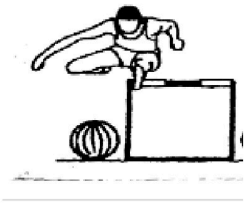
1. When serving the ball
2. When the ball going out of area
3. When doing a fault
4. When finishing the game

35. In Netball who plays long distance of the court,



1. GS
2. GA,C
3. WA
4. GD

36. The Picture Shows , A Hurdle runner who finishes the line first but the referee doesn't give the first place , The reason is,



1. Fall down the hurdle.
2. Doesn't clear the hurdle
3. Didn't have proper training
4. To clear the hurdle use only one leg

37. In 1896 , First modern Olympic was held at,

1. Greece
2. USA
3. England
4. France

38. This is not an effort by using illicit drugs,
1. Weakness in Serval activities
2. Prohibited in the competition
3. Weaknesses in nervous system
4. Thinking about the winning ability

39. What is the main activity to do before the inter house sports meet,

1. Invite the guests
2. Sending thanking letters
3. Prepare the prizes
4. Return the equipment

40. 2028 Olympic games will be held at,

1. USA
2. France
3. Japan
4. China

(1x40=40Marks)

Part II

1) The first question is compulsory. From Part A, select two questions, and from Part B, select two questions, making a total of five questions to be answered.

In order to transform our school into a health-promoting school, the principal, teachers, and students took part in various activities. As the first step, assistance was obtained from the school community, and support was also received from the regional health officer. In the school canteen, instant foods and packet snacks were immediately banned by the principal. It was also announced that only food made from grains should be sold. With the help of the community, a cleaning campaign was conducted in the school to remove mosquito breeding places. During the medical examination organized by the school health club, all the students underwent health check-ups. The Body Mass Index (BMI) of a student named Lucky was found to be 26.2. Necessary medical actions were taken by the medical team for students with any health issues. After school hours, in order to improve students' physical fitness, it was decided to organize a volleyball tournament. For this purpose, the students were divided into six teams, and three matches were scheduled to be played each day for five consecutive days. Each group appointed a leader, and the students worked cooperatively under their group leaders.

1. Give two actions taken by the principal and teachers to transform the school into a health-promoting school.
2. Give two instant (ready-made) foods that were banned in the school canteen.
3. Give the reasons for allowing only grain-based foods to be sold.
4. Who were the people or groups from whom help was obtained for the school's health development?
5. Give two possible reasons why the student named Lucky's Body Mass Index (BMI) was found to be 26.2.
6. Give two types of balanced foods that Lucky should eat to avoid this condition.
7. What kind of disease is suspected to have affected Vimali?
8. According to the passage, in what type of competition system was the volleyball tournament decided to be conducted?
9. Prepare and show the schedule for this volleyball tournament.
10. Give two qualities that a leader should have. 10 x 2 = 20 Marks

PART A

2) The player wearing No 10 was found to have a greater number of fast-twitch muscle fibers (FTF) in his legs, While the player wearing No 20 was found to have a greater number of slow-twitch muscle fibers (STF) . Using the above information, answer the following questions:

1. Give two suitable athletic events that could be chosen by the player with number 10 and the player with number 20 respectively. (2 Marks)
2. What are the sources of energy that provide power for the above-mentioned activities? (2 Marks)
3. Mention two characteristics each of the muscles that can perform the above-mentioned activities. (3 Marks)
4. Give the equation by which a 5000-meter runner obtains energy. (3 Marks)

3) Studies conducted on food spoilage have revealed that in today's world, the chances of disease outbreaks have increased. In connection with this, the Government of Sri Lanka has been carrying out awareness programs among students.

1. What do you understand by the term food spoilage? (2 Marks)
2. Give the causes of food spoilage and an example for each cause. (3 Marks)
3. (1) Mention two methods of identifying spoiled food. (2 Marks)
   (2) State three effects caused by food spoilage. (3 Marks)

4) Describe how you would act in order to successfully face the following challenges:

1. Your friend or classmate asks you questions regarding diseases spread by mosquitoes.
2. It has come to your attention that unknown persons are selling drugs to students in the vicinity of your school.
3. A football player who has suffered a sprain in his leg comes to you, his friend, to receive first aid.
4. You notice that your younger brother or sister, who is in the adolescent stage, is constantly arguing with your parents.
5. You hear that Kamala, although she passed the G.C.E. (O/L) examination with excellent results, is uncertain about which subjects to choose for the Advanced Level.

5 x 2 = 10 Marks

5) Four talented students were selected for the high jump competition conducted by the Sri Lanka Athletics Association.

NO	Paricipants	1.30 m	1.35 m	1.40 m	1.45 m	1.50 m	1.55 m	1.60 m	Total Mistakes	Places
01	A	o	-	-	xo	xxo	xxo	xxx	5	
02	B	o	-	xo	-	xxo	xo	xxx	4	
03	C	xo	o	-	xxo	xo	xo	xxx	5	
04	D	o	xo	x-	xo	xo	xxo	xxx	6	

Using the above table (data), answer the following questions:

1.Give the names of the students who obtained first, second, third, and fourth places. (2 Marks)

2. A) List four methods of high jump. (2 Marks)

   B) Write down the steps (stages) involved in performing the high jump. (2 Marks)

3. What are the mistakes that can occur during the high jump event? (4 Marks)

6)

1. Classify the following diseases based on their causative agents — whether they are caused by viruses or bacteria:
   Syphilis, Dengue, AIDS, Malaria, Gonorrhea, Chikungunya (3 Marks)

2. A) Write the names of the dengue mosquito species. (1 Mark)

   B) Mention two preventive measures that can be taken to control the spread of dengue. (2 Marks)

3. List four preventive measures that can be taken to prevent AIDS. (4 Marks)

7) Answer only one question from A, B, or C

A.

1. Mention three faults that can occur during serving in a volleyball match. (3 Marks)

2. State the training activities that can be practiced to improve serving skills. (3 Marks)

3. If you are assigned as the referee for a volleyball match between Team A and Team B, state the decisions you would give in the following situations:

A. While blocking, a player from Team B reaches over the net with both hands to stop the ball hit by the front-row players of Team A.

B. The No. 5 player of Team A throws the ball upward but catches it again after the referee's signal to serve.

C. The libero player of Team B, while standing in the back zone, jumps and spikes a ball above the height of the net.

D. Immediately after the referee signals for Team B to serve, a back-row player from Team A moves forward to the front row before the service. (4 Marks)

B.

1. Mention three faults that can occur during shooting in a netball match. (3 Marks)

2. During netball play, when the center player stands inside the goal circle, name the two positions of players who should pass the ball for shooting. (3 Marks)

3. If you are the referee in a netball match between Team A and Team B, state the decisions you would give in the following situations:
   A. The center player (C) of Team A, before the referee blows the whistle, passes the ball to her team's wing attack (WA) by a center pass.

   B. After the ball touches Team A's wing attack (WA), it goes out of the court across the side boundary line.

   C. The goal shooter (GS) of Team B successfully shoots, but the ball passes through the goal ring from below instead of above.

   D. The goalkeeper (GK) of Team B, standing inside the goal circle, defends the goal shooter (GS) of Team A from a distance of less than three feet. (4 Marks)

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C.

1. If you are given the responsibility to coach your school football team, mention three football skills you would teach your players. (3 Marks)

2. In football, mention two situations where a player receives a warning (yellow card) and two situations where a player is sent off (red card). (3 Marks)

3. If you are the referee in a football tournament, state the decisions you would give in the following situations:
   A. During the match, a player tries to take a throw-in for a ball that has gone out of play, but uses only one hand to throw the ball.

   B. During the game, two players argue, and one of them spits at the other player.

   C. During a free kick, the opposing players stand too close to the ball instead of maintaining the required distance.

   D. In the penalty area, a ball kicked forcefully by an attacker hits the goalkeeper's body and then touches the defender's hand of the same team (4 Marks)

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