



JAFFNA HINDU COLLEGE

Risk Leave Time Self Education Worksheet - 2020

Grade – 07 | Health & Physical Education

Name/Index No :

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Unit – 01

01. Define the term of health promotion?

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02. List out the features of the healthy environment?

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03. List out the communicable diseases which are caused by impure/contaminated water?

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04. List out the persons who are required special meals?

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05. What are the nutrition that should more intake by adolescence?

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06. What are the factors that need for mental health promotion?

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07. Write down the 3 activities to spend leisure in a productive manner?

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08. List out the features of good social environment?

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09. What are the features of good spiritual environment?

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10. Write down the 5 steps taken to promote family health?

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11. Write down the 3R concept to manage waste?

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12. How much sugar can intake by a person per day?

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13. Who deliver the information to developing skills and knowledge on your good health?
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14. Who can get health services?
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.....
15. Mention 5 your duties and responsibilities as a student in building a healthy family environment?
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Unit – 02

01. Name the needs which having love & protection?
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02. What are the basic needs of human?
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03. Mention the two groups who give love & protection for us?
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04. Name the types of family?
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05. Write down the external persons who help you in your daily affairs?
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06. What are the duties & responsibilities to be fulfilled by you to receive love & protection?
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07. Write the harmful effects of refuse love & protection?
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Unit – 03

01. What are the benefits from engage the folk games?

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02. Mention the common features of folk games?

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03. Mention the basic kind of folk games?

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04. List the types of folk games according to the type of participation, equipment required & other facts?

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05. Write down the examples for following games?

a. Indoor folk games with equipment.

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b. Indoor folk games without equipment.

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c. Outdoor folk games with equipment.

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d. Outdoor folk games without equipment.

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06. Give folk games that are commonly played during New year.

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Unit – 04

01. Volleyball game that was introduced by who? when & where?

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02. Who & when was volleyball introduced to Sri lank?

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03. How did volleyball call at beginning?

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04. How many members are participated in a team of Volleyball?

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05. What are the skills of volleyball?

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06. Draw the volleyball court with proper measurement.
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07. Write down the types of serving?
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08. Mention the techniques of the under arm service?
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09. Write down the activities related to under arm receive practice?
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10. Name the National games of the Sri lanka?
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Unit – 05

01. Netball which was introduced by who? when? where?
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02. Who & When was introduced the netball to Sri Lanka?
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03. What are the skills of Netball?
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04. How many players could be in one team?
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05. How many players can play in a team at playground?
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06. Write down the activities to promote the foot work?
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07. Sketch net ball court with correct measurement.
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Unit – 06

01. Who was initiated the football?

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02. How would football call beginning?

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03. How many members could be in a football team?

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04. How many players are played in the football game?

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05. Write the skills of football?

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06. What are types of kicking a ball?

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07. Which parts of the body control the ball?

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08. Write down the instance for following?

a. kicking with inner side of the foot.

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b. kicking with instep of the foot.

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09. What are the methods to control the ball?

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10. List out the activities to control the football?

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