

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

Time : 3 hour

Grade 10

Name :

Select the most appropriate answer.

1. We are always being happy, and show more interest in natural the above characteristics belong to which one of the following well beings?
1) Physical 2) mental 3) social 4) spiritual
2. Which one of the following nutrients is essential for first six month of an infant?
1) S.M.A 2) Broast milk 3) Lactogen 4) Bedeo Pro
3. Which of me of the following event begins with service?
1) Basket ball 2) Volley ball 3) Foot ball 4) Caram
4. Name the disease that occur by marring among the blood relations
1) Thala semiga 2) Aids 3) Mental disorder 4) Diabetic
5. Which one of the following signals indicated by the above diagram?



- 1) Giving two times 2) Short interval 3) Delaying service 4) Substitute player
6. How the goal keeper is called in net ball?
1) GK 2) GD 3) WD 4) WA
7. Which part of the body of an athlete should touch finishing line or the rope first in a race event to select the winners?
1) Leg 2) Hand 3) Torso 4) Head
8. Which period is considered as pro delivery stage?
1) from the first month to 12 months.
2) The period in which it is in the mother's womp
3) From the age of puberty to become pregnancy.
4) From 1 – 2 year.

9. The body mass index value of segar is less than 18.5 which one is his nutritional value in the followings.
 1) Ordinary weight 2) Reducing 3) Increase in weight 4) obesity
10. The event in which parry – O – Brien method is used,
 1) Major games 2) Summady 3) Shot put 4) Pallankuli
11. In which place 2016 year Olymbic sports is going to be held?
 1) Los Angels 2) Riyotha Jenairo 3) Bejing 4) Bercin
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 It he is addicted to liquor, smoking and avags.
 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 3) Jumping 3) Standing 4) Running
16. The disease that spreads by sexual relationship?
 1) Aids 2) Sibilis 3) Conoria 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 adult have to sleep?
 1) 4 hours 2) 6 hours 3) 2 hours 4) 8 hours
19. It 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 year/
 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 the following disease



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

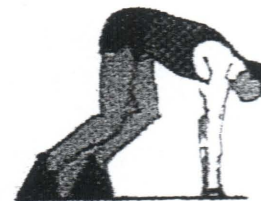


28. Write the features of baton used in a relay - race
1) Length 28 - 30cm 2) Circumference 12 - 13cm
3) Weight 50g, Hollow 4) All the above

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, Discus 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

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 heathy 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 equip brium 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.

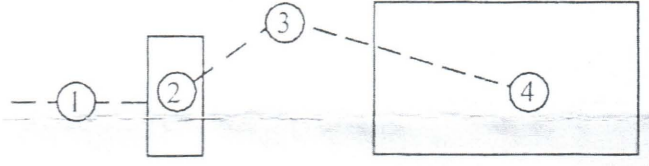
Part II C

Answer any two questions only.

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

01.
 - 1) Write the skills of volley ball.
 - 2) Give its special feature and '4' importants.
 - 3) Write steps that which used for spiking involleyball?
 - 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?





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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.

