

Divisional Education Office - Nallur,Jaffna
Second term Examination - 2015
Health and Physical Education

Time : 3 hour

Grade 10

Name :

Select the most appropriate answer.

9. The body mass index value of a person is less than 18.5 which one is his nutritional value in the following.
 1) Ordinary weight 2) Reducing 3) Increase in weight 4) obesity

10. The event in which Paralympic method is used,
 1) Major games 2) Summady 3) Shot put 4) Pallankuli

11. In which place 2016 year Olympic sports is going to be held?
 1) Los Angeles 2) Rio de Janeiro 3) Beijing 4) Berlin

12. The symbol is used for a specific game what does the symbol mean?
 1) Climbing a mountain 2) Bending the knee
 3) Go straight 4) Run by bending

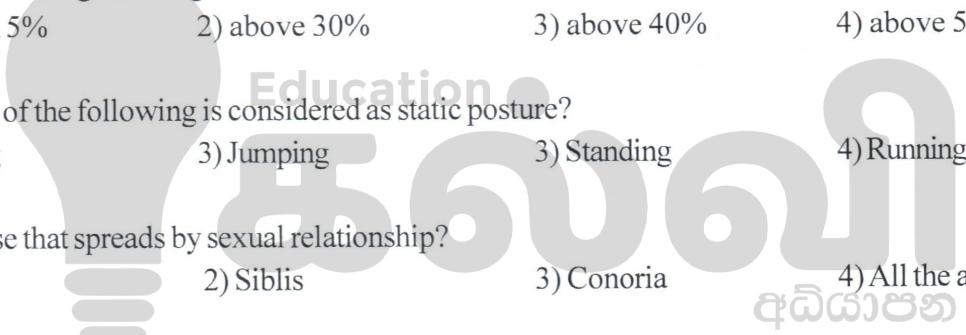


13. When we sit and work on table, How much the minimum distance between the table and the chair should be?
 1) 100cm 2) 15cm 3) 5 – 10cm 4) 20cm

14. When we sit and work on table. How much the minimum distance from his monthly income if he is addicted to liquor, smoking and vices.
 1) above 15% 2) above 30% 3) above 40% 4) above 50%

15. Which one of the following is considered as static posture?
 1) walking 2) Jumping 3) Standing 4) Running

16. The disease that spreads by sexual relationship?
 1) Aids 2) Syphilis 3) Gonorrhoea 4) All the above



17. The event does not begin with standing start.
 1) 800m, 1500m 2) 800m, 400m 3) 300m, 5000m 4) 1500m, 500m

18. How long does an adult have to sleep?
 1) 4 hours 2) 6 hours 3) 2 hours 4) 8 hours

19. If we keep the body forward for a long time, The muscle of the vertebral Column gets affected, the disease that occurs due to above reason is,
 1) Scoliosis 2) Kyphosis 3) Flat feet 4) Flat back

20. How many percentage of brain have developed when a child gets 3 years?
 1) 40% 2) 50% 3) 65% 4) 80%

21. The diagram shows, that belongs to which type of kick of foot ball?
 1) kicking with the toe
 2) Kicking with the inside of the foot
 3) Kicking with the outside of the instep.
 4) Kick with the heel



22. Which one of the following disease spreads among school children mostly?
1) Wound 2) Cold 3) Eye distal 4) All the above

23. Which physical factor found mostly in a long distance runner.
1) Flexibility 2) Speed 3) Endurance 4) Rhythm

24. There are different methods of running are used in net ball which method is shown in the diagram
1) Running while abruptly changing direction
2) Running backwards and forwards
3) Running around obstacles in a Zig-Zag
4) Running changing both pace and direction.



25. Which is an instance for spreading of HIV?
1) Improper sexual conducts 2) Improper Blood transaction
3) From mother to child 4) All the above

26. The reason for the occurrence of Goitre.
1) Deficiency of Iron 2) Deficiency of calcium
3) Deficiency of Iodine 4) Deficiency of vitamin

27. Which step is shown in the diagram, Regarding Putt – Shot
1) Releasing 2) Power Position
3) Follow through 4) Gliding

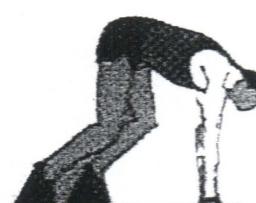


28. Write the features of baton used in a relay – race
1) Length 28 – 30cm 2) Circumference 12 – 13cm
3) Weight 50g, Hollow 4) All the above

29. The hurdle race that does not take place at school level / any other sports events.
1) 100m hurdle 2) 110m hurdle 3) 200m hurdle 4) 400m Hurdle

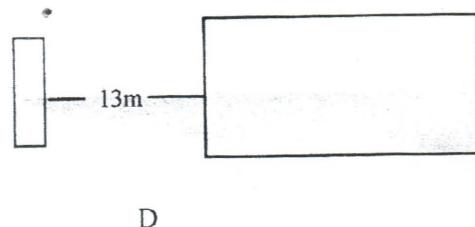
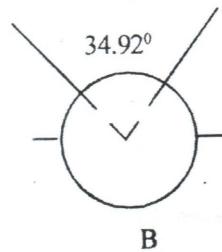
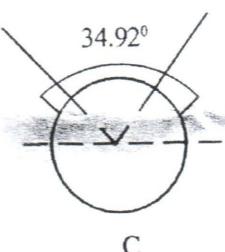
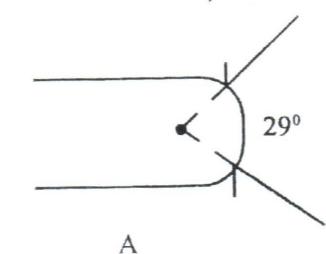
30. How is the event called specially that contains the following events such as long jump, Javelin, 200m Race, Discuss throw and 1500m Race together.
1) Athletic sports meet 2) Pentathlon 3) Heptathlon 4) Track events

31. Which posture of the crouch start is shown in the diagram
1) on your marks 2) get set
3) Sound of the starting gun 4) Crouch stage



32. Which club is very essential to begin at school.
1) Friendship club 2) Service club 3) Health club 4) Science union

33. A write the name of the short distance sprinter who makes many records in Olympic sports today.



1) Johan Blake 2) Usain Bold 3) Mondi Holap 4) Cavi Louis
Mohhana Prasath Javelin, High jump, 100m
Kajalakshan Triple jump, High jump
Kajanah Shot – put
Vithushan Discuss

34. Kajalakshan should go to which playground

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

35. Mohana Prasth should go to which playground

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

36. Vithushan should go to which play ground

1) A 2) B 3) C

4) D

37. Kajanah should go to which play ground

1) A 2) B 3) C

4) D

38. Which nutrition is found in the milk rice mixed with green gram

1) Lysis 2) Kavatin 3) Ceran Protein 4))

Lipids

39. Night Blindness occurs due to which deficiency.

1) Vit 'A' 2) Vit 'B' 3) Vit 'C' 4) Vit 'E'

40. Very recently one south Asian country was highly affected by natural disaster name that country

1) India 2) Pakistan 3) Nepal 4) Bangladesh

Part II – A

Compulsory question

- 1) Which organization gives the correct definition for health?
- 2) Write the factors that is essential for calculate BMI?
- 3) What is the average range of weights of a new born baby of Sri Lanka?
- 4) Give two biological Mechanisms factors that affect posture?
- 5) Write two duties of the libero player?
- 6) What is the distance of Marathan race?
- 7) Describe the correct method of walking?
- 8) Which fat is not found in the food which fried already used oil?
- 9) Name the pathogen that cause dengue?
- 10) How many minutes you should do exercise per day?

Part II B

Answer any two questions

01. 1) Write 4 good behaviour patterns that are had to follow for our healthy life?
2) What are the things to be done to get rid of mental stress?
3) Write the factors in clouded in socio economic environment that influence on complete healthy well beings?
4) The diseases that occur due to increase of population?
02. 1) Classify the stages upto childhood?
2) Write the requirements of neonatal stage?
3) Mention the mental needs of an infant?
4) What are the things that should be known by a woman before getting mother?
03. 1) Write the advantages gain by maintaining correct posture?
2) Write the factors that help to maintain equilibrium at different postures/
3) Give three factors that should be considered when sleeping?
4) Draw a suitable diagram. How the centre of gravity should be while Jumping or throwing activity.

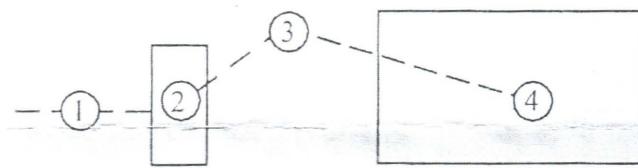
Part II C

Answer any two questions only.

Volley ball, was introduced, in Sri Lanka in the year 1991

01. 1) Write the skills of volleyball.
2) Give its special feature and '4' importants.
3) Write steps that which used for spiking in volleyball?
4) Write the activities which used to develop the blocking skills?

02. Proper training in long Jump helps get awards.



- 1) Mention the activities indicated by the numbers.
- 2) Write the three technical methods used in long Jump.
- 3) Write three rules and regulations of Long Jump.
- 4) Write the events included in the horizontal Jump.

03.

- 1) Write the events that are included in an athletic sportmeet.
- 2) How many types of starting are there in race events?
- 3) The crouch start is classified into how many types?
What are they?
- 4) Name the events that begin with standing start?

