



## 2020 First Term - Holiday Assignments



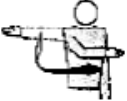
### Health and Physical education - Grade 11

1. For the upliftment of the health of the people in the country, various actions can be taken by the government. Establishing a group of people who have developed and taken over the control of factors such as social, economic and environmental can be called health promotion. The World School Health Service was established in 1920 and provided a great foundation for the health promotion of the school children.
  - I. Write down three rules and regulations which should be taken in to consideration when providing health facilities to schools,
  - II. Write the philosophy and the service rendered related to health promotion in Sri Lanka.
  - III. Write down three points each for physical, mental and social which should be taken in to consideration when creating a health friendly environment within the school,
  - IV. Write 5 criteria which can be used when assessing the health states of the school children.
  
2. The body works in a variety of ways during human activities. By maintaining the correct posture the efficiency can be increased when doing such activities. When exhibiting activities in a variety of ranges according to biomechanical factors, it can be named as dynamic postures.
  - I. Write three dynamical postures.
  - II. Describe 'inertia' according to the principals of bio-mechanical factors.
  - III. In our day to day life we get the opportunity to engage in various ways of throwing as well as jumping. Write the factors which can affect to engage in such jumps and throws successfully.
  - IV. Identify what is 'momentum' and write the formula which use to measure it.

3. Mention 6 needs related to different stages of life of a person and complete the following with correct information.

| Stage                                | Needs | Obstacles when fulfilling the needs | Solutions for problems |
|--------------------------------------|-------|-------------------------------------|------------------------|
| <b>Adolescence<br/>(10-19 years)</b> |       |                                     |                        |
| <b>Youth<br/>(20-39)</b>             |       |                                     |                        |
| <b>Middle age<br/>(40-59)</b>        |       |                                     |                        |
| <b>Adulthood<br/>(59 and above)</b>  |       |                                     |                        |

4. Complete the following chart by using the knowledge you have gained related to organized games.

| Diagram                                                                             | Name the game and number of players in a team | Name the skills | Name the situation shown by the diagram | How the winner is decided in these games |
|-------------------------------------------------------------------------------------|-----------------------------------------------|-----------------|-----------------------------------------|------------------------------------------|
|  |                                               |                 |                                         |                                          |
|  |                                               |                 |                                         |                                          |
|  |                                               |                 |                                         |                                          |