

First Term Test - 2018
Health and Physical Education - Grade 10

Answers

Part I

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

Part II

01. 1. Late childhood (2 marks)
2. Crying, anger, scribbling, stubbornness, doing right to the opposite of what you say... (2marks)
3. Netball, football, Hockey, Rugby, Cricket, Elle.... (2 marks)
4. Length – 18m, Width – 9m (2 marks)
5. Sleep and rest, being active, simple lifestyle, avoid from drugs and smoking, free from stress... (2marks)
6. Weight (kg) Height² (m²) (2marks)
7. Waist circumference. (2 marks)
8. Orange colour
Less active, always yawning, lazy, poor memory, not having proper height and weight according to age..... (2 marks)
9. Heart attacks, Cancer, High blood pressure, Diabetes, Stroke... (2 marks)
10. Gastritis (gastric acidity) (2marks)
02. 1. Infant stage (From 01 month – 12 months) (2 marks)
2. Nutrition, Growth, Safety (3 marks)
3.
 - Contains all the nutrients and water that are required by the baby.
 - It is always at the correct temperature
 - Increasing the bond between mother and baby.
 - Improving the immunity of the baby
 - Improving mental development of the baby. (5 marks)
03. 1. Proper alignment of the body during a movement or when in a still position which gives minimum stress on joints and muscles. (2 marks)
2.
 - The body is at great ease
 - One's complexion becomes pleasant.
 - Body can be employed more efficiently and effectively for various tasks.
 - Possible to exhibit maximum skills.
 - Minimum muscle fatigue
 - Minimum pain.
 - Develop self confidence, will power, pride (3 marks)
3.
 - Location of the centre of gravity being above the supporting base.
 - The distance from the ground to the centre of gravity being less.
 - The supporting base being very large.
 - Movement of the limbs to the opposite direction.
 - Body tending towards an external force. (2 marks)

4. A - Moving the body forward and downwards to keep the balance of the body.
 B - Carrying the centre of gravity to a lower position to keep the balance. (3 marks)

04. Give marks for the positive answers. (2x5 = 10 marks)

05. 1. Track and field, Road running, Race walking, Cross – country running, Mountain running (2 marks)
 2. (a) Long distance fast running (b) 800m (c) 1500m
 (d) Long middle distance running (e) Long distance running (5 marks)
 3. (a) Race walking (1 mark)
 (b) Lack of contact with the ground (2 marks)

06. 1. Domestic accidents, Natural disasters, Animal attacks, Agro chemical accidents... (3 marks)
 2. • Unawareness • Carelessness
 • Not observing rules • Consuming alcohol and drugs
 • Faults of drivers • Faults of pedestrians (3 marks)
 • Technical faults o vehicles
 3. • Observing road rules • Obeying road rules by the pedestrians
 • Not using the roads for playing / doing sports
 • Refrain from taking alcohol and illicit drugs (4 marks)

07. (A) 1. Serving or receiving Side of the court (2 marks)
 2. Spiking (1 mark)
 3. Serving, Receiving, Setting, Blocking, Court defending (3 marks)
 4. • Hold the ball with one hand and raise it above the shoulder and fling it on to the ground with great force.
 • Drop the ball that is held in the non-dominant hand and hit it with the dominant hand
 • Throw the ball upwards with both hands and hit it taking off in the same spot
 (Give marks for correct answers) (4 marks)

- (B) 1. • Centre pass
 • Side of the court (goal) (2 marks)
 2. • Footwork (1 marks)
 3. • Ball handing
 • Attacking
 • Defending
 • Shooting (3 marks)
 4. • Running around obstacles in a Zi g- Za g
 • Running side ways
 • Running backwards and forwards
 • Running by changing the phase
 • Running by changing the direction
 (Give marks for correct answer) (4 marks)

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First Term Test - Grade 10 - 2018

Index No **Health & Physical Education I** Time : One Hour

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

♦ **Use the following information to answer questions 01 to 03**

- Malith is the captain of football team and he is very famous among others. Malith is very sensitive to others and has an ability to engage in sports without any fatigue.
- Hirusha is a good volleyball player and he always blames his team mates, because he needs to win the match any how
- Asha is a obese girl and she expends more time to read books.
- Meena comes to school early in the morning. After cleaning the classroom, she stays alone in the classroom.

01. Who has built a total health status according to above information. ♦
 1. Malith 2. Hirusha 3. Asha 4. Meena
02. Which of the field should be further developed by Hirusha ♦
 1. Physical and mental wellbeing 2. Mental and social wellbeing
 3. Social and spiritual wellbeing 4. Spiritual and physical wellbeing
03. Who need advices to improve the physical wellbeing among these ♦
 1. Malith 2. Hirusha 3. Asha 4. Meena
04. Which of the following is not an index that we can use to determine the health status of Sri Lanka ♦
 1. Life expectancy 2. Maternal death ratio 3. Infant death ratio 4. Body composition.

♦ **Use the following information to answer questions 05 to 08.**

BMI threshold values are not varied with age and gender in adults. The below chart gives the ranges of international BMI values for an adult.

Group	BMI values
A	< 18.5
B	18.5 - 25
C	26 - 30
D	>30

05. According to this table, Ann belongs to group A. What is her nutritional status ♦
 1. Overweight 2. Normal weight 3. Obesity 4. Wasting
06. Sam belongs to group D. A policy which should be followed by Sam is,
 1. High intake of energy giving foods 2. High engagement in sports activities
 3. High intake of fatty and sugary foods 4. High intake of instant foods
07. Sanath maintains proper height and weight according to his age. If so, Sanath belongs to,
 1. Group A 2. Group B 3. Group C 4. Group D

08. What are the groups that have higher risk of getting non- communicable diseases♦
1. A and B
 2. B and C
 3. A and C
 4. C and D
- ♦ Increasing the price of cigarettes and drugs
 - ♦ Prohibition of advertising of drugs and smoking
 - ♦ Limiting the selling of drugs and cigarettes
09. The purpose of above statements is to,
1. prevent the use of drugs and cigarettes
 2. obtain a profit from drugs and cigarettes
 3. induce people for expensive drugs and cigarettes
 4. increase the market by prohibition of advertising.
10. Influence of the tourism industry is a big challenge to health. Which of the following harmful effect will be mostly arised due to tourism industry♦
1. Developing the affability among various nations
 2. Improving moral values
 - 3 Spreading of harmful sexual acts
 4. Increasing the income of the country
11. Below actions have been followed to build a good environment under the school health promotion.
- Provision of adequate toilet facilities
 - Provision of clean drinking water
 - Using of proper waste disposal management
 - Arranging the classrooms which have good ventilation and light
- Above actions contribute to develop,
1. Social environment
 2. Physical environment
 3. Mental environment
 4. Non of the above
12. Childhood is,
1. From birth to one month
 2. From birth to five years
 3. From birth to ten years
 4. From birth to eighteen years
13. The main reason for conditions such as, still births, abnormal babies, low birth weights and blindness of newbo,rn is
1. The diseases such as chicken pox, german measles during the pregnancy period
 2. Sexually transmitted diseases of pregnant mother
 3. Consuming alcohol and smoking
 4. Above all
14. The birth weight of Mala’s new born baby is 2.00kg. If so, it was a,
1. Low birth weight
 2. Normal birth weight
 3. Overweight birth
 4. Cannot say exactly
15. It is important for every girl who has completed 15 years, to get the..... to prevent getting German measles.
- Answer for the blank is,
1. Polio vaccine
 2. Triple Vaccine
 3. Rubella Vaccine
 4. HPV Vaccine
16. Number of methods that we can use for the approach to take off for the attack in volleyball is,
1. 2
 2. 3
 3. 4
 4. 5
17. Except for serving and blocking, all the other acts of passing the ball in to the opposing team’s court is considered as,
1. Setting
 2. Spiking
 3. Screening
 4. Double fault
18. A special component containing in breast milk,
1. Glycogen
 2. Cholesterol
 3. Colostrum
 4. Oestrogen

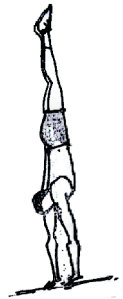
19. 'I' participated for the running and jumping events at the sports meet and 'we' were stand at attention when we were reciting the national anthem. By looking at the above two situations,
1. 'I' followed static postures and 'we' followed a dynamic posture.
 2. 'I' followed dynamic postures and 'we' followed a static posture.
 3. 'I' followed dynamic postures and 'we' also followed dynamic postures.
 4. 'I' followed static postures and 'we' also followed static postures.

20. A defect which occurs due to bending backwards of the upper part of the vertebral column in an unusual way is known as,
1. Kyphosis
 2. Scoliosis
 3. Lordosis
 4. Flat back

21. • Keeping the spine vertically
- Waist, knees and ankles should be bent at 90°
 - The soles of the feet should be touched the floor.

Above instructions should follow in

1. Incorrect standing
 2. Incorrect sitting
 3. Correct sitting
 4. Correct standing
22. This figure depicts the hand stand of gymnastics.
For maintaining a good balance the centre of gravity of this player should be positioned,
1. Above the supporting base in between the hands
 2. Below the supporting base in between the hands
 3. In the left side of the supporting base in between the hands.
 4. In the right side of the supporting base in between the hands.



23. Arrange the following as ascending order of balance.



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

24. Choose the correct statement regarding race walking.
1. The sole of the foot should contact with the ground as toes, ball, and heel.
 2. The sole of the foot should contact with the ground as heel, ball and toes.
 3. Hip should not move upwards and downwards alternately.
 4. The arms should bend by about 45° at the elbow.

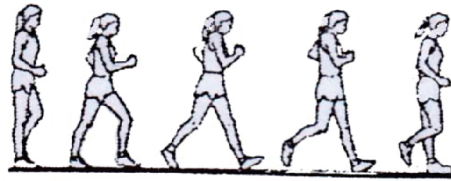
25. A competitor of race walking is removed from the competition,
1. If two judges have been sent a red and a yellow card to the chief judge against a competitor
 2. If three judges have been sent three red cards to the chief judge against a competitor
 3. If three judges have been sent two red cards and a yellow card to the chief judge against a competitor
 4. If two judges have been sent two yellow cards to chief judge against a competitor

26. The distance that should be completed by a marathon runner,
1. 42.195km
 2. 42.197km
 3. 42.395km
 4. 43.195km

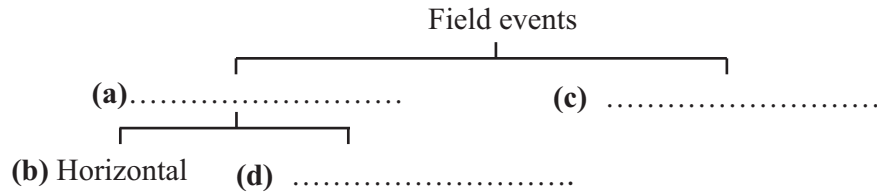
27. Athletics were introduced to Sri Lanka by
1. British
 2. Chinese
 3. Indian
 4. Japanese

28. Types of combined events,
1. 2
 2. 3
 3. 4
 4. 5

29. This figure shows the,
1. Phases of walking
 2. Phases of running race
 3. Phases of correct race walking
 4. Phases of correct running race



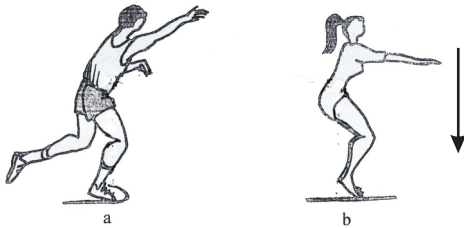
◆ Use the below classification to answer questions 30 to 32.



30. According to the above classification (a) is,
1. Vertical
 2. Track
 3. Putting
 4. Jumping
31. Mala is ready for long jump. If so, what is the letter which her event belongs to,
1. a
 2. b
 3. c
 4. d
32. Ajith is good at the events which labeled as the groups (c) and (d). If so, his events may be,
1. Throwing javelin and pole vault
 2. Throwing discus and Triple jump
 3. High jump and long jump
 4. Long jump and shot putting
33. Nutritional requirement of a person depends on,
1. Age
 2. Gender
 3. Different situations in life
 4. Above all
34. Asha's sister is 8 months old. The types of foods need for her age,
1. Breast milk
 2. Breast milk and complementary foods
 3. Breast milk powdered milk
 4. Powdered milk
35. High amount of fiber rich foods are needed for,
1. Infants
 2. Neonates
 3. Sportsmen
 4. Diabetic patients
36. Choose the answer which contains nutritional foods.
1. Noodles, Kithul thalapa, Rolls
 2. Cutlets, Sandwich, Kottu
 3. Milk rice with green gram, Mani pittu, Mixed green leafy mallum
 4. Rolls, String hoppers, Polos ambula
37. A common first aid method used in internal injuries,
1. Heating with hot ashes
 2. Massaging by applying balms
 3. PRICES method
 4. ABCDE method
38. Which of the following is not a step to take in a snake bite.
1. Applying tourniquets
 2. Wash the area with soap and flowing water
 3. Remove the jewellerys
 4. Take measures to allay the patient's fear.
39. • Climbing up to an upper floor if a strong, tall building is available.
 • If travelling in a vehicle, getting out of it immediately and moving to a safe place.
 • Being sensitive to behaviours of animals.
 Above actions should be taken, to protect from,
1. Landslides
 2. Earthquakes
 3. Cyclones
 4. Tsunami
40. Amal's friend faced to an accident while he was in his sports practices. Amal stands for giving firstaids for his friend quickly. Amal shows the characteristic of,
1. Compassion
 2. Empathy
 3. Kindness
 4. Imitation

03. We need to follow various postures to perform daily tasks. Following these postures correctly and efficiently are important to spend a healthy life.

1. What is a correct posture♦ (2 marks)
2. Write three benefits of maintaining correct postures (3 marks)
3. Write two factors that help for maintaining the balance of various postures (2 marks)
- 4.



Describe briefly the way of maintaining the balance of above depicted players, according to the principles of biomechanics. (3 marks)

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

1. An elder students who met near the school gate requests from you to give some small tablets to one of his friend of your school. (2 marks)
2. After the heavy rain you see that sudden appearance of muddy water on the mountain slope near to your house. (2 marks)
3. You heard that there is a dengue patient in the neighboring house. (2 marks)
4. The canteen where you buy the foods uses artificial flavors to prepare meals. (2 marks)
5. Your friend stays always by thinking about the problems of their house. (2 marks)

Part II

05. In athletics, running and walking events are classified based on the distance, jumping events are classified based on the nature of take off and throwing events are classified based on the way of doing.

1. Mention four major groups of the athletic classification. (2 marks)
2. Following table shows the classification of track events. Complete the table.

Track events	Examples
Short distance fast running	100m, 200m 100m hurdles, 110m hurdles, 100x4m 200x4m
(a)	400m, 400m hurdles, 400x4m
Short middle distance running	(b)
Middle distance running	(c)
(d)	3000m, 5000m, steeple chase
(e)	10000m

(5 marks)

3. (a) Which athletic event is used this yellow board♦ (1 mark)
- (b) Mention the rule described by this board (2 marks)



06. Following is a news abstraction published on a newspaper

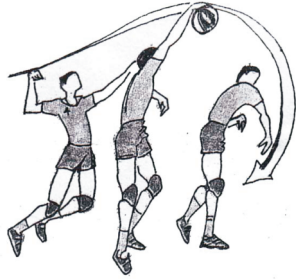
“four students who were traveling on the foot board of train were killed when the train collided with a lorry”

1. Mention three accidents that you may face during day to day life in addition to above type of accident. (3 marks)
2. Name three factors that affect for the occurrence of accidents (3 marks)
3. Write four things that you can do as a student to minimize road accidents (4 marks)

07. Answer the question A, B or C

(A) The house “Gemunu” won the toss of the final volleyball match of under 16. After a competitive game, house “Tissa” won the match as 3:2

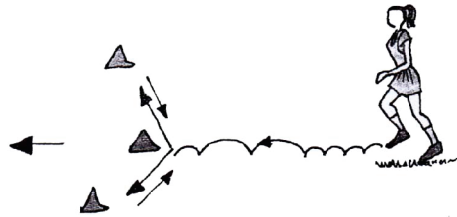
1. Write the two choices that the captain can choose after winning the toss. (2 marks)
2. Name the skill of the following picture.



3. Write three other skills of volleyball in addition to the above (1 marks)
4. Mention two activities to practise above mentioned skill for a beginner of under 14 Team (3 marks)
4. Mention two activities to practise above mentioned skill for a beginner of under 14 Team (4 marks)

(B) House “ Mahaweli and Kelani” were selected for the final Netball match of under 16 of the inter house sports meet.

1. Write two choices that the captain can choose after winning the toss of a netball match. (2 marks)
2. Name the skill of the following picture (1 mark)



3. Write three other skills of netball in addition to above skill. (3 marks)
4. Mention two activities to practise above mentioned skill for a beginner of under 14 team in your house. (4 marks)

(C) Two of neighbouring schools tookpart to the first round of the match of the 'Friendly Football Tournament' conducted by your school.

1. Write the choice that captain of the football team can choose after winning the toss. (2 marks)
2. Name the skill of the following picture



3. Write three other skills of football in addition to the above (1 mark)
4. Mention two activities to practise above mentioned skill for a beginner of your house. (3 marks)
4. Mention two activities to practise above mentioned skill for a beginner of your house. (4 marks)