



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

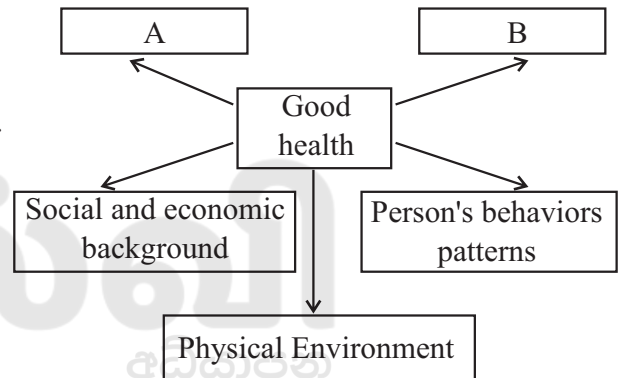
Grade 10 HEALTH AND PHYSICAL EDUCATION - I Time : 1 hour

Name / Index No.

- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternative (1), (2), (3), (4) which you consider as correct or most appropriate.
- Mark a (x) on the number corresponding to your choice in the answer sheet provided.

01 This was a diagram depicted by grade 10 students in their group activity on building up good health status.

The couple of answers for A and B in the above diagram is,



- (1) Community health and reorganization of health services.
- (2) Health services and genetic consanguineous.
- (3) Mental stress and urbanization.
- (4) Active lifestyle and exercises.

02 * Proper body mass index * Inter personal relationship
* Correct decisions * Meditation methods

Above factors show,

- (1) Total health
- (2) Quality of life
- (3) Health promotion
- (4) Being free from diseases

• Answer the question No. 03 to 06 based on the information given below.

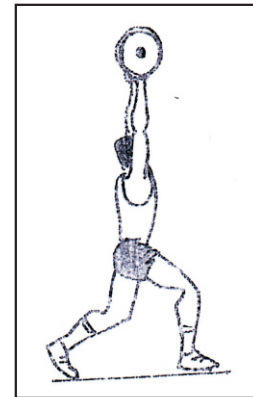
- * Ramani is a popular student in her school and she is good at learning. She has frequent illnesses and has not proper weight appropriate to height.
- * Kamani is a popular student in her school and she is good at learning and sports. She maintains proper weight appropriate to height.
- * Achala is a obese girl and she is good at learning. She gets anger easily and therefore likes to stay alone.

03 Student / students who belong to green colour in BMI ranges is / are,

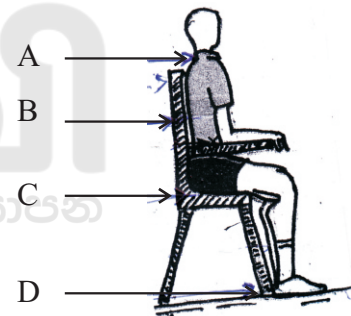
- (1) Ramani and Kamani
- (2) Kamani
- (3) Achala and Kamani
- (4) Achala

- 04 Student / Students who should improve the mental health is/are,
- (1) Ramani (2) Achala and Ramani
 (3) Achala (4) Kamani and Ramani
- 05 Who has/have build good interpersonal relationship,
- (1) Achala and Kamani (2) Ramani
 (3) Ramani and Achala (4) Ramani and Kamani
- 06 Who has/have a possibility to having nutritional problems?
- (1) Ramani (2) Ramani and Achala
 (3) Kamani and Achala (4) Achala

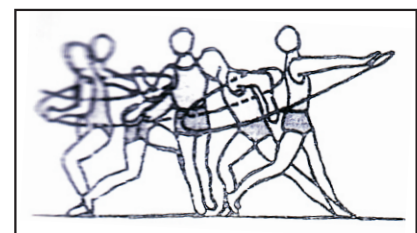
- 07 Factors affecting in maintaining the balance of the weightlifter of the below diagram are,
- (1) Widening the supporting base and keeping the centre of gravity in a higher position.
 (2) Widening the supporting base and keeping the centre of gravity in a lower position.
 (3) Widening the supporting base and bending the body towards an external force.
 (4) Widening the supporting base and movement of the body to the opposite directions.



- 08 Below diagram depicts a static posture commonly used in day to day life. The position of the center of gravity of the below posture is,
- (1) in between A and B (2) in between B and C
 (3) in between C and D (4) below D.



- 09 Above diagram shows the path way of centre of gravity to be moved in order to exert force in the right direction of discus throwing. According to that, the path way of the centre of gravity should be in,



- (1) a zig zag path from the beginning of the circular motion till the throw.
 (2) a linear path from the beginning of the circular motion till the throw.
 (3) a linear path from top to bottom from the beginning of the circular motion till the throw.
 (4) a zig-zag path from the end of the circular motion till the throw.
- 10 * Crying * Remaining silent
 * Seeking isolation * Dashing various articles on the floor

Generally, above activities are done in expressing emotions by,

- (1) Neonates (2) Infants
 (3) Child in pre-childhood stage (4) Child in late childhood stage

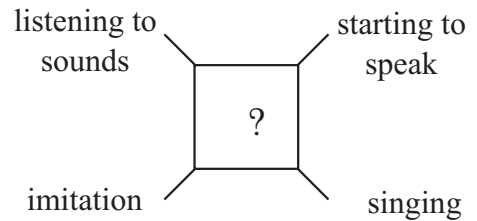
- 11 * Help to generate antibodies.
 * Develop immunity.
 * Develop and initiate the activities of alimentary canal.

A type of food which directly contributes to the above functions,

- (1) Supplementary foods (2) Liquid foods
 (3) Breast milk containing in colostrum (4) Powdered milk

- 12 Following activities can be seen in during neonate and infant stages. These are,

- (1) Motor activities
 (2) Psycho social activities
 (3) Mental activities
 (4) Social activities



- 13 Disease conditions due to nutritional deficiencies are given below.

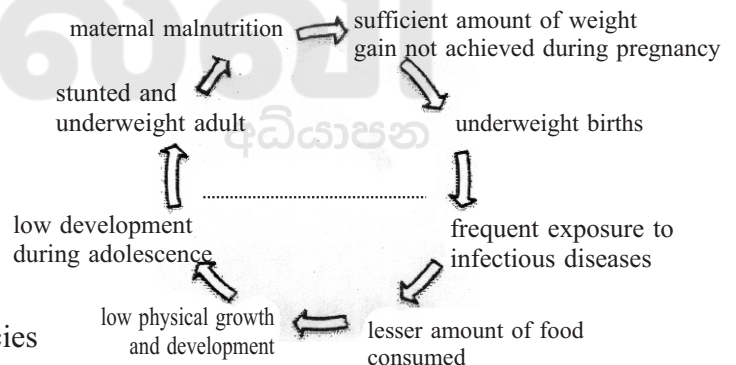
Anaemia, Xerophthalmia, Osteoporosis, Cretinism

Choose the correct answer of nutrients which affect for the above diseases respectively.

- (1) Iron, Iodine, Vitamin A, Calcium (2) Iron, Vitamin A, Iodine, Calcium
 (3) Iron, Calcium, Vitamin A, Iodine (4) Iron, Vitamin A, Calcium, Iodine

- 14 Choose the correct topic for above cycle,

- (1) Vicious cycle of growth
 (2) Vicious cycle of food consumption
 (3) Vicious cycle of over nutrition
 (4) Vicious cycle of nutritional deficiencies



- 15 Acrylimide is a toxic substance, and is formed during,

- (1) Over burning of bakery products and fried potatoe chips.
 (2) Exposing potatoes into sunlight.
 (3) Producing fungi on foods.
 (4) Frying foods using the same oil repeatedly.

- 16 The assurance obtained where no harm or danger will occur from food when it is processed and consumed is known as,

- (1) Preservation (2) Food adulteration
 (3) Food safety (4) Food fortification

● Use the couple of incidents to answer the questions 17 and 18.

A

- (a) Adding Maldivé fish and lime for green leaves like Gotukola
- (b) Intake of foods containing goitrogen frequently
- (c) Adding tomatoes when cooking dried fish
- (d) Intake of dark green and yellow coloured vegetable and fruits daily

B

- Iron deficiency
- Iodine deficiency
- Calcium deficiency
- Vitamin A deficiency

17 The pair of incidents of which the increase of first results in an increase of the second is,

- (1) a and c (2) a and b (3) b and d (4) b and c

18 The pair of incidents of which the increase of the first results in a decrease of the second is,

- (1) a and c (2) a and b (3) a and d (4) b and c

19 A vitamin rich in colostrum,

- (1) Vitamin A (2) Vitamin B (3) Vitamin D (4) Vitamin K

20 Nutrition of the days from pregnancy is very important and it will last for the whole life.

- (1) 10 (2) 30 (3) 100 (4) 1000

21 The runners who are able to run for a maximum distance (120m) with the baton in hand of a relay race are,

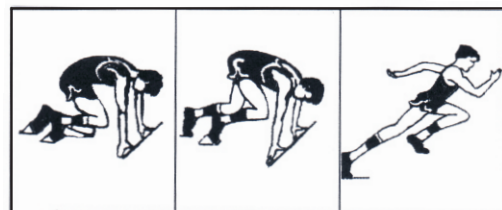
- (1) first and second runner (2) second and third runner
 (3) third and fourth runner (4) first and fourth runner

22 Supun and Nimali are practising for the race walking event. The distances that they have to complete respectively,

- (1) 50 km, 20 km (2) 50 km, 50 km (3) 20 km, 50 km (4) 40 km, 20 km

23 Below picture depicts a starting of 100m. What is the most important thing for this start?

- (1) Hearing speed
- (2) Reaction speed
- (3) Endurance
- (4) Flexibility



● Study the following table and answer the questions from 24 to 27.

Following table describes about four athletes who are going to take part for the All Island Athletic Meet at this time and their respective techniques of their events.

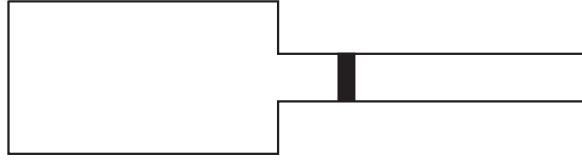
Name of the athlete	Technique
Aruna	Straddle method
Kanchana	Hand method
Prabhavi	Parry O'brian (linear) method
Suranga	Crouch start

24 Who is going to participate for the high jump event out of these?

- (1) Suranga (2) Prabhavi
 (3) Kanchana (4) Aruna

Part I

- 25 Suranga is going to participate,
 (1) 100m (2) 800m (3) long jump (4) race walking
- 26 Who needs to report to the below playground?
 (1) Aruna
 (2) Prabhavi
 (3) Kanchana
 (4) Suranga
- 27 Prabhavi is going to participate;
 (1) Javelin throw (2) Shot put (3) Discus throw (4) Hammer throw
- 28 Middle distance running events,
 (1) 800m, 1500m, 200m (2) 800m, 400m, 200m
 (3) 800m, 1500m, 5000m (4) 1500m, 5000m, marathon
- 29 The types of baton changing methods on the basis of the direction of the body in which the outgoing athletic grabs the baton,
 (1) 2 (2) 3 (3) 4 (4) 5
- 30 The end of a race is decided on the of the runner reaching the vertical plane running exactly to the inner margin of the finishing line.
 (1) Head (2) Torso (3) Neck (4) Legs
- Use the following passage to answer the question No. 31 and 32.



Physical Education teacher and Grade 10 students of Ketagama Maha Vidyalaya were preparing for a certain event by giving below responsibilities for the groups.

- * The route that they are going to take, preparing maps.
- * Compass, first aid affairs.
- * Persons from whom they have to get permission.
- * Actions that has to be taken in an emergency.

- 31 They might be organized for a,
 (1) jungle exploration (2) trip
 (3) awareness walk (4) walk to collect funds
- 32 Following symbols were used in the maps made by them. These symbols say,



- (1) P - main road, Q - irrigation canal
 (2) P - main road, Q - tunnel
 (3) P - main road under construction, Q - tunnel
 (4) P - main road under construction, Q - irrigation canal

- 33 Modern Olympic Games were started by in 1896.
- (1) Pierre de Courbotin (2) Theodosis (3) Hurculis (4) Philopus

34 Below aims are fulfilled through,

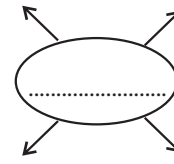
- (1) Divisional sports meet
 (2) Zonal sports meet
 (3) Invited schools' sports meet
 (4) Inter house sports meet

Giving opportunity for every students to take part sporting events

Improving leaders

Practising to a healthy lifestyle

Developing teamwork skills



35 A compulsory physical education programme of a school,

- (1) Sport practices programme (2) Physical fitness programme
 (3) 'Kola Kenda' programme (4) First aid programme

A Physical Education Day was conducted by Aluthgama Maha Vidyalaya. On that day, the speech of the chief guest highlighted the following facts.

- A Maintaining the enthusiasm of the sports. B Maintaining the dignity of the sports.
 C Protecting the player values. D Development of personal values.

36 The requirement of rules and regulations in sports describes by,

- (1) A, B and C (2) A, C and D (3) A, B and D (4) A, B, C and D

37 Above diagram shows an Olympic flag. This has five coloured rings. It describes,

- (1) At least one of the colours in the national flag of any country in the world.
 (2) Global citizenship.
 (3) Olympic goals away from the concept of nationality.
 (4) International peace and participation is better than winning.



38 Which of the following should not be done in the event of poisoning?

- (1) Eliminating fear in the patient.
 (2) Examining the type of poison and be well informed about that.
 (3) Giving liquids to drink.
 (4) Referring the patient to a doctor.

39 World Health Day is on,

- (1) 7th April (2) 17th April (3) 27th April (4) 28th April

40 Anusha Kodithuwakku represented Sri Lanka for last Common Wealth Games and won a bronze medal. She has won this medal for,

- (1) Wrestling (2) Shooting (3) Weight lifting (4) Boxing



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Second Term Test 2018

Grade 10 HEALTH AND PHYSICAL EDUCATION - II Time : 2 hours

Name / Index No.

- First question is compulsory. Select 02 questions from Part I and 02 questions from Part II and answer 05 questions only.

(01) Yahani is an athlete who spends her adolescent stage. Occupation of her family members was farming. They faced lot of economic problems due to the drought during last period. One of organization helped her to fulfill her needs.

Though she had lot of problems, she won the first place in 800 m event at the Youth Meet, due to her commitment and determination. Therefore, she was selected to light the traditional Olympic lamp, at this National Festival Games.

- Natural disasters are big challenges to us. Write two natural disasters expect the disaster mentioned in the above passage. (02m.)
- Write two sportsmanship qualities of Yahani that are mentioned in the passage. (02m.)
- Write the category of track event that the 800 m event which was participated by Yahani (02m.)
- Write two running drills that she may engage in practically to improve the performance in 800m event. (02m.)
- Mention the commands given in 800m event. (02m.)
- Name two groups who need special nutritional requirements except the adolescent stage. (02m.)
- Write two needs to be fulfilled by Yahani except nutrition. (02m.)
- An organization helped Yahani to achieve her victory. If so, write two common features of any organization. (02m.)
- What is represented by five rings of the traditional Olympic flag. (02m.)
- Extreme sweating can be seen during sports practices. Name the condition occurs due to inadequate amount of drinking water to the body. (02m.)

PART - I

02 You have learnt that, long term imbalance of macro nutrients leads to nutritional problems in the body.

(i) Complete the table using the knowledge regarding nutrition. (05m.)

Type of nutrient	deficiency / surplus	condition	features
Macro nutrients	deficiency	(a)	(b) (c)
	surplus	(d)	(e)

(ii) Mention three effects occur in newborn due to maternal malnutrition. (03m.)

(iii) Write two advices that you can give to reduce the impact of malnutrition. (02m.)

03 Arising of the communicable disease prevalence was high during heavy rainy season of last days. A kind of mosquito borne disease is a big problem arised due to polluted environment, stagnation of water everywhere and carelessness of people.

(i) According to above information,

(a) Name the disease. (01m.)

(b) Name the pathogen and a species of mosquito that cause for above mentioned disease. (02m.)

(c) Write three symptoms of above mentioned disease. (03m.)

(ii) Write four activities that you can implement to control the above mentioned disease as a student. (03m.)

04 Explain briefly the ways how you face following challenges successfully.

(i) Ramani is good at sports. But Ramani's mother enforces her to stop engaging in sports activities, because mother thinks that sports will obstruct the Ramani's education.

(ii) Friends are requesting liquors and cigarettes from you on your birthday party when you are going to invite them.

(iii) Your friend is feeling worry, because one of his friend has blamed at him due to watching of indecent video from the mobile phone.

(iv) Your friends invite you to bath with them in a overflowed stream.

(v) Kamani tells you that she helped an older person who was unable to cross the road. (2 x 5 = 10 m)

PART - II

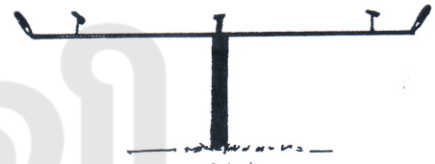
05 Ihalagama Junior School was appreciated by others, because of their achievement obtained at this Provincial Schools Athletic Meet.

They won lot of places including the first place for under 14 (boys) long jump and first place for under 16 (girls) shot put. Although they won lot of places for relay races, the place of under 16 (girls) relay race was cancelled due to violation of rules.

- (i) Write the starting method of relay race that was used by runners. (02m.)
- (ii) Name the category of jumping of long jump event and write the main stages of that event. (03m.)
- (iii) Mention two techniques can be used to show the maximum performance in shot put. (02m.)
- (iv) Write three facts caused to eliminate under 16 girls from the relay event. (03m.)

06 Below picture shows a see-saw that was set in a primary section of a school.

- (i) During the interval, two students with same weight climbed to the see-saw and then it came to an unchanging motion. Name the biomechanical principle act on that situation. (02m.)
- (ii) Suddenly, an overweight student climbed to see-saw and opposite side of that went up. Neela who was in that side fell down and her leg was injured. Describe the first aid method that should be given in this type of external injury. (03m.)



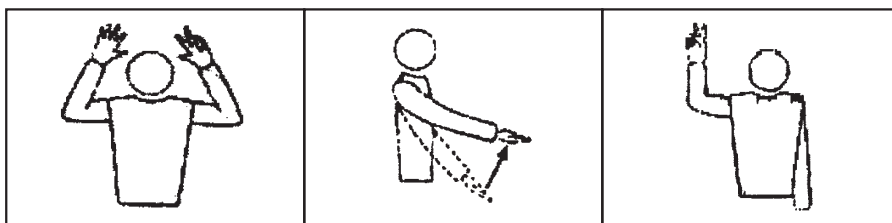
- (iii) Write three another possible accidents faced by children in a playing area. (03m.)
- (iv) Mention two suggestions that you can present to minimize those type of accidents. (02m.)

07 Answer only for A, B or C.

PART - A

Volleyball is a very popular game among Sri Lankan schools and it can be done with limited facilities.

- (i) Mention the composition of players of a Volleyball team. (03m.)
- (ii) Below diagrams depict some hand signals of a referee used at interhouse Volleyball match. Mention the faults related to those hand signals. (03m.)



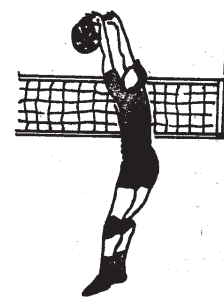
(a)

(b)

(c)

(iii) Below diagram depicts a skill of volleyball.

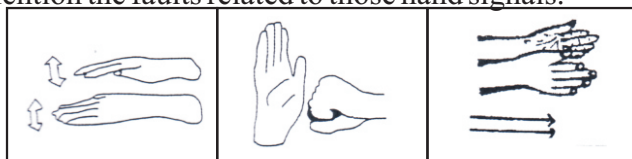
- (a) What is the skill depicted by this diagram? (01m.)
- (b) Write three activities that can be used to practise above mentioned skill for a beginner. (03m.)



PART - B

Netball is very popular among girls' schools in Sri Lanka.

- (i) Mention the composition of match officials of a netball match. (03m.)
- (ii) Below diagrams depict some and signals of an umpire used at the interhouse netball match. Mention the faults related to those hand signals. (03m.)



(a)

(b)

(c)

(iii) Below diagram depicts a skill of netball.

- (a) What is the skill depicted by this diagram. (01m.)
- (b) Write three activities that can be used to practise above mentioned skill for a beginner. (03m.)



PART - C

Football is the most popular game in the world and it has the largest number of spectators.

- (i) Mention the composition of a football team. (03m.)
- (ii) Below diagrams depict some hand signals of a referee used at a interhouse football match. Mention the faults related to those hand signals. (03m.)



(a)

(b)

(c)

(iii) Below diagram depicts a skill of football.

- (a) What is the skill depicted by this diagram. (01m.)
- (b) Write three activities that can be used to practise above mentioned skill for a beginner. (03m.)



Answer Sheet - Paper I

01. (2)	02. (1)	03. (2)	04. (3)	05. (4)	06. (2)	07. (2)	08. (2)	09. (2)	10. (3)
11. (3)	12. (2)	13. (4)	14. (4)	15. (1)	16. (3)	17. (4)	18. (3)	19. (1)	20. (4)
21. (2)	22. (1)	23. (2)	24. (4)	25. (1)	26. (3)	27. (2)	28. (3)	29. (2)	30. (2)
31. (1)	32. (3)	33. (1)	34. (4)	35. (2)	36. (4)	37. (1)	38. (3)	39. (1)	40. (4)

(40 marks)

Paper - II

- 01 (i) floods, landslides, cyclones
(ii) commitment, determination
(iii) Short middle distance
(iv) Running drill A
Running drill B
Running drill C
(v) Standing start
(vi) Infant stage, pregnant mothers, lactating mothers, pre school stage...
(vii) sleep, rest, exercises, proper training
(viii) presence of aims and objectives, strategies to achieve those objectives, presence of individuals to implement such strategies, evaluation of the work being done.
(ix) five continents
(x) dehydration / muscle cramp (2 x 10 = 20m.)

PART - I

- 02 (i) (a) under nutritioin
(b) stunting / wasting
(c) wasting / stunting
(d) overnutrition
(e) over weight / obesity (05m.)
(ii) Decreasing the physical development of infant. / Incidence of under weight births / Lack of immunity / menal retardation (03m.)
(iii) * Providing only breast milk for 6 months and giving other foods together with breast milk for 2 years.
* Sufficient intake of food everyday (4-5 meals)
* Daily intake of high energy foods and balanced diet.
* Consume food at the proper time.
* Not skipping breakfast.
* Be concerned about weight and height. (02m.)
- 03 (i) (a) Dengue (02m.)
(b) Dengue Virus / *Eades egypti* / *Eades albopictus* (02m.)
(c) Headache, body pain, continous fever, vomiting, loss of appetite. (Give marks for the symptoms of dengue haemorrhage as well) (03m.)
(ii) * Discard the waste materials (Plastic vessels / coconut shelves / tires....) correctly.
* Clean the gutters once a week.
* Frequent observation on flower plants that collects water inside. (03m.)
- 04 Give marks for positive answers. (2 x 5 = 10m.)

Answer Sheet

PART - II

- 05 (i) Crouch start (02m.)
(ii) Long jump - Horizontal jumps (01m.)
Approach run / Take off / Flight / Landing ($\frac{1}{2} \times 4 = 02m.$)
(iii) Linear technique / Rotational technique (02m.)
(iv) 1. Not taking the baton in hand through out the race.
2. If the baton falls down while it is being changed, receiver pick the baton and run before the giver pick it up and give it the receiver.
3. Not exchanging the baton withing the baton changing zone.
4. Not running in the respective running lane. (03m.)
- 06 (i) Balance (02m.)
(ii) PRICES method (if only method - 1 marks)
* P - Protection
* R - Rest
* I - Ice
* E - Elevation
* S - Support (03m.)
(iii) External bruises, Cuts, Sprains, Piercing..... (03m.)
(iv) Assuring the safety / Being alert / carefulness (02m.)
- 07 (A) (i) Player - 12 / Coach - 01 / Assistant coach - 02 / Doctors - 01 / Masseur - 01 ($\frac{1}{2} \times 6 = 03m.$)
(ii) (a) Delay in service
(b) Ball not tossed or released at the service hit.
(c) Double contact (03m.)
(iii) (a) Blocking (01m.)
(b) Give marks for suitable activities. (03m.)
- (B) (i) Umpires - 02 / Time keepers - 02 / Scorers - 02 (Give marks for the answer that contain only officials) (03m.)
(ii) (a) Stepping
(b) Personal contact
(c) Obstruction (03m.)
(iii) (a) Shooting (01m.)
(b) Give marks for suitable activities. (03m.)
- (C) (i) Player - 11 / Coach - 01 / assistant coach - 01 / physiotherapist - 01 / Doctor - 01 ($\frac{1}{2} \times 6 = 03m.$)
(ii) (a) advantage
(b) Warning / removing a player
(c) Offside (03m.)
(iii) (a) Heading (01m.)
(b) Give marks for suitable activities. (03m.)



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எங்கள் குறிக்கோள்

எண்ணிம உலகத்தில் மாணவர்களிற்கென சிறந்ததொரு கற்றல் கட்டமைப்பை உருவாக்குதல்.

அனைத்தும் டிஜிட்டல் மயப்படுத்தப்பட்ட இந்த காலத்தில் பல்வேறு துறைகளும் கால ஓட்டத்துடன் இணைந்து டிஜிட்டல் தளத்தில் பல்கிப்பெருகி வருகின்றன. அந்த வகையில் கல்வித்துறையும் இதற்கு விதிவிலக்கல்ல. இணையவழி கல்வியின் மூலம் கல்வித்துறை புதியதொரு பரிமாணத்தை எட்டியுள்ளது. குறிப்பாக கொரோனா பேரிடர் காலத்தில் நாடே முடக்கப்பட்டிருந்தது. இதனால் மாணவர்களிற்கும் பாடசாலை, கல்வி நிறுவனங்களிற்கு இடையிலான தொடர்பு துண்டிக்கப்பட்டது. அந்த இக்கட்டான சூழ்நிலையில் இணையவழி வகுப்புகள் மாணவர்களிற்கு வரப்பிரசாதமாக அமைந்தது என்பதே உண்மை.

இன்று தொழில்நுட்பம் மாணவர்களை தவறான பாதைக்கு இட்டு செல்வதாக ஓர் எண்ண ஓட்டம் மக்கள் மத்தியில் உள்ளது. தொழில்நுட்பம் என்பது ஒரு கருவி மட்டுமே அதை எவ்வாறு பயன்படுத்துகிறோம் என்பதில் அதன் ஆக்க மற்றும் அழிவு விளைவுகள் தீர்மானிக்கப்படுகிறது. உளியை கொண்டு சிலையை செதுக்க நினைத்தால் அவன் நிச்சயம் சிற்பி ஆகலாம். இங்கு பிரச்சினையாக காணப்படுவது மாணவர்களை வழிப்படுத்த தொழில்நுட்ப உலகில் ஓர் முறையான கட்டமைப்பு இல்லாமையே. அதை உருவாக்குவதே எங்கள் நோக்கம். அதை நோக்கியே எங்கள் பயணம் அமையும்.

எமது இணையத்தினூடக ஊடக உங்களிற்கு தேவையான பரீட்சை வினாத்தாள்களை இலகுவான முறையில் தரவிறக்கம் செய்து கொள்ளமுடியும்.

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கல்வி சார் செய்திகளை உடனுக்குடன் அறிந்து கொள்ள எமது சமூக ஊடக தளங்களின் ஊடக உடனுக்குடன் அறிந்து கொள்ள முடியும்.



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