

15. Which competitor uses stand start for his track events.
 (a) Sandun (b) Kapila (c) Saham (d) Najith
16. Another field event which could be done by Najith is,
 (a) Marathon (b) discuss throwing
 (c) Relay (d) 100m
17. The steps long techniques.
 (a) approach run → take off → crossbar clearing → landing
 (b) approach run → take off → flight → landing
 (c) Take off → Landing → flight → approach run
 (d) Flight → take off → approach run → landing
18. The rules regulations and ethics are needed in sports because.
 (a) To protect the dignity of the games.
 (b) To protect the rights of the participates.
 (c) To minimize disputes.
 (d) All the above.
19. The number of tracks in a standard running trucks.
 (a) 4 (b) 8 (c) 6 (d) 10
20. A common disaster frond in Sri Lanka.
 (a) Volcano (b) Tsunami (c) floods (d) earthquakes

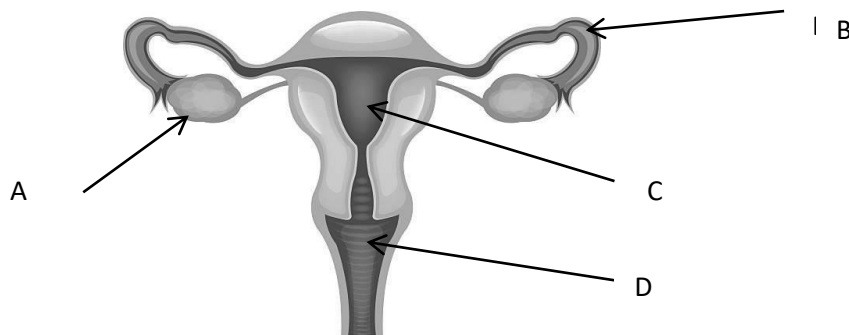
(marks 2x20=40 marks)

Part II

- Answer only 05 questions.

01. I. What is self-esteem? Write in short (2 marks)
 II. Write 5 abilities which will improve you. (5 marks)
 III. Write 5 factors which have a negative impact on self-esteem. (5 marks)

02. I. Describe lead up games. (4 marks)
- II. Write 04 features of (4 marks)
- III. Describe a lead up games. Which you know. (4 marks)
03. Consuming Nutritious food is suitable to a healthy life.
- I. Name the 3 main functions of food. (3 marks)
- II. Write 03 things which you could do to improve the nutritional value of food.(3marks)
- III. Write 03 factors you should consider when preparing food. (3 marks)
- IV. Write 03 ways of preserving food. (3 marks)
04. I. Write 04 health related physical factors. (4 marks)
- II. Write 02 activities to develop cardio vascular endurance. (4 marks)
- III. Write 04 advantages you gain by developing sports activities and (4 marks)
05. I. Name 04 challenges that you have to face in life. (4 marks)
- II. Name 02 harmful effects of abuse and coercion. (4 marks)
- III. Write two harmful effects of using narcotics and write 02 actions you could do to prevent others from them. (4 marks)
06. The following is a picture of a female reproductive system.



- I. Name A,B,C,D (4 marks)
- II. Write 04 issues of acquiring sexually transmitted diseases. (4 marks)
- III. Write two healthy behaviors which help maintain reproductive health. (4 marks)
07. I. Draw the volley ball court and name the length and breath. (4 marks)
- II. Write 04 techniques of volley ball. (4 marks)
- IV. Write 02 activities which could be used to develop a techniques. (4 marks)