

07	A non-trar	emitted	covuol d	160000					
07.									
	(a) Herpe	S	(b)	AIDS		(c)	gonorrhea	(iv)	syphilis
08.	There are	many cha	allenges	in our li	fe but th	is challe	enges does not	affect hea	alth.
	(a) Correc	et habits	of consu	uming fo	od.				
	(b) Will d	levelop a	good pe	ersonality	у.				
	(c) can ob	otain a he	althy bo	ody.					
	(d) can ha	ive an ac	tive life.						
10.	A program	nme on h	ealth pro	omotion.					
	(a) cutting	g trees			(b)	No a d	lirty drainage sy	ystem	
	(c) Schoo	l dental s	service		(d)	Not ha	aving proper sar	nitation	
11.	A lead up	game wh	nich you	play wit	th friend	s.			
	(a) Hand	ball			(b)	Mevo	meemo		
	(c) servin	g the bal	l to a tar	get	(d)	foot ba	all		
12.	How many	y player o	could be	e get regi	stered fo	or one te	am in Volley b	all?	
	(a) 6	(b)	12	(c)	8	(d)	15		
13.	A long dis	stances ru	inning e	vent is.					
	(a) 400m x 4 relay (b)				200m :	x 4m rel	ay		
	(c) 400m (d)				5000m	1			

• Answer questions 14,15 and 16 using the details in the graph below.

Following are the details of four pupils who took part in the Inter house sports meet at Bomiriya Maha Vidyalaya.

Name	Event
Sandun	1500m, 5000m
Najith	High jump, Triple jump
Kapila	100mx4, 400mx4
Saham	Javeline, shot put, 100m

14. Which competitor takes part only for field events?

(a)	Najith	(b)	Saham	(c)	Sandun	(d)	Kapila
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15.	Which competitor uses stand start for his track events.							
	(a)	Sandun	(b)	Kapila	(c)	Saham	(d)	Najith
16.	Anoth	ner field event wl	hich cou	ld be done b	y Najith is	,		
	(a)	Marathon	(b)	discuss th	rowing			
	(c)	Relay	(d)	100m				
17.	The st	teps long techniq	lues.					
	(a)	approach run	\rightarrow	take off –	> cros	sbar clearing	\rightarrow	landing
	(b)	approach run	\rightarrow	take off	→ fligh	nt <u> </u>	→ landir	ıg
	(c)	Take off	\rightarrow	Landing	\longrightarrow fligh	nt —>	appro	ach run
	(d)	Flight	\rightarrow	take off	→ appr	oach run —>	landir	ıg
18.	The ru	ules regulations a	and ethic	es are needed	d in sports	because.		
	(a)	To protect the	dignity	of the game	s.			
	(b)	To protect the	rights o	f the particip	pates.			
	(c)	To minimize o	lisputes.					
	(d)	All the above.						
19.	The n	umber of tracks	in a stan	dard running	g trucks.			
	(a)	4 (b)	8	(c) 6	(d)	10		
20.	A con	nmon disaster fro	ond in Si	ri Lanka.				
	(a)	Volcano	(b)	Tsunami	(c)	floods	(d)	earthquakes
						(ma	arks 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.	Consu	ming 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 co	ould 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)