

Select and underline the correct or the most suitable answer

1) The process of enabling people to improve their health by gaining control over factors affecting health is called,

- i. Complete health
- ii. Hygiene
- iii. Health promotion
- iv. Physical fitness

2) Love and Protection is described as,

- i. Physical needs
- ii. Social needs
- iii. Mental needs
- iv. Physical needs

3) Mevara Keliya (Bangle Game) comes under,

- i. Organized games
- ii. Outdoor folk games
- iii. Indoor folk games
- iv. Less organized games

4) Serving and setting the ball are two skills of,

- i. Volleyball
- ii. Netball
- iii. Football
- iv. Cricket

5) The most famous game of the world is,

- i. Volleyball
- ii. Cricket
- iii. Football
- iv. Rugged

6) Volleyball was introduced in,

- i. 1895
- ii. 1985
- iii. 1896
- iv. 1982

7) Which one is not a rule of foot work of the game netball?

- i. Landing with one foot.
- ii. Landing with both feet.

- iii. Throwing the ball while raising the foot used for landing.
- iv. Do not swiveling on the balls of the landing foot.

8) Not an aim of a health promotion school.

- i. Make the students as well as their family healthy.
- ii. Improve the skills and abilities of the students.
- iii. Threaten the students.
- iv. Make the school a pleasant place.

9) An institution that we can take help for a health promotion school is,

- i. The prefects' board
- ii. Scout team.
- iii. Police station.
- iv. Cadet team

10) The person who is not suitable to take help to promote health of the school.

- i. Grama Seva officer
- ii. Medical Officer of Health.
- iii. Wild Life officer
- iv. A drug adictor

11) Not a feature of healthy family environment is,

- i. Cleanliness
- ii. proper disposal of garbage
- iii. throwing garbage every where
- iv. having sanitary facilities

12) Engage in education well is one of the hopes of our parents. It's our,

- i. Responsibility
- ii. Hope
- iii. Duty
- iv. Need

13) A common feature of folk games is,

- i. Simplicity
- ii. Having rules and regulations
- iii. having a definite place to play
- iv. need instrument to play

Write the short answers

1. Write five features of a healthy family environment.
2. Define 'nuclear family'
3. Write five features of folk games
4. Write 03 indoor folk games and outdoor folk games.
5. What is meant by health promotion?
6. Write 5 themes which can be put into practice for family health promotion.
7. Write 3 things that you can do as a student to create a healthy family environment
8. mention 06 skills required in volleyball
9. Write 02 activities to practice footwork in netball
10. Write 05 harmful effects of not receiving love and protection