



නැණ සයුර අධ්‍යාපනික වැඩසටහන
උතුරු මැද පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව
සාධන මට්ටම අනාවරණය කර ගැනීමේ පරීක්ෂණය
2021 අධ්‍යයන වර්ෂය (2022)



7 ශ්‍රේණිය

විෂයය :- Health and Physical Education

කාලය :- 02

Part I

- Answer all the questions.
- Select the most suitable answer.

01. The most correct answer out of the given is,
- A family is, a place where parents and children live separately.
 - For a family environment, physical, mental and social environment is vital.
 - A father of a family has authoritative power.
 - We don't have a chance to promote health in a family.
02. The wrong statement on secure is,
- Protection in short.
 - The animals too protect their small ones.
 - We receive protection at home but not at school.
 - Protection is one of the prominent mental need of us.
03. A traditional food which is not in highly nutritional.
- | | |
|------------------|--------------------|
| (i) "kottu Roti" | (ii) "Diya Bath" |
| (iii) "Thalapa" | (iv) "Hath Maluwa" |
04. One of the smallest unit of our body is.
- | | |
|-------------|--------------|
| (i) organs | (ii) Systems |
| (iii) Cells | (iv) tissues |
05. The number of teeth in an adults mouth is,
- | | | | |
|--------|---------|----------|---------|
| (i) 30 | (ii) 32 | (iii) 20 | (iv) 22 |
|--------|---------|----------|---------|

06. The understanding of ones emotions as the same is called.
- (i) Tension (ii) empathy
(iii) interpersonal relationship (iv) effective communication
07. The skill of completing an action in a short time is called.
- (i) energy (ii) speed
(iii) flexibility (iv) agility
08. Not a factor for non-communicable diseases.
- (i) mosquitoes (ii) Diabetics
(iii) using narcotics (iv) smoking
09. Does not belong to Macro nutrition.
- (i) Vitamin (ii) Protein
(iii) Fats (iv) carbohydrates
10. A highly uncommunicable disease is,
- (i) diabetes (ii) cancer
(iii) mental illness (iv) electro fusion
11. Not a good emotional balance,
- (i) Hate (ii) love (iii) Kindness (iv) smile
12. In walking correctly the weight of the body changes to the feet is by,
- (i) toes, heels and ball of the feet.
(ii) heel, toes and ball of the feet.
(iii) heel, ball of the feet and toes.
(iv) toes, ball of the feet and heel.
13. An indoor game played with equipment is
- (i) Pancha keliya. (ii) lee keliya
(iii) Mee kadima (iv) Gini pageema(fire walking)

14. The code which is established to ensure fairness and equality to all in sports is called.
- (i) Well being of sports (ii) code of rules regulations and ethics in sports
(iii) Good conduct in sports (iv) Rules and regulations of sports.
15. An advantage of correct posture.
- (i) loss of the balance of the body
(ii) Fatigue of muscles
(iii) Obstruction for physical activities
(iv) Less fatigue to the body.
16. A horizontal jump
- (i) Long jump (ii) High jump
(iii) hurdles (iv) Triple Jump
17. The length and breadth of a volleyball court is,
- (i) 10 feet long, 9 feet wide
(ii) 18m, 9m wide
(iii) 10m long, 9m wide
(iv) 15m long, 10m wide
18. The national game of Sri Lanka is,
- (i) Netball (ii) Cricket
(iii) Football (iv) Volleyball
19. The number of players in one team at a Netball tournament is.
- (i) 5 (ii) 6 (iii) 7 (iv) 11
20. The most popular games in the world is
- (i) Cricket (ii) Netball
(iii) Volleyball (iv) football

Part II

- Answer only 05 questions.

01. i. Write 04 features of a healthy physical environment.
ii. Name 3 R of recycling of garbage.
iii. Write 04 things you could do as a pupil to develop a healthy family environment. (3x4 marks)
02. i. How many groups of folk game are there? What are they?
ii. Write 04 common features of folk games?
iii. Write one "Onchili Waram" (song of swinging) song. (3x4 marks)
03. i. Name 04 running events.
ii. How many main stages of jumping are there? Name them.
iii. Write 04 throwing events you have learnt. (3x4 marks)
04. i. What is ethics in sports?
ii. Why do we need rules regulations and ethics in sports? Write 4 facts.
iii. What advantages the society will receive when we respect rules regulations and ethics in sports. Write 4 facts. (3x4 marks)
05. i. Why water is necessary for as?
ii. Draw the food pyramid and name it.
iii. Write 4 things to remember when buying food. (3x4 marks)
06. i. Name the systems in our body and write their functions separately.
ii. How many types at teeth do we have? What are they?
iii. Write one function of each red cells and white cells in blood. (3x4 marks)
07. i. Write 2 changes that we observe in each the boys and girls of adolescence, separately.
ii. Write 4 factors which effect reproductions
iii. Write 4 features of social redness of a young man or a woman. (3x4 marks)