

සමස්ත ශ්‍රී ලංකා දෙපාර්තමේන්තුව සමස්ත ශ්‍රී ලංකා දෙපාර්තමේන්තුව සමස්ත ශ්‍රී ලංකා දෙපාර්තමේන්තුව සමස්ත ශ්‍රී ලංකා දෙපාර්තමේන්තුව සමස්ත ශ්‍රී ලංකා දෙපාර්තමේන්තුව  
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 மேல் மாகாணக் கல்வித் திணைக்களம்  
 Department of Education - Western Province

වර්ෂ අවසාන ඇගයීම  
 ஆண்டிறுதி மதிப்பீடு - 2019  
 Year End Evaluation

ශ්‍රේණිය தரம் } 07 Grade	විෂයය பாடம் } Health and Physical Education Subject	පත්‍රය வினாத்தாள் } I, II Paper	Answer
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Part - I

01. 2	06. 1	11. 1	16. 2
02. 4	07. 1	12. 1	17. 3
03. 2	08. 4	13. 1	18. 2
04. 1	09. 2	14. 3	19. 1
05. 1	10. 2	15. 3	20. 4

(ලකුණු 2 x 20 = 40)

Part - II

01. (1) Acute diseases, Chronic diseases  
 (2) **Acute diseases** -  
 Poisoning, snake bites, lightning, animal bites, wounds due to accidents  
**Chronic diseases** -  
 diabetes, cancer, heart diseases, high blood pressure, Kidney diseases, mental illness.  
 (3) - Mental stress  
 - Not engaging in exercises  
 - Smoking  
 - Gender  
 - Genetic reasons  
 - Unhealthy food habits  
 (4) - Taking a healthy diet  
 - Engaging in daily exercises  
 - Obtaining adequate rest and sleep  
 - Avoiding smoking and alcohol  
 - Management of mental stress  
 (5) - Save money  
 - Can do better in studies  
 - Development of happiness  
 - Save time  
 - Can perform duties Etc.  
 (6) Healthy behavior  
 Peer influences  
 Unhealthy sexual behavior  
 Hormones  
 (7) **Physical**  
 increase of height and weight  
 pimples appear  
 Thighs broadened hands grow longest etc.  
**Mental**  
 Thinks logically  
 Shows courage  
 Tries to be more innovative  
**Social**  
 Likes to associate with opposite sexes.  
 Likes to associate peers/same age group  
 Likes to lead  
 02. (1) Macro nutrients  
 Micro nutrients  
 (2) Dry fish, Jaggery, Fish/Meat, Lunu dehi/  
 Lime with salt, Vegetables  
 (3) **Ginger**  
 - to cure stomach aches  
**Fenugreek seeds**  
 - to reduce cholesterol in blood  
**Garlic**  
 - Cure cancers, Antibiotic nature  
**Cinnamon**  
 - to reduce fat in the body/Acts as an antioxidant agent  
**Turmeric**  
 - Acts, as a disinfectant

- (4) A - Oil and sugar
- B - Fish and meat
- C - Vegetables and fruits
- D - Grains and yams

- Taking correct decisions during problematic situations
- Discussing with parents during problematic situations.

03. (1) Exercises done when walking, Exercises done while skipping, Exercises done while running slowly, Running exercises
- (2) i. Vertical Jumping  
ii. Horizontal Jumping    iii. High jump  
iv. Long jump or triple jump
- (3) - Jumping from one foot  
- Jumping using both feet  
- Jumping over equipment  
- Take off from a single foot and land with both feet
- (4) - Throwing rubber balls  
- Throwing rings being at a one place  
- Throwing wooden sticks  
- Throwing balls  
e.g. netball, volleyball give marks for correct answers.

04. (1) Absorbing oxygen needed to produce energy in the body and removing carbon Dioxide produced during body functions, to the air
- (2) - Engage in exercises  
- devices from polluted environments  
- Not putting things to clean the nose  
- Obtaining vaccinations like B.C.G. on time  
- Avoid smoking, staying away from smoking places.
- (3) Heart attacks, Blood clots, cholesterol, high blood pressure, Leukemia
- (4) - Drinking pure water adequately  
- Urinating when needed  
- Cleaning sexual organs  
- Reducing usage of salt  
- Avoid smoking and alcohol
- (5) Give marks for correct answer

05. (1) Situation, Understandability, Personality, Behavior of others, experience, Daily routine, Age level
- (2) Give marks for suitable, correct answers
- (3) Give marks for correct answers
- (4) Empathy
- (5) ● Understanding others ideas and work with patience  
● Respecting other people's ideas.

- (06) (1) Sitting on a chair, Sitting astride, Crook sitting, Kneeling, Sitting on heels, Sitting cross legged
- (2) Minimize fatigue, Do not waste energy unnecessarily, A feeling of comfort, Do not feel fatigue for muscles unnecessarily.
- (3) - Walking with toes  
- Walking on heels  
- Walking with short strides  
- Walking with backwards  
- Walking with long strides
- (4) reduce tiredness, Efficient energy use, Increase efficiency, Maintains balance, Develops personality, Minimize accidents
- (5) - The surface used to lie down should be strong and fat  
- The head, shoulders and the hip should be in a straight line  
- Must not lie in a manner likely to cause injury to the spine  
- Breathing should not be obstructed.  
- Must lie in a relaxed position

- (07) (1)       (2)       (3)
- (4)       (5)
- (2) Volley ball
- (3) Run forward jumping over a marked line, take off with one foot  
Jump up with one foot  
Jump up with one foot land and stop
- (4) Legs – the instep  
Chest – the inside of the foot  
Abdomen – the outside of the foot  
Head – things  
Instep – the shine

