



Second Term Test - Grade 10 - 2019

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Name/Index No: Health and Physical Education - I Time: 01 hour

Important:-

- * Answer all questions - 40 marks will be given.
- * Choose the most suitable answer for the questions from No. 01 to 40
- * Put a cross (x) on the circle that represents the correct answer.

(1) Following are some of the points given by the physical education teacher in the physical education lesson for grade 10

- * Proper nutritional level
- * Proper waist circumference
- * Immunity
- * Being active

The suitable topic for the above points is

1. some features that show mental wellbeing of a person.
2. some features that show mental wellbeing of a person.
3. some features that show social wellbeing of a person.
4. some features that show spiritual wellbeing of a person.

(2) By keeping the body mass index properly,

1. births of children with low weight can be avoided
2. vicious cycle of nutritional deficiency can be maintained
3. efficiency of persons can be reduced
4. risk of catching infectious diseases can be maximized.

* **Use the following passage for answering the questions from 03 to 07.**

The following instructions were given to some students by a doctor at a medical test.

Kamani :- Engage in exercises, minimize consumption of fats, sugar and oil as soon as possible.

Mala :- Take your meals on time. Do not miss your breakfast. Don't fast more than 10 hours.

Sahan :- Manage your time. Meditate. Engage in aesthetic activities.

Nipun :- Your B.M.I value is good. Explain about your life pattern to others.

(3) According to these information, the students who can be easily subjected to diseases as, diabetes, and heart strokes are,

| | |
|---------------------|---------------------|
| 1. Kamani and Nipun | 2. Kamani and Sahan |
| 3. Mala and Nipun | 4. Mala and Sahan |

(4) The student who should pay much attention to mental health is,

1. Mala
2. Kamani
3. Sahan
4. Nipun

(5) According to the advice given to Mala, she is subjected to

1. diabetes
2. cancer
3. heart attack
4. gastritis

(6) The colour range of the B.M.I chart that belongs to Nipun according to doctors is,

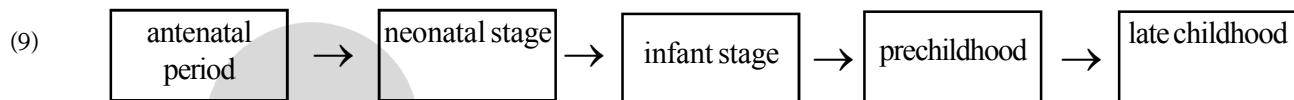
1. orange
2. green
3. light purple
4. dark purple

(7) The B.M.I value that Nipun belongs to according to the international index of determining the nutritional status is,

1. < 18.5
2. $18.5 - 24.9$
3. $25.0 - 29.9$
4. ≥ 30.0

(8) Choose the incorrect statement of the following,

1. Weight of a mother should be increased by 20 kg during the pregnancy.
2. Mother should be happy and relaxed during the pregnancy.
3. A continuous health services should be maintained during the pregnancy.
4. It is important to take necessary steps to be free from diseases, during the pregnancy.



The above flow chart shows,

1. some stages of the youth.
2. some stages of the early childhood
3. some stages of the adolescence
4. some stages of the pregnancy.

(10) • Let the baby sleep for 18-20 hour for a day. • Carry the baby, cuddle him.
 • Give breast milk whenever the baby asks.

The above instructions are very important for,

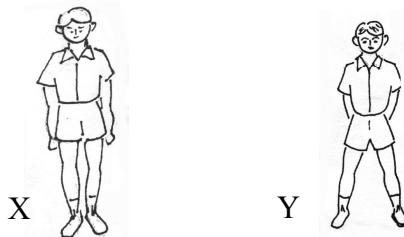
1. a baby of one month old
2. a baby of six month old.
3. a baby of eight month old.
4. a baby of one year old.

(11) • All the nutrients that the baby needs are contained in this.
 • Requirement of water up to the 6 months is also supplied by this.
 • It is always at the correct temperature

The most nutritious food described by the above points is.

1. powdered milk
2. breast milk
3. goat's milk
4. cow's milk

(12)



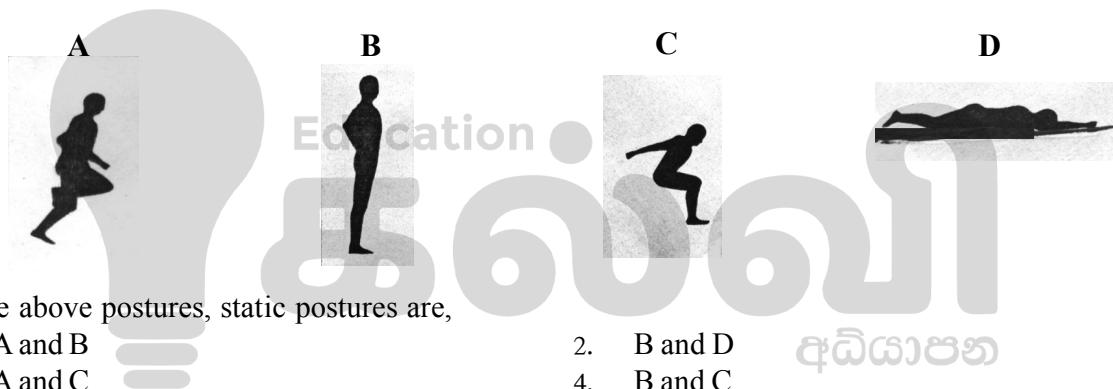
The correct saying of the following statements regarding the given diagrams is,

1. Y is better balanced than X
2. X is better balanced than Y
3. Y and X are equally balanced.
4. Nothing can be expressed about balance of X and Y

(13) Vimukthi got on to a chair to paste a notice on the wall of the class room and Nuwan told him to use a desk instead of the chair. According to the principles of bio mechanics, he must have expected.

1. Widen the supporting base.
2. Bending the body towards an external force.
3. Bringing the centre of gravity to a lower level.
4. Movement of the body in the opposite direction.

(14) The following diagrams depict some postures



Of the above postures, static postures are,

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

(15) Following diagrams show some signals that are used for race walking.



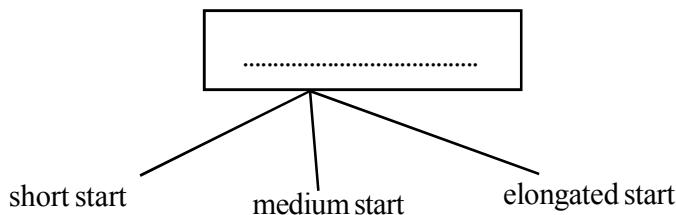
The symbol that is used for showing the foul "bending the knee"

1. a
2. b
3. c
4. d

(16) A quicker start should be taken to

1. 100 m, 200m, 400m
2. 100m, 200m, 800m
3. 800m, 1500m, 5000m
4. 400m, 110m, 1500m

(17) Following diagram is relating to start of running events.



The most suitable word for the blank is,

| | |
|-------------------|-----------------|
| 1. standing start | 2. crouch start |
| 3. double start | 4. mixed start |

(18) The event of an athlete who used linear technique is,

| | |
|---------------------|--------------------|
| 1. javelin throwing | 2. hammer throwing |
| 3. discus throwing | 4. shot putting |

(19) Marching by lifting knees forward and high is,

| | |
|--------------|--------------|
| 1. running A | 2. running B |
| 3. running C | 4. running D |

(20) A runner who keeps his/her front knee to an angle of 90° and the back knee to an angle between 110° to 120° is at the

| | |
|--------------------|-------------------|
| 1. "on your mark" | 2. "set" position |
| 3. "fire" position | 4. releasing |

(21) According to the side at which the front runner receives the baton the most suitable method of changing the baton for 4×100 m relay is,

| | |
|-------------------------|----------------------|
| 1. down sweep technique | 2. upsweep technique |
| 3. mixed pass | 4. outside pass |

* Following table shows the athletes and the equipments they used in an athletic meet. Use the table for answering the question no, 23 to 24.

| Number | Technique |
|--------|------------------|
| 112 | Hitchkick |
| 115 | Paryobrian start |
| 120 | Standing |
| 130 | Scissors jumping |

(22) The number of the high jumper is,

| | | | |
|--------|--------|--------|--------|
| 1. 112 | 2. 115 | 3. 120 | 4. 130 |
|--------|--------|--------|--------|

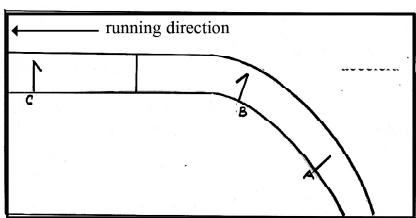
(23) Another technique used by the athlete no 130 is,

| | |
|-----------------------|-----------------------|
| 1. straddle technique | 2. rotation technique |
| 3. sail technique | 4. American technique |

(24) The group of events for which the athlete no, 120 participated in is,

| | |
|----------------------|-----------------------|
| 1. 800m, 100m, 1500m | 2. 400m, 800m, 1500m |
| 3. 100m, 200m, 400m | 4. 800m, 1500m, 5000m |

(25) The following diagram depicts a part of a standard track and event that is started there is,



1. 200m
2. Javelin throwing
3. Osbstacle race
4. 100m × 4 Relay race

(26) The medical report of a certain patient found that the amount of haemoglobin in the blood was 12. So, he is suffering from,

1. the iron deficiency
2. the calcium deficiency
3. the zinc deficiency
4. the vitamin "A" deficiency

(27) Aflatoxin, solanine Acrelitide Trans fat are some of the poisonous substances that could be produced in food. The food item in which they could be produced respectively are,

1. food contaminated by fungi, some bakery items, potatoes, fried food in reused oil.
2. potatoes, some bakery items, fried food in reused oil, food contaminated by fungi
3. food contaminated by fungi, potatoes, some bakery items, fried food in reused oil.
4. some bakery items, food contaminated by fungi, potatoes, fried food in reused oil.

* **Use the following table to answer the questions from 28 to 32.**

The table depicts some of the prescribed food items for each patient in a medical clinic.

| patient | Prescribed food |
|---------|---|
| A | Dark green vegetables, yellow colour fruits |
| B | sea food (fish) |
| C | Milk and dairy food |
| D | Liver |

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(28) According to the prescribed food the patients, A B C and D are respectively suffering from deficiency of,

1. Vitamin A, Iodine, Calcium, Iron
2. Vitamin A, Calcium, Iron, Iodine
3. Iodine, Vitamin A, Calcium, Iron
4. Iron, Calcium, Vitamin A, Iodine

(29) The patient who should limit of consuming tea, coffee along with the main meals is,

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

(30) The patient who should limit consuming food containing goitrogen is,

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

(31) The patient who is suffering from deficiency of producing Thyroxin

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

(32) The disease conditions that may be caused due to increasing nutritional deficiencies of the patients A, B, C and D, respectively are,

1. Night blindness, Growth retardation, Osteoporosis, Anaemia
2. Growth retardation, Osteoporosis, Anaemia, Night blindness
3. Osteoporosis, Growth retardation, Anaemia, Night blindness
4. Growth retardation, Osteoporosis, Night blindness, Anaemia

(33) * nutritious
* minimum expenditure
* free from poison
Above factors are about
1. instant food 2. local food 3. processed food 4. fortified food

(34) Following steps are taken by a first-aid giver in a snake bite

A - Removing rings and bangles.
B - Identifying the animal
C - Taking the patient immediately to hospital
D - Taking measures to allay the patient's fear
E - Washing the area with soap and flowing water.

What is the correct order of the above steps?

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

(35) The method of giving first-aid to a muscle injury is,

1. SMART 2. PRICES 3. WASH 4. 3 R

(36) Anura was the organizer of the Sri Lanka and Hindu new year festival of the school and everyone assisted him very well. He was assisted well due to.

1. building better interpersonal relations.
2. be an empathetic person.
3. be a person with self understanding.
4. be a person with creative thinking.

(37) The main objective of a sports organization in a school is,

1. organizing physical fitness programs.
2. keeping all physical education programs in a better standard.
3. organizing the annual sports meet
4. developing the subjects of health and physical education student.

(38) The most suitable person to be appointed as the manager of the sports meet of your school is,

1. the principal
2. the vice principal
3. the physical education teacher
4. the teacher in charge of the teams.

(39) The modern Olympic games was originated in

1. 1996 A. D 2. 1876 A. D
3. 1927 A. D. 4. 1896 A. D.

(40) The Olympic games in 2020 will be held in

1. Rio De Janeiro in Brazil
2. Sydney in Australia
3. Athens in Greece
4. Tokiyo in Japan

(1 × 40 = 40 marks)



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Name/Index No: Health and Physical Education - II Time: 02 hours

Important:-

* Answer only 5 questions.

Question number 01 is compulsory and choose by 2 questions from part I and part II

(1) Sapumal goes to school with his younger brother "Jan" and Sapumal always cares about his nutrition but his brother 'Jan often tends to instant food. So Jan is not as active as Sapumal, and he is weak in studies as well as sports.

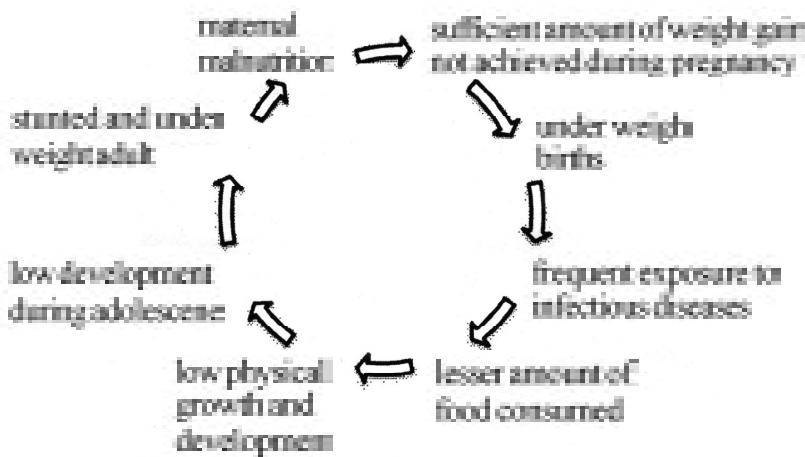
Sapumal is a member of the school Volleyball team and he is the starter of the $4 \times 100\text{m}$ under 16. His mother is pregnant but conflicts between parents and changes in the family badly affect on Sapumal's life style.

- (i) Name the stage to which Sapumal's younger brother belongs to. (02)
- (ii) Write 2 facts that may affect in fulfilling the needs of children in this age. (02)
- (iii) Write a nutritional problem that "Jan" has to face in the future due to his bad food habits. (02)
- (iv) Name 2 good life patterns to build total health in addition to correct food habits. (02)
- (v) Name 2 more organized games in addition to the game mentioned in the passage. (02)
- (vi) Name 2 more challenges that Sapumal has to face in addition to the changes in the family. (02)
- (vii) Write 2 bad effects that Sapumal has to face due to changes in the family. (02)
- (viii) What is the method of starting used by Sapumal as the starter of the relay team? Write 01 more event that is started using the above method of starting. (02)
- (ix) Write 2 psycho social needs of Sapumal's mother. (02)
- (x) Write 2 bad conditions that Sapumal's mother has to face in the future if she is suffering from malnutrition. (02)

 $(2 \times 10 = 20 \text{ marks})$

Part I

(2) Following diagram depicts the vicious cycle of the nutritional deficiency



(i) Write 2 reasons for not growing the weight properly during the pregnancy. (2 marks)

(ii) Write 2 nutritional deficiencies that a vegetarian girl has to suffer and write by one step to prevent her from such deficiencies. (4 marks)

(iii) Write 2 measures that you can take to minimize the influence of malnutrition as you are a student. (4 marks)

(3) Sri Lanka is a country with natural disasters often, so, we should have the required knowledge and precaution to safeguard us.

(i) Write 3 measures that can be taken to prevent us from cyclones. (3 marks)

(ii) Write 3 features of identifying a landslide (3 marks)

(iii) Write 4 steps that we should follow when lightening occurs. (4 marks)

(4) Write the ways how you act to overcome the following challenges, briefly.

(i) You came to know that some of the villagers are covered by the flood at their homes.

(ii) Your friend was suspended from going to school because of a disciplinary problem and he plans to leave for some where refusing to go home.

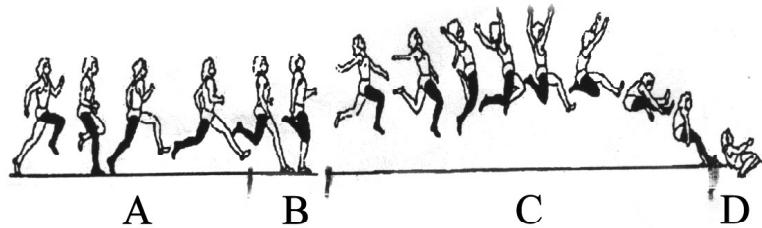
(iii) You have organized an inter school cricket tournament and the institute that sponsors tries to advertise drugs, liquor and smoking.

(iv) There is a suspicious parcel in the bus you are travelling.

(v) "Sameer" was not qualified for the Volleyball team even though he practised continuously. (2 x 5 = 10 marks)

Part II

(5)



The above diagram depicts a technique of a horizontal jumping event.

(i) (a) What is the event for which the above technique is used? (2 marks)
(b) Write two more techniques used for the event you mentioned (2 marks)

(ii) Name the stages represented by the English letters, respectively. (4 marks)

(iii) Write two rules of the above event. (2 marks)

(6) Out door activities are very important to school children to overcome from the monotonous life and to lead an active life.

(i) Write 3 outdoor activities that you can engage in. (3 marks)
(ii) We always hear of taking drugs and stimulant for improving sports skills. Write 3 effects of taking drugs and stimulants. (3 marks)
(iii) Write 2 reasons for keeping sports rules and regulations to end the game successfully. (2 marks)
(iv) Write 2 qualities that a person can develop in him/her by engaging in sports. (2 marks)

(7) Answer only "A", "B" or "C" of this question (one of the three parts)

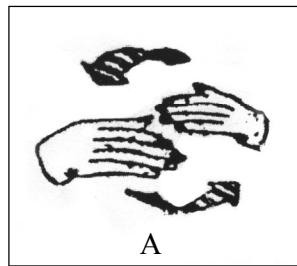
(A) Skills of the players at attacking and blocking and also the judgement given by the judges are important for volleyball to be fascinating.

(i) How many players are there in a volleyball team according to the standard rules and regulations. (1 mark)
(ii) Write 2 more skills of volleyball in addition to spiking and blocking. (2 marks)
(iii) Write 2 ways of approaching the ball for blocking it. (2 marks)
(iv) (a) Write a foul that a player could make when serving the volleyball. (1 mark)
(b) Describe the following hand signals. (4 marks)

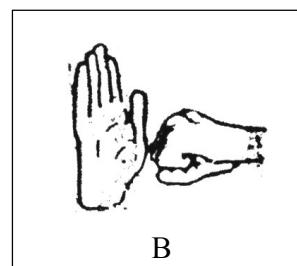
(B) Better understanding about rules and regulations, practising skills well are very important to be a Netball

player.

- (i) How many players are there in a Netball team according to the standard rules and regulations? (1 mark)
- (ii) Name two skills of Netball (2 marks)
- (iii) Mark the place of a Netball court where the centre player can play. (2 marks)
- (iv) (a) Write a foul that could occur while a match is being played. (1 mark)
- (b) Describe the following hand signals. (4 marks)



A



B

(C) Football is the most popular game all over the world and also Football players are the richest players in the world.

- (i) How many players are there in a Football team according to the standard rules and regulations? (1 mark)
- (ii) Write two skills of Football. (2 marks)
- (iii) Write two techniques of stopping the Football. (2 marks)
- (iv) (a) Write an incident where a direct free kick is being granted as a penalty while a match is being played. (1 mark)
- (b) Describe the following hand signals. (4 marks)



A



B



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Health and Physical Education - Answer sheet

Part - I

| Answer Number | Question Number |
|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|
| 1 | 1 | 11 | 2 | 21 | 3 | 31 | 2 |
| 2 | 1 | 12 | 1 | 22 | 4 | 32 | 1 |
| 3 | 2 | 13 | 1 | 23 | 1 | 33 | 2 |
| 4 | 3 | 14 | 2 | 24 | 4 | 34 | 3 |
| 5 | 4 | 15 | 2 | 25 | 4 | 35 | 2 |
| 6 | 2 | 16 | 1 | 26 | 1 | 36 | 1 |
| 7 | 2 | 17 | 2 | 27 | 3 | 37 | 2 |
| 8 | 1 | 18 | 4 | 28 | 1 | 38 | 3 |
| 9 | 2 | 19 | 1 | 29 | 4 | 39 | 4 |
| 10 | 1 | 20 | 2 | 30 | 2 | 40 | 4 |

Education Part - II

(1) (i) Late childhood.

(ii) Be careful about health and nutrition, listening to needs, letting to build better friendships, giving chances to build better social relationships away from the house and allowing to keep peergroups.

(iii) Obesity, weight

(iv) Rest and sleep, being active, exercises, simple life, being free from drugs and smoking.

(v) Netball, Foot ball, Rugby, Elle, Hockey.

(vi) Competitive life pattern, social, economic status, problems of education and density bad effects of tourism.

(vii) Loneliness, mental stress, breaking the family

(viii) Crouch start, 200m, 400m, 100m H, 400mH $4 \times 400m$ $4 \times 100m$

(ix) Developing a better mentality, being happy, being relax, keeping better relationships.

(x) Not to increasing weight properly during the pregnancy, low birth weight, infectious diseases, poor physical growth poor growth, in the adolescence, stunted and wasted elders.

$$(2 \times 10 = 20)$$

(2) (i) Maternal malnutrition
Not having a better nutrition in the childhood and in the adolescence,
Some diseases that mother is suffering from (02)

(ii) Deficiency of Iron
Consuming food items which are rich in iron.

- Not to have tea and coffee after a main meal.

Deficiency of Calcium

- Consuming food item rich in calcium

- not to consume food items rich in vitamin D

(04)

(iii) Consuming enough amount of food daily.

Consuming balanced diets.

Consuming food on time.

(04)

(3) (i) Building houses with strong roofs.

(03)

Removing harmful and dangerous trees which are close to the house.

(ii) * Cracking can be seen in the surface of the slopes.

* Sudden appearance of muddy water.

* Subsidence of the earth.

(03)

(iii) Staying inside a building

Not to stay in open areas.

Not to stay close to the electricity and telephone poles.

Refraining from using metal.

(04)

(4) Give marks to the positive answers.

(2 × 5 = 10)

(5) (i) (a) long jump

(02)

(b) sail technique/Hitchkick technique

(02)

(ii) Approaching, taking off, flight, landing

(04)

(iii) * Not to touch the area beyond the take off line by any part of the body.

* Not to keep the foot away from the take off board when taking off.

* Not to use summersaults while running or jumping.

(02)

(6) (i) Camping, campfire, outdoor cooking, kiking etc...

(03)

(ii) Banning from playing or participating in sports.

* Cancelling their victories and medals.

* Damaging to physical health in the long run and causing death.

* Bringing disgrace.

(03)

(iii) To maintain spirit of sports.

To follow ethics in sports.

To minimize sports injuries.

To protect rights of the players.

(02)

(iv) Leadership qualities

Empathy

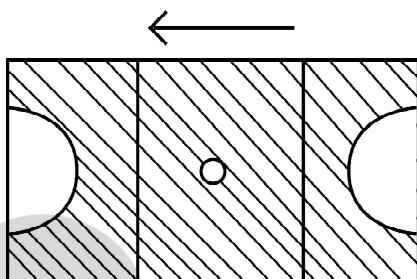
Respecting the spectators.

Listening to others.

(02)

(7) (A) (i) 12 (01)
(ii) Service, receiving setting, courtde fending (02)
(iii) Parallel to the net
Cross method
Running method (02)
(iv) (a) Touching the net, touching the opposite court. (01)
(b) Ending a match or a set
Ball "out" (04)

(B) (i) 12 (01)
(ii) Foot work, Ball controlling, Defending, Shooting, Attacking. (02)
(iii)



(iv) (a) Running with the ball in hand, jumping with the ball in hand, not to keep stete, offside etc... (01)
(b) stepping personal contact. B ගාරීරික සට්ටිටන (04)

(C) (i) 15 (01)
(ii) Kicking the ball, Ball controlling, Throwing in, Heading the ball, Goal keeping. (02)
(iii) Stopping by keeping foot on the ball.
Stopping by using innerside of the foot.
stopping using the in step of the foot. (02)
(iv) (a) kicking an opponent or attempting to do so.
pushing an opponent. Handing the ball. (01)
(b) Advantage,
Direct free kick (04)

