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மேல் மாகாணக் கல்வித் திணைக்களம்
Department of Education - Western Province

වර්ෂ අවසාන ඇගයීම
ஆண்டிறுதி மதிப்பீடு - 2019
Year End Evaluation

ශ්‍රේණිය } 9
தரம் } 9
Grade } 9

විෂයය } Health and Physical Education
பாடம் } Health and Physical Education
Subject } Health and Physical Education

පත්‍රය } I, II
வினாத்தாள் } I, II
Paper } I, II

Answers

Part - I

- | | | | |
|---------|---------|---------|---------|
| 01. ii | 06. i | 11. ii | 16. i |
| 02. iv | 07. iii | 12. i | 17. ii |
| 03. ii | 08. ii | 13. iii | 18. iii |
| 04. i | 09. iii | 14. iv | 19. ii |
| 05. iii | 10. iii | 15. i | 20. iv |

(02 x 20 = 40 marks)

Part - II

01. (i) Body mass Index
(BMI) = $\frac{\text{Weight(kg)}}{\text{Height m} \times \text{height m}}$
- (ii) processed food, junk food, fast food
(iii) diabetic, obesity, nutritional deficiencies
(iv) Continuous running
boy 800m, girls 600m, Beep test
(v) The process which makes our environment unsuitable for living of humans and animals
(vi) Create a healthy environment, develop policies which promote health. Improve knowledge and skills, get help from the community. Re-orientate of health service
(vii) pregnant mothers, best feeding mothers
Sick persons, people who do heavy work
(viii) Vertical – pole – vault, Horizontal – Long jump
(ix) They cleaned the environment cooperative
(x) Javelin, shot
- (iii) Should not engage in strenuous activities and must be rest, take only paracetomals should not consume food and drink red or brown coloured. Seek medical advice.
(iv) Keeping the environment clean.
Destroying mosquito breeding places that can be collected water. Burning or burning garbage, cleaning gutters, changing the water in the flower pots, vases adding sault or soap water etc.
03. (i) Consuming salt, fat, sugar must be minimized
(ii) obesity, heart diseases, cholesterol, gastritis over weight, diabetic etc.
(iii) Exercising daily, Balance diet, Drinking clean water, Avoid artificial food, sweetened salty and starchy food.
Controlling mental stress avoid using Alcohol drugs, Maintaining correct BMI
(iv) Weakness of body and reduced functioning, Interferes with functioning of internal organs affects the economy, loss of life, Affects education and employment, physical and psychological disability which reduces day to day activities.
02. (i) a. Dengue
b. Aedes Egipties
Aedes Albopictus
(ii) Fever which lasts more than two days.
headache, eyepain, muscles and joint pain.
Nausea and vomiting, red spots on the skin bleeding.

04. (i) Less energy is spent during an activity, increase efficiency, feels less tired, becomes healthy, less body pain and aches, prevent illness and injury, good personality maintaining optimal physical fitness
- (ii) genetic defects, infections and nutritional deficiencies during pregnancy
- (iii) (a) For proper absorption of calcium, for growth and maintenance of bones.
(b) rickets
- (iv) (a) Calcium and protein
(b) Osteoporosis
05. (i) Gives an external appearance.
Protects the internal organs.
Getting rid of excretory material.
Control the internal body temperature.
As a sensory organ.
Helps to produce vitamin D.
- (ii) Dandruff
Tinea capitis, psoriasis, head lice.
- (iii) Consume healthy food, keeps nails clean and cut short; protect from accident.
Avoid biting nails.
- (iv) 4/ incisor, canine, premolar, molar
06. (i) Approach run / Take-off / Bar clearance / Landing
- (ii) discuss/shot
- (iii) Touching the ground beyond the take off line with any part of the jumper's body while taking off the long jump/ Taking off by placing the take off foot on the ground outside the two sides of the take-off board/ Making summer saults while running or jumping/ Not starting to attempt jumping before the lapse of one minute after the number of the jumper has been announced / After the landing walking back towards the take off board along the landing area.
- (iv) Should be exchanged from hand to hand and should not be thrown/ Baton should be carried through out the race/ Exchanging the baton should be done in the exchange zone.
07. (i) Approach, Take-off, Hitting the ball, Landing
- (ii) Preventing the attacker from catching the ball
- (iii) Stopping the ball, Kicking the ball, Heading the ball, Throw in, Goal keeping
- (iv) (a) Blocking can not be done by a back row player or the Libero player.
(b) A blocker should not touch the ball that is in the opponents side before an appointment hit the ball.
(c) Blocker's hand should not be placed over the top level of the net before the ball has been spiked by an opponent.