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Second Term Test - Grade 10 - 2023

Health and Physical Education - I

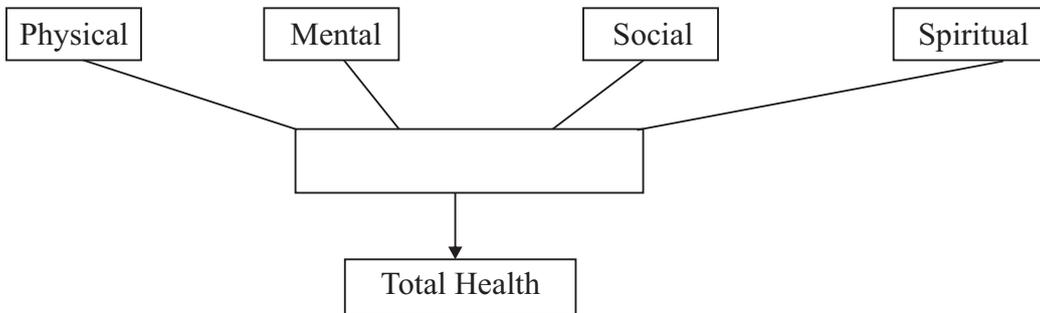
1 hour only

Name / Index No.

Instructions :

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

01.



Select the option that is suitable to fill in the blank of the diagram.

- (1) healthy (2) well-being
(3) correct nutrition (4) adequate sleep
02. Minimizing sicknesses and disabilities, increasing life expectancy and working enthusiastically is,
(1) Total health (2) Validity of life
(3) Good health (4) Good mental health
03. Sarada and Nethmi are two students of Grade 10. Their BMI are below 18.5 and over 27.0 respectively. According to their nutritional level they are,
(1) wasting and over weight (2) wasting and obesity
(3) average and wasting (4) overweight and obesity
04. The stage of a person who needs to be protected by hot and cold, needs help from others for daily needs,
(1) Neonatal stage (2) Early childhood (3) Late childhood (4) Infant stage
05. The period of infant stage is,
(1) from 1-5 years (2) from birth to one month
(3) from 6-10 years (4) from birth to one year

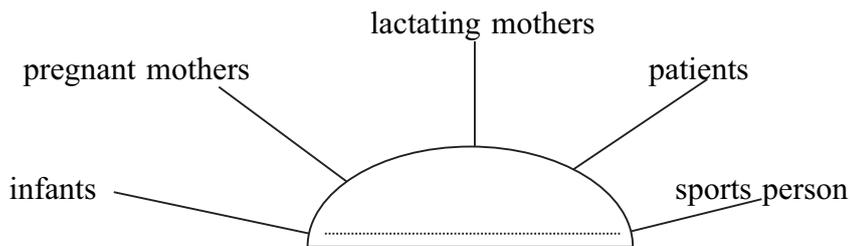
06. Complimentary food should be given to a child on completion of,
 (1) 4 months (2) 2 months (3) 6 months (4) 10 months
07. Diseases controlled by giving MMR is,
 (1) measles, mumps, tubervolosis (2) Tubervolosis, mumps, rubella
 (3) measles, tubervolosis, rubella (4) measles, mumps, rubella
08. An example of static posture,
 (1) Serving in a volleyball play (2) In a walking race double support phase
 (3) Standing on hands at gymnastic (4) Shooting the ball in a netball game
09. A factor does not affect of keeping the body balance,
 (1) Having the centre of gravity over the supporting base.
 (2) Having a narrow supporting base.
 (3) Having the centre of gravity at a lower position.
 (4) Moving the body parts to opposite directions.
10. A point where the whole weight of an object or body concentrated is,
 (1) gravity (2) balance (3) centre (4) centre of gravity
11. • Sudden appearance of muddy water
 • New crack on the surface
 • Tilting of a tree to a side
 Above signs can be seen before,
 (1) floods (2) landslides (3) cyclones (4) Tsunami

- **During a school Medical Inspection (SMI) some facts are disclosed relevant to A, B, C students. Read the information and answer question 12 - 14.**

Student	deficiency
A	iron
B	vitamin A
C	Iodine

12. The student who has goiter, retardation of intelligence is,
 (1) A (2) B (3) C (4) B and C
13. According to the chart the student suffers from anemia,
 (1) A (2) B (3) C (4) A and B
14. One of these students has weakness in sight. The student is,
 (1) A (2) B (3) C (4) A and B

15. ● Osteoporosis ● Tooth Decay
● Growth retardation
The efficiency for above is,
(1) Calcium (2) Vitamin A (3) Iodine (4) Zinc
16. The vitamin contains in colostrum, the milk secreted in the first days after birth is,
(1) Vitamin B (2) Vitamin C (3) Vitamin D (4) Vitamin A
17. Preparation and consumption of food in such manner as to prevent diseases and doesn't develop any harmful effects to an individual is,
(1) food safety (2) food abundance
(3) food scarcity (4) food protection
18. The potatoes with green colour due to exposing to the sunlight contains
(1) Aflatoxin (2) trans fat
(3) Solonine (4) Acrilimid
- 19.



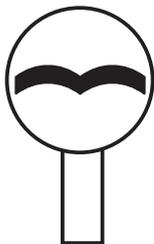
- The most suitable heading for the blank is,
(1) People with special physical needs.
(2) People with special mental needs.
(3) People with special nutritional needs.
(4) People with special social needs.
20. The weight of the low birth weight child is,
(1) less than 3kg (2) less than 2.5kg (3) less than 3.5kg (4) less than 4kg
21. A benefit of using indigenous food is,
(1) high in nutrients (2) economy benefits (3) free of poisons (4) all above
22. The first Olympic medal was brought to Sri Lanka by,
(1) Susanthika Jayasingha (2) Yupun Abeykon
(3) Duncan White (4) Sugath Thilakarathna

23. Main objectives of Olympic Games are,
 (1) Global citizenship (2) Human well-being
 (3) International peace (4) All above
24. Not one of the sportsman skill,
 (1) participation (2) determination
 (3) being partial (4) following ethics in sports
25. An athlete runs along a circular path at his/her approach run phase. The event is,
 (1) long jump (2) Hurdle (3) Javeline (4) high jump
26. A middle distance event,
 (1) 100m (2) 3000m (3) 1000m (4) 1500m
27. A second day event of Decathlon for both men women,
 (1) 110m hurdle and high jump (2) 110m hurdle and 100m hurdle
 (3) long jump and high jump (4) 1500m and 400m
28. A jumper of long jump competition has given time to start jumping within,
 (1) 30 minutes (2) 90 minutes (3) 60 minutes (4) 75 minutes

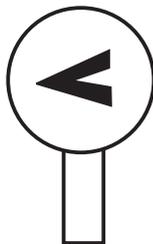
• **Answer questions 29-30 by reading the following information.**

- ★ Kumara - Fosbury flop
- ★ Senith - Scissor jump
- ★ Suresh - Rotational technique
- ★ Chamidu - Sail technique

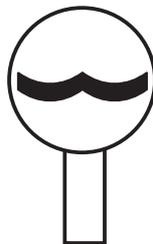
29. The event Chamidu participate is,
 (1) Shot put (2) high jump (3) long jump (4) Discus throw
30. A rule of the event by Suresh is,
 (1) Take - off should be done with one leg.
 (2) Approach run, take-off, flight should take orderly,
 (3) After the attempt the participant should leave the circle through the back half.
 (4) Take off should be done on the take - off road.
31. A throwing event done by using both hands,
 (1) Shot put (2) discus throw (3) javeline (4) hammer throw



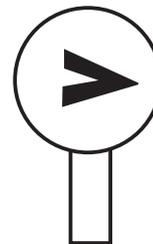
(1)



(2)



(3)



(4)

32. A walker bends his knees in a walking race. The signal should be given to him/her is,
 (1) No 4 (2) No 3 (3) No 2 (4) No 1

33. An athlete practices the following phases.
preparation → Gliding → power position → releasing → follow through
The event he/she practices is,
(1) javeline (2) shot put (3) hammer throw (4) discus throw
34. The weight of the shot put used for under 16 boys is,
(1) 3kg (2) 4kg (3) 6kg (4) 5kg
35. In a volleyball match the libero player lift the ball using over arm method and when it is over the net a player of the same team spike the ball and sends it to the court of the opposing team. As the referee of the match your decision is,
(1) Give the service to the opposing team.
(2) Show the yellow card to the libero player.
(3) Give a mark to the opposing team.
(4) Continue the game.
36. During a netball match the player GD of Gemunu House knocked against GA of Thisara House. As the referee of the match what is the decision you take,
(1) Give a free pass to Thisara House.
(2) Give a penalty pass to Gemunu House.
(3) A penalty pass or shoot to Thisara House.
(4) Toss up the ball between the two players.
37. During a football match a player of team A spat at a player of team B in the penalty area. What is your decision as the referee of the match.
(1) Give a penalty kick to team B.
(2) Give a direct free kick to team B.
(3) Show the yellow card to the player who committed the offence.
(4) Continue the game.
38. Dengue, Malaria and Phylaria are the sicknesses spread by mosquitoes. The mosquito which spread dengue is,
(1) Eades Ediptus (2) Culex (3) Anophilis (4) Culex Jellides
39. Records reveal that in every 40 second there is a road accident world-wide. A step to minimize road accident is,
(1) Following road rules. (2) Not wearing seat belts.
(3) Playing on the road. (4) Not using zebra crossing.
40. The country in which Asian Games are planned to be held,
(1) India (2) China (3) Japan (4) Sri Lanka



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දෙවන වාර පරීක්ෂණය - 10 ශ්‍රේණිය - 2023
Second Term Test - Grade 10 - 2023

Health and Physical Education - II

2 hours only

Name / Index No.

- Answer 5 questions only. Selecting question No. 1, two question from Part I and two question from Part II.

01. Students of Kelegama M.V. show skills in sports and extra curricular activities under the guidance of the health and Physical Education teacher. To improve their total health they conduct shramadhana campaign, religious activities etc and they have not forgotten to conduct daily exercise programme. They had the interhouse sports meet and their drill display and marchpast were appreciated by everyone. Kanthi was the champion of under 17 girls and she won the first place of shot-put, discus throw and javeline. Kamal won the races 100m and 200m easily.

- (1) Name another programme to develop sports skills of the students other than the given programmes. (02 marks)
- (2) Write two activities that develop their psycho-social abilities according to the text. (02 marks)
- (3) Write two starting methods of running events. (02 marks)
- (4) Name two short distance races other than the given ones. (02 marks)
- (5) Write two postures adopt during a march past. (02 marks)
- (6) Write two physical skills gained by doing daily exercise. (02 marks)
- (7) What are the two types of posture adopted in a march past. (02 marks)
- (8) Write two macro nutrients which provide energy to develop sports skills of Kanthi and Kamal. (02 marks)
- (9) The champion Kanthi needs more food rich in iron than Kamal. Write the reason for that. (02 marks)
- (10) Write two skills used by Kanthi when throwing the javeline. (02 marks)

Part I

02. (1) The stages of the childhood is given below. Write the age duration relevant to them.

- (i) prenatal stage -
- (ii) neonatal stage -.....
- (iii) infant stage -.....
- (iv) early childhood -.....
- (v) late childhood -.....

(05 m.)

(2) Write two bad effects of not receiving required amount of nutrients to the mother during prenatal stage. (02m.)

(3) Write three things the mother can do to minimize those effects. (03 m.)

03. One of the major health problem is not receiving required amount of macro nutrients and micro nutrients. Fill in the following grid.

(1)

Nutrients	excessive taking / less taking	Effects
Macro	less taking	(1)
	(2)	Obesity
Micro	less taking	(2)
		(4)

(04 m.)

(2) Write two nutrient belong to each group.

($\frac{1}{2} \times 4 = 02$ m.)

(3) Write four steps to overcome nutritional problems. (04 m.)

04. Briefly explain how you would act to overcome the following challenges successfully.

- (1) During a jungle exploring the students of Nelungama V. face a sudden mist (fog) and they cannot see their surrounding.
- (2) One of our friend says that he has incoming calls often to his mobile phone from an unknown person.
- (3) Your neighbor says that his/her sister always asks instant and junk foods.
- (4) Your neighbor asks you to help his/her friend who is addicted to smoke.
- (5) A team of dengue preventing party come to your house and ask you to open the door to check your house and you are all alone.

Part II

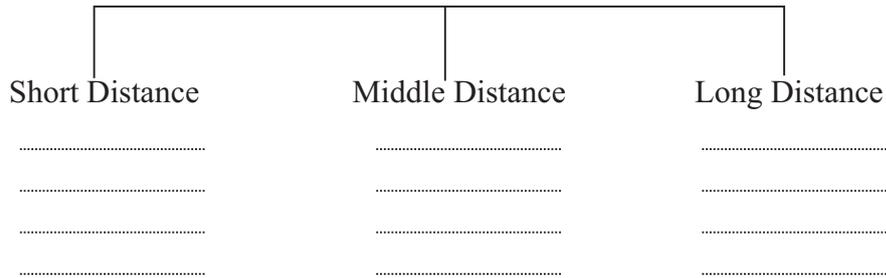
05. Starting and finishing are crucial in sprint events. The victory depends on them.

(1) Write 2 activities to develop running skills. (02 m.)

(2) Draw a diagram to explain the stages of medium start of crouch start. (03 m.)

(3) Athletic events can be classified in various ways. Complete the following grid with the given events.

100m., 800m., 10000 m., 1500 m., 400 m. x 4, 400 m., 5000 m., marathon, 100 m. hurdle, 200 m.



(½ x 10 (5 marks)

06. To maintain an effective posture we should apply our knowledge on bio-mechanics.

(1) Write two main bio-mechanical factors related to posture in our daily activities. (02 m.)

(2) Give two examples of static posture adopted in sports. (02 m.)

(3) Write three points to consider when sitting on a chair. (03 m.)

(4) Accidents are one of the challenges we face in daily life. Write three reasons of accidents in sports. (03 m.)

(2 + 2 + 3 + 3 marks)

07. Answer only one question from the question A, B and C.

PART - A

◆ Volleyball is our national game.

(i) Write three skills of volleyball. (03m.)

(ii) Write the four stages of spiking. (03m.)

(iii) Draw a volleyball court with measures. (04m.)

PART - B

(i) Write 4 skills of netball. (03m.)

(ii) Name the quarters and time of a game consist at national and international level. (03m.)

(iii) Draw a netball court naming the places with players. (04m.)

PART - C

(i) Write three skills off football. (03m.)

(ii) Write three methods of ball controlling. (03m.)

(iii) Write four major offences committed in football. (04m.)