



# JAFFNA HINDU COLLEGE

Risk Leave Time Self Education Worksheet - 2020

Grade - 09 | Health and Physical Education

Name/Index No : .....

Mrs.K.Thatchayini, B.Sc in Agri

## Unit – 01

01. List out the 5 factors to differentiate the personal needs?

.....  
.....

02. What is health of the individuals?

.....  
.....

03. What are the health problems in our community?

.....  
.....

04. List out the 4 components that could pollute by either human or natural?

.....  
.....

05. Define the terms of following?

a. Air pollution

.....

b. Water Pollution

.....

c. Land Pollution

.....

06. List out the 3 diseases which are result of water pollution?

.....  
.....

07. List out the 3 diseases which are result of air pollution?

.....  
.....

08. What are the bad effects of land and sound pollution?

.....  
.....

09. What are the factors contributing to environmental pollution?

.....  
.....

10. Write down the preventive methods of environmental pollution?

.....  
.....

11. what are the types of diseases?

.....  
.....

12. Write down the definition of following & give 5 Examples of each one?

a. communicable diseases

.....

b. Non communicable diseases

.....

13. What are the negative impacts of diseases?

.....

.....

14. What is community health promotion?

.....

.....

15. Write the 5 activities to promote the community health?

.....

.....

16. Write down the 5 merits of community health promotion?

.....

.....

### Unit – 02

01. What is self-actualization?

.....

.....

02. Who was introduced the hierarchy of human needs?

.....

.....

03. List out the human needs in a hierarchical order?

.....

.....

04. What are the qualities of a person who has reached self – actualization?

.....

.....

05. What are the abilities need to reach the self-actualization?

.....

.....

06. What talents have to have a person who wants to get self-actualization?

.....

.....

07. Make a list of the people who you think have reached self-actualization?

.....

.....

**Unit – 03**

01. What is the correct posture?

.....  
.....

02. What are the benefits of maintain the correct posture?

.....  
.....

03. Write the 2 main factors of physical deformities?

.....  
.....

04. Write down the 4 instances to maintain the correct posture?

.....  
.....

05. What are the types of deformities? & Give 5 examples for each one?

.....  
.....

06. What could you call the excessive curvature of the upper back?

.....  
.....

07. Identify the deformities from following statements.

a. The spine is curved to the side.

.....

b. The normal curvature of the lower back is not present.

.....

c. The excessive curvature of the lumber region of the spine.

.....

08. Write the 5 numbers of causes to make bad posture?

.....  
.....

09. Write down the prevention methods of bad posture?

.....  
.....

10. Write down the disease due to that weakness of bone in older age?

.....  
.....

**Unit – 04**

01. What is organized games?

.....  
.....

02. Write the 4 good features of organized games?

.....  
.....

03. Write down the 4 games which are played with bat and ball?

.....  
.....  
04. Give 4 organized games using only ball?

.....  
.....  
05. Give 5 kind of athletic games?

.....  
.....  
06. Write down the examples for following genre of games?

a. Water games

.....  
b. Ice games

.....  
c. Snow games

.....  
d. Air sports

.....  
.....  
07. Write down the 5 indoor games?

.....  
.....  
08. Give the 2 sports that are played without equipment?

.....  
.....  
09. Write down the 5 self-defense games?

.....  
.....  
10. What is outdoor education?

.....  
.....  
11. Write down the 10 experiences gain from outdoor activities?

.....  
.....  
12. Write down the physical & psycho-social benefits of engaging in outdoor activities?

**Unit – 05**

01. Who & when was introduced volleyball?

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

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

.....  
.....  
04. How many players are played in a volleyball team?

.....  
.....  
05. What are the skills of volleyball?

.....  
.....  
06. How many players can play as libero player in a team?

.....  
.....  
07. What is spiking?

.....  
.....  
08. What are the factors that should be taken into consideration when spiking?

.....  
.....  
09. Who are permitted to blocking?

.....  
.....  
10. What is blocking?

.....  
.....  
11. Draw with correct measurement of volleyball court?

.....  
.....  
12. What are the factors to be considered for effective blocking?

.....  
.....  
13. Give 4 steps of blocking?

**Unit – 06**

01. Who? when & where was introduced the netball?

.....  
.....  
02. Who? when? & where was introduced netball to Sri Lanka?

.....  
.....  
03. What are the skills of netball?

.....  
.....  
04. How many members are participated when play?

.....  
.....  
05. How many members can allow for a netball team?

.....  
.....  
06. Draw the netball court and making the measurement?

.....  
.....  
07. How can be done the defending?

.....  
.....  
08. What are the methods of defending the player?

.....  
.....  
09. When defending the ball, what should identify the defender?

.....  
.....  
10. What could you understand the term of “defending the position”?

.....  
.....  
11. Write down the shooting techniques of netball?

.....  
.....  
12. List out the fouls committed when attacking, defending & shooting?

\*\*\*