

# **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.<u>Body weight (kg)</u> Height (m) \* Height (m)
- 2. Body weight (kg)
  Height \* Height (m)
- 3. Body weight (kg)
  Height (m)
- 4. <u>Body weight (kg)</u> Height (m) \*Length (m)
- 3. Which include physical health from the following?
  - 1. Rest and sleep
- 2. Respect
- 3. Obey others
- 4. None

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

Student	BMI
A	Below 18.5
В	18.5- 25
С	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 /

- 2 R
- 3.C
- 4.D

6.	Which of the above stude	nt susceptible to non- co	mmunicable diseases?	
	1. A	2.B	3.C	4.D
7.	How many main stages in	child hood?		
7.	1.5	2. 4	3. 6	4. 3
	-10	_, .		0
8.	In Srilanka, what is the av	rerage mass of babies bor	rn during child birth?	
	1.5kg -2kg			
	2. 5kg - 3.5kg			
	3. 2.5kg - 3kg			
	4. 2kg - 3kg			
9.	Rubella vaccine should be	e given to which age grou	ıp girls?	
	1. 8 years old			
	2. 16 years old			
	3. 15 years old			
	4. 1 years old	ducation		
		deduction		
10.	How many meals should	be taken in early childho	ood	
	1.3	3.5	4. 6	
			අධ්යා	සන
11.	What is the point at whic	h weight act on object or	human body?	
	1. Ce	entre of gravity		
	2. Ba	lance		
3. force direction				
	4. Fc	orce		
R	aja was exercising in the	morning,Arun was sit	ting on the chair and	Mala was standing,
ol	oserved him. At the sameting	ne Rani was running arou	and the ground.	
A	ccording to the information	n answer the 12-13 quest	ions.	
12	Who was in dynamic post	ures?		
14.	1. Raja and Mala		3. mala and Rani	4. Raja and Rani
	1. Naja anu iviaia	2. mun and Maia	5. maia and Kam	7. Naja and Nam
		2		

13.	Who was not in dyn	amic 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 from this?	and urine was taken from	the Olympic players.	What can be confirmed
	1	. To confirm the physica	al health	
	2	. To test the fitness level	I	
	3	. To confirm the juice of	f drugs	
	4	. To confirm the sports a	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 to	old at how many cm al	pove the top edge of the
	net to be positioned?	•		
	1. 10cm	2. 50cm		
	3. 40cm	4. 60cm		
10				
18.	What is this signal in		<b>67</b>	ഭവങ്ങ
	1. Foot work	2. Obstruction		
	3. Contact	4. boll direction		
19.	How many players s	hould be register in a net	ball team?	
	1. 7	2. 5		
	3. 6	4. 12		
20.	What is the duration	of football match?		
	1. 20 minutes - 5 mi	nutes- 20 minutes	2. 40 minutes -	10 minutes- 40 minutes
	3. 45 minutes- 10 n	ninutes- 45 minutes	4. 45 minutes -	15 minutes - 45 minutes
21.	What is the kick use	to receive the opposing p	player and send the ball	l backwards?
	1. kicking with the i		2. kicking with	
	3. kicking with the t	oe	4. kicking with	outside of the instep
		3		

22.	What is the s	vmbolà===ß	which is	s include in	outdoor	education map	s?
		J 1110 0 100 10					

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

Education 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

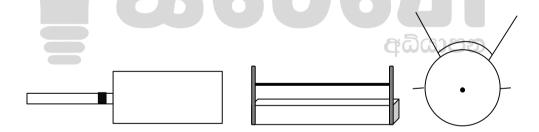
- 2. Standing throw
- 3. Rotational technique
- 4. Parry O Brien technique
- 31. What is shown in given image?
  - 1. Bend in front
- 2. walking race in a road
- 3. correct shot put
- 4. foul long jump



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

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

Competition No	Event
120	Shot put
340	Discuss throw
110 Education	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 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

# **Education**

### 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? [03Marks]
  - 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]

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