



Provincial Department of Education Northern Province



மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்

Diagnostic Test– 2021

Health and Physical Education – I,II

Name / Index No :-.....

Grade : 10

Time:- Two Hours

Part 1

1. A teacher who teach us health and physical education taught about total health. Here total health means?

1. Physical and mental health.
2. Physical, mental and spiritual wellbeing.
3. Mental and social health.
4. Physical,mental, social and spiritual wellbeing.

2. What is the measurement to calculate BMI?

1. $\frac{\text{Body weight (kg)}}{\text{Height (m)} * \text{Height (m)}}$
2. $\frac{\text{Body weight (kg)}}{\text{Height} * \text{Height (m)}}$
3. $\frac{\text{Body weight (kg)}}{\text{Height (m)}}$
4. $\frac{\text{Body weight (kg)}}{\text{Height (m)} * \text{Length (m)}}$

3. Which include physical health from the following?

1. Rest and sleep
2. Respect
3. Obey others
4. None

❖ For Questions 3, 4, 5 use the given table.

Student	BMI
A	Below 18.5
B	18.5- 25
C	25-30
D	Above 30

4. Which of the above student is wasting?

1. A
2. B
3. C
4. D

5. Who is the student with healthy BMI?


1. A
2. B
3. C
4. D

6. Which of the above student susceptible to non- communicable diseases?
1. A 2.B 3.C 4.D
7. How many main stages in child hood?
1.5 2. 4 3. 6 4. 3
8. In Srilanka, what is the average mass of babies born during child birth ?
1.5kg -2kg
2. 5kg - 3.5kg
3. 2.5kg - 3kg
4. 2kg - 3kg
9. Rubella vaccine should be given to which age group girls?
1. 8 years old
2. 16 years old
3. 15 years old
4. 1 years old
10. How many meals should be taken in early childhood
1.3 2.4 3. 5 4. 6
11. What is the point at which weight act on object or human body?
1. Centre of gravity
2. Balance
3. force direction
4. Force

Raja was exercising in the morning, Arun was sitting on the chair and Mala was standing, observed him. At the same time Rani was running around the ground.

According to the information answer the 12-13 questions.

12. Who was in dynamic postures?
1. Raja and Mala 2. Arun and Mala 3. mala and Rani 4. Raja and Rani

13. Who was not in dynamic postures?
 1. Raja and Rani 2. Raja and Mala 3. Raja and Arun 4. Mala and Arun
14. Which year modern Olympics started?
 1. AC 1890 2. AC 1898 3. A.C1896 4. A.C1895
15. The sample of blood and urine was taken from the Olympic players. What can be confirmed from this?
 1. To confirm the physical health
 2. To test the fitness level
 3. To confirm the juice of drugs
 4. To confirm the sports achievement
16. In volleyball, who is the starter in each round?
 1. Servicer 2. Sitter
 3. Receiver 4. Lebro
17. The view of the first referee of Volleyball is told at how many cm above the top edge of the net to be positioned?
 1. 10cm 2. 50cm
 3. 40cm 4. 60cm
18. What is this signal in netball match?
 1. Foot work 2. Obstruction
 3. Contact 4. boll direction
- 
19. How many players should be register in a netball team?
 1. 7 2. 5
 3. 6 4. 12
20. What is the duration of football match?
 1. 20 minutes - 5 minutes- 20 minutes 2. 40 minutes - 10 minutes- 40 minutes
 3. 45 minutes- 10 minutes- 45 minutes 4. 45 minutes - 15 minutes - 45 minutes
21. What is the kick use to receive the opposing player and send the ball backwards?
 1. kicking with the inside of the foot 2. kicking with the heel
 3. kicking with the toe 4. kicking with outside of the instep

22. What is the symbol which is include in outdoor education maps?

1. Main road
2. Foot path
3. Minor road
4. Tunnel

Answer the questions 23-25 based on the table.

patient	condition of disease
Arun	Scrofula
Shiva	Night blindness
Varun	Anemia
Neela	Diabetes
Thulasi	High pressure

23. Who is involved in iron deficiency

1. Varun
2. Thulasi
3. Neela
4. Shiva

24. Shiva's disease was caused by which nutritional deficiency?

1. Iron
2. Iodine
3. vitamin A
4. Calcium

25. Who are the victims of non-communicable disease?

1. Neela and Arun
2. Varun and Neela
3. Neela and Shiva
4. Tulasi and Neela

26. What is the combine events only for men?

1. Pentathlon
2. Heptathlon
3. Decathlon
4. Octathlon

27. Which vitamin absorbed iron?

1. Vitamin A
2. Vitamin C
3. Vitamin D
4. Vitamin B

Answer the question 28-29 using the table.

Players number	Events
120	100m, 200m
154	800m, 1500m
075	Marathon
060	400m, 4*100m

28. Who is the competitor use Crouch start?

1. Number 120
2. Number 060
3. Number 120, 060
4. Number 154,075

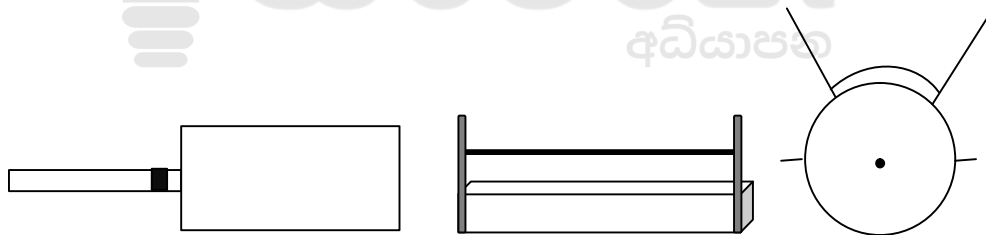
29. What is the competitor number for standing start?
1. Number 154
 2. Number 075
 3. Number 120,060
 4. Number 154 ,075
30. What is the modern method for shot put?
1. Foshary flop
 2. Standing throw
 3. Rotational technique
 4. Parry O Brien technique
31. What is shown in given image?
1. Bend in front
 2. walking race in a road
 3. correct shot put
 4. foul long jump



32. Which following should be taken to reduce mental stress?
1. Fighting
 2. Beating
 3. getting angry
 4. Playing

❖ Answer the question 33 - 37 based on the table.

Competition No	Event
120	Shot put
340	Discuss throw
110	Long jump
400	High jump



33. Which ground, number 120 competitor should go for shot put?
1. A
 2. B
 3. C
 4. D
34. What is the angle of ground D?
1. 29 degree
 2. 34.92 degree
 3. 34.29 degree
 4. 36 degree
35. Which ground, should use stop board?
1. A
 2. B
 3. C
 4. D

36. Which player should go to ground B?
1. Number 120
 2. Number 340
 3. Number 110
 4. Number 400
37. Which ground and player should be used for suspension technique?
1. Number 110 Ground A
 2. Number 400 Ground B
 3. Number 110 Ground B
 4. Number 400 Ground A
38. Which is not considered as outdoor activity?
1. Travel walking
 2. Board riding
 3. Cycling
 4. Educating
39. What is the communicable disease that has been threatening the world in recent days?
1. Dengue
 2. Covid-19
 3. Fever
 4. AIDS
40. In 2020 Olympic was postponed by covid-19. But it is recently held and over. In which country?
1. Australia
 2. China
 3. England
 4. Japan

Part 02

Including first question. Select any 02 questions in the part A, select 02 question in the part B, on the whole answer 05 questions.

01. Our school grade 10 students with the guidance of health teacher has organized health day. The first event was keep fit. Following that nutritional food, Non-communicable diseases and spread of Corona diseases in that topics regional doctor and PHI conducted awareness seminar.

In the evening time students were allowed to play mini games and organized games such as Volleyball, they were involved in the games with much happiness and spent their times.

01. Give two health programs that can be conducted in school?
02. Give two Non-communicable diseases that had been said by the doctor in the seminar?
03. List out some lifestyle to protect from the non-communicable diseases?
04. How does corona virus spread?
05. Give some symptoms of corona virus?
06. Give some methods to overcome this disease?
07. What will be the duration to conduct the health day first event? [Keep fit]

08. Give two features of mini games which are played by the students?
09. Give two any organized games which is not given in the above paragraph?
10. What are the two features that can be develop by the students, by participating sports and exercises? [20 Marks]

Part – A

02. Avoid the physical abuse and accidents by following the correct postures.

01. Give the types of postures? [02 Marks]
02. What are the bio-mechanic factors that can affect postures? [03 Marks]
03. Give three facts to consider when you are in sleeping posture? [03 Marks]
04. What is meant by center of gravity? [02 Marks]

03. Let's make sure to complete the needs of child hood and full fill the Healthy needs.

01. Give the main stages of childhood and their age groups? [03 Marks]
02. What is the disease caused by inter marriage between blood relatives? [02 Marks]

03. How do you call stage before pregnancy? [03 Marks]

04. What are the nutritional need of childhood? [02 Marks]

04. Developing the total healthy society.

01. Give two challenges for total health? [02 Marks]
02. Give three diseases that can be caused by obesity? [03 Marks]
03. What do you mean by population density? [02 Marks]
04. What are the three steps to avoid alcohol, drugs and smoking? [03 Marks]

Part – B

Answer any two questions.

05. Athletics sports leads to healthy life.

01. Mention the start types and give example for each? [02 Marks]
02. Say three features of relay event? [02 Marks]
03. Give the technical stages of longjumb in order? [02 Marks]
04. By using the below words and make table for jumping events? [04 Marks]
[Vertical jumps, Horizontal jumps, Long jumps, High jumps]

06. Protect ourselves from disease by taking nutritional food.

01. What are the nutrition problems in Srilanka? [02 Marks]

02. What are the three effects of excess nutrition? [03 Marks]

03. Give two reasons why pregnant mothers weight not increase during pregnancy? [02 Marks]

04. What do you mean by food preservation? [03 Marks]

07. A, B, C Answer only one question.

A. 1) The responsibility to train your school Volleyball team is handed over to you. Give two technique for this game? [02 Marks].

2) Who is the referees for volleyball game? [03 Marks]

3) With the help of map explain the two relevant actions to train under hand service to your school volleyball team player? [05 Marks]

B. 1) The responsibility to train your school Netball team is handed over to you. Give two technique for this game? [02 Marks].

2) Who is the referees for Netball? [03 Marks]

3) With the help of map explain the two relevant exercises to train the chess pass to your school Netball team player? [05 Marks]

C. 1) The responsibility to train your school Football team is handed over to you. Give two technique for this game? [02 Marks].

2) Who is the referees for Football? [03 Marks]

3) With the help of map explain the two relevant exercises to train the kicking technique to your school Football team player? [05 Marks]

2025

1ம் தவணை வகுப்புகள்

தரம் 6 முதல் 11 வரையான
மாணவர்களிற்கான தமிழ் மற்றும் ஆங்கில
மொழிமூல வகுப்புக்கள் ஆரம்பமாகவுள்ளன.

ஆரம்பம் 01.01.2025



இலங்கையின் எப்பாகத்திலிருந்தும்
Zoom app மூலம் எமது வகுப்புகளில்
இணைந்து கொள்ள முடியும்.

அனைத்துப் பாடங்களும் ஒரே கல்வி நிறுவனத்தின் கீழ்...



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