



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

THIRD TERM TEST - 2018

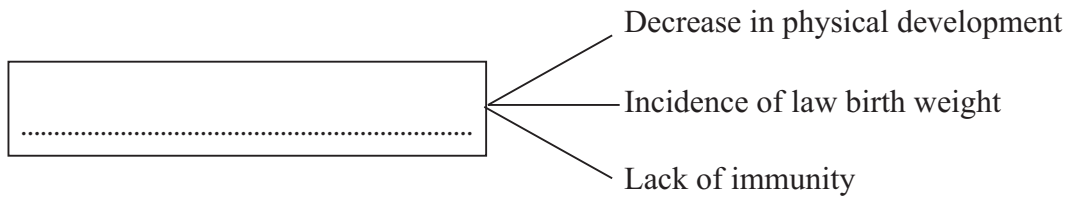
Grade 10 HEALTH AND PHYSICAL EDUCATION - I One Hour

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 of most appropriate.**
- **Mark a (x) on the number corresponding to your choice in the answer sheet provided.**

-
01. Various fields can be developed in the student by teaching the subject Health and Physical Education. The most suitable answer which proves this statement is,
- (1) Physical development
(2) Mental development and Social development
(3) Physical development and Mental development
(4) Physical, Mental and Social development
- **Following are some of statements made by certain people in a medical clinic in Yatiyana Village. Use the following information to answer the question 02 - 04.**
- Sama - I have proper weight according to my height.
Neela - They said that I belong to dark purple range according to my weight.
Sriyalatha - My BMI value was less than 18.5
Mala - They prescribed me to take iron rich foods as I am an adolescent.
02. Who should do exercises and control starchy foods?
- (1) Sama (2) Neela (3) Sriyalatha (4) Mala
03. 'Do not drink tea or coffee with main meals'. This kind of advice should be given to,
- (1) Sama (2) Mala (3) Neela (4) Sriyalatha
04. Who will be subjected to vicious cycle of malnutrition?
- (1) Sama and Neela (2) Neela and Sriyalatha
(3) Sriyalatha and Mala (4) Sama and Mala
05. Kumari's daughter is a preschooler. Kumari provides opportunity to her child to attend various functional occasions and allows her to play with her friends. From these, Kumari expects to,
- (1) Create a child who is very popular among others.
(2) Create a child who has built good interpersonal relationship.
(3) Create a child who has good physical wellbeing.
(4) Create a child who has a balanced personality.

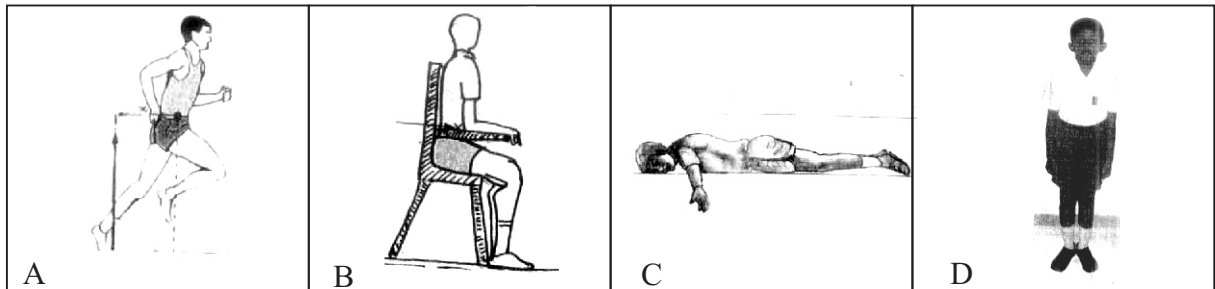
06.



What is the suitable development stage for the above blank?

- (1) Neonatal stage
- (2) Prenatal stage
- (3) Childhood stage
- (4) Pre childhood stage

07.



A dynamic posture among the above diagrams,

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

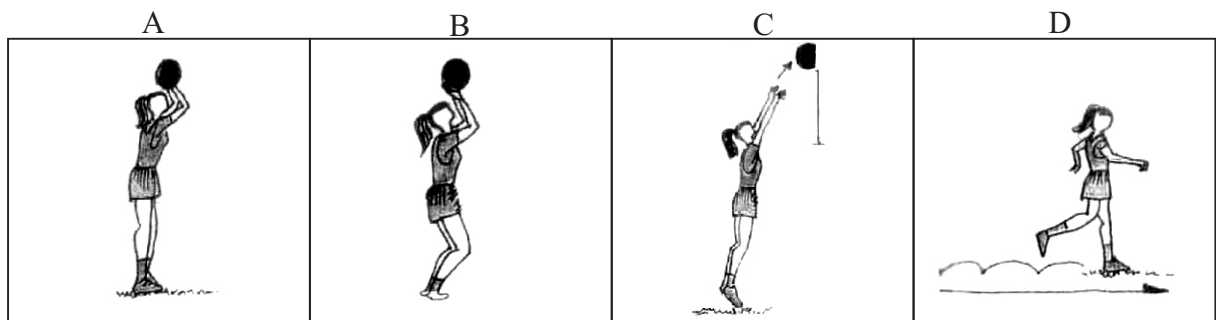
08.

- Excessive sleep
- Lack of sleep
- Talkative
- Speechlessness

Above contradictory responses can be seen, in case of,

- (1) Dehydration
- (2) Mental stress
- (3) Accident
- (4) Winning challenges

09.

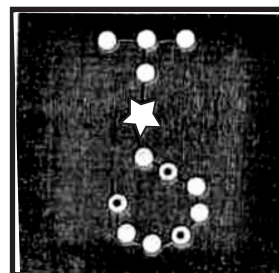


Above diagrams show some postures of Netball game. Good balance is maintained in,

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

10. Below constellation was clearly seen in the sky during the last astronomical camp. This constellation is,

- (1) Orion (2) Lion
 (3) Big Dipper (4) Scorpio



11. Following are some of statements related to high jump.

- A - Take-off should be done with a single foot.
 B - Making contact with the landing area or the area outside the two supporting poles before clearing the bar.
 C - A jumper is disqualified after three consecutive unsuccessful attempts except selecting first place.
 D - A jumper has the right to refrain from attempting to clear a particular height and going to a next height.

According to above statements,

- (1) Only A is correct.
 (2) A and B are correct while C and D are incorrect.
 (3) A and B are incorrect while C and D are correct.
 (4) A, C and D are correct while B is incorrect.

12. A combined event that is only for women,

- (1) Pentathlon (2) Heptathlon (3) Decathlon (4) None of these

13. Short middle distance running event,

- (1) 1500m (2) 800m (3) 3000m (4) 400m

14. Photo finish technology was used to select the winners of 100m (girls) in all Island Athletic Meet at this time. Below table shows how the athlete completed their race.

Athletes No.	Body part reached the vertical plane of finishing line
12	Head
16	Hand
18	Neck
20	Torso

Who was the winner according to the above chart?

- (1) 12 (2) 16 (3) 18 (4) 20

15. In 200m race, the athlete no 88, took the start before the sound of the starting gun. The decision of the starting officer should be,
- (1) Removing the runner from the race.
 - (2) Advising the runner by showing the red card.
 - (3) Restarting the race after about two minutes.
 - (4) Neglecting the incident and restart the race.

● **Baton changing done by house 'Kelani' was as follows at the Interhouse Sportmeet of Godagama Maha Vidyalaya.**

- ★ First runner carries the baton in the right hand passes it to the left hand of the second runner.
- ★ Second runner carries the baton in the left hand and passes it to the right hand of the third runner.
- ★ Third runner carries the baton in the right hand and passes it to the left hand of the fourth runner.

16. If so, the baton changing method that was followed by the house Kelani,

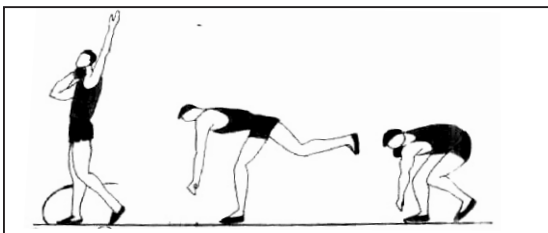
- (1) Outside method
- (2) Mixed pass
- (3) Down sweep method
- (4) Up sweep method

17. Speed is very important for successful running. Following diagram shows a running drill practically learnt by you to develop running speed. This drill is,



- (1) Running B
- (2) Running A
- (3) Running C
- (4) Running D

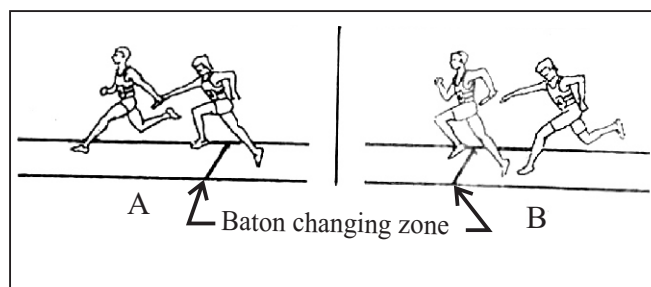
18. Below diagram depicts a stage of a shot put event. This stage is,



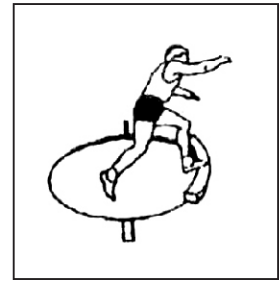
- (1) Gliding
- (2) Power position
- (3) Preparation
- (4) Releasing

19. Below diagrams show the way of baton changing done by two runners in a relay race. Correct baton changing is shown by,

- (1) Only A
- (2) Only B
- (3) A and B
- (4) None of those



20. Above diagram shows the way of putting the shot. According to that,
- | | |
|------------------------------|------------------------|
| (1) Putting is incorrect | (2) Putting is correct |
| (3) Correct to a some extent | (4) Cannot say exactly |
21. An athlete who has a good mental wellbeing,
- | |
|---|
| (1) Over enjoying about own victory. |
| (2) Expects the winning anyhow. |
| (3) Protects the discipline during competition. |
| (4) Pays attention toward other's responses. |
22. ● Adding scraped coconut into green leafy mallum.
 ● Adding small amount of butter to a meal of a small child.
 ● Adding lime juice to a fruit salad.



- From the above actions, it expects to,
- | | |
|--------------------------|--------------------------------------|
| (1) Increase the taste | (2) Improve the colour |
| (3) Improve the appetite | (4) Increase the nutritional quality |
23. Lysine is an essential amino acid and is not present in rice. But pulses contains lysine. By considering the above statements, which one is a complementary food,
- | | |
|---------------------------------|-------------------------------|
| (1) Porridge made with Gotukola | (2) Milk rice with green gram |
| (3) Kurakkan thalapa | (4) Maldive fish wade |
24. By cutting into small pieces when preparing a food,
- | |
|---|
| (1) Clean the food thoroughly |
| (2) Easy to digest |
| (3) Destroys the nutritional quality of foods |
| (4) Increases its taste by mixing it with condiments. |

A

B

- | | |
|--|--------------------|
| 25. a. Consuming artificial foods | Digestive system |
| b. Intake of iron rich foods | Circulatory system |
| c. Using salt | Excretory system |
| d. Prevention of environmental pollution | Respiratory system |
- The pair of incident of which the increase of A positively affects the wonder of B,
- | | | | |
|-------------|-------------|-------------|-------------|
| (1) a and b | (2) b and c | (3) c and d | (4) b and d |
|-------------|-------------|-------------|-------------|
26. The pair of incidents of which the increasing of A negatively affects the wonder of B,
- | | | | |
|-------------|-------------|-------------|-------------|
| (1) a and b | (2) a and d | (3) a and c | (4) b and d |
|-------------|-------------|-------------|-------------|
- **Use the following information to answer the question 27 - 29.**
 I am a 'J' shaped organ. My upper end is connected to A, and B is started from my lower end.
27. Who am I?
- | | | | |
|-----------|-------------|---------------------|---------------------|
| (1) Mouth | (2) Stomach | (3) Small intestine | (4) Large intestine |
|-----------|-------------|---------------------|---------------------|
28. A and B organs respectively,
- | | |
|---------------------------------|---------------------------------|
| (1) Liver, Small intestine | (2) Oesophagus, Small intestine |
| (3) Oesophagus, Large intestine | (4) Liver, Large intestine |
29. Structures which increase the surface area of B is,
- | | | | |
|------------|-----------|-------------|-------------|
| (1) Valves | (2) Villi | (3) Alveoli | (4) Nephron |
|------------|-----------|-------------|-------------|

30. ● Releasing hormones which help to produce red blood cells.
 ● Producing vitamin D.
 ● Helping to control blood pressure.

The main organ which helps for above functions,

- (1) Uterus (2) Kidneys (3) Lungs (4) Heart

31. When you inhale, the diaphragm and the intercostal muscles,
 (1) contract
 (2) relax
 (3) contract the diaphragm and relax the intercostal muscles.
 (4) nothing happen

● **Answer the questions for 32 - 34 using the table related to nutritional deficiencies.**

Disease condition	Symptoms	Deficient nutrient	Types of foods
A. Anaemia	a.	Iron	Spinach
B. Bitot spots	Vision Problems	b.	Pumpkin
C. Goitre	Production of Thyroxine	Iodine	c.....

32. A symptom that can be seen in an anaemic person,
 (1) Stunting.
 (2) Reducing the haemoglobin content of blood.
 (3) Reducing the production of Thyroxine.
 (4) Dryness of the eyes.
33. The deficient nutrient which affects the disease condition mentioned in B,
 (1) Calcium (2) Zinc (3) Vitamin A (4) Protein
34. A type of food, that should consume in excess to prevent from goitre,
 (1) Yellow colour fruits (2) Milk
 (3) Small fish (4) Rice with bran
35. Breaking the bone into a number of pieces, in case of accident,
 (1) Closed fracture (2) Open fracture
 (3) Complex fracture (4) Compound fracture
36. A condition which occurs due to heavy salt loss and accumulation of lactic acid,
 (1) Blisters (2) Bruises (3) Muscle cramp (4) Tearing
37. The first aid method which has the step of applying pressure,
 (1) PRICES (2) ABCDE (3) SMART (4) WASH
38. ● Wearing protective shoes ● Carrying a torch
 ● Using a walk stick or a rod ● In walking, pushing the feet hard on the ground
- Above statements explain,
 (1) the way that should walk by an old person.
 (2) the way that should protect from snakes when walking at night.
 (3) the way that should engaging in a walk.
 (4) the way that should travel day to day.
39. Which was the host country of 18th Asian Games held in August recently,
 (1) Indonesia (2) Malaysia (3) India (4) Kasakasthan
40. In 2018, Common Wealth Games was held in,
 (1) Delhi in India (2) Tokyo in Japan (3) Athens in Greece (4) Jakarta in Indonesia



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

THIRD TERM TEST - 2018

Grade 10 HEALTH AND PHYSICAL EDUCATION - II Two Hours

Name / Index No. :

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

(01) Supun is a physically and mentally wellbeing child and engages in his daily sports practices with good determination as he has to participate for the race walking event in the National Sports Festival at this time.

Supun was bitten by a dog, while he was on the way to home with his friends, after his sports practices. This unexpected incident was happen near the garbage dump which is closer to his playground. At once, his friends gave necessary first aid for Supun.

- Mention two field that should be developed by Supun to have total health, except the fields mentioned in the passage. (02m.)
- Name two factors that should be improved by Supun to develop skills, except practicing daily. (02m.)
- Mention the distance of race walking event that Supun is going to participate. (02m.)
- Mention one rule related to race walking. (02m.)
- Write two highly improving physical fitness factors of race walkers. (02m.)
- Mention two sportsmanship qualities that should be built by Supun except determination, (02m.)
- Mention two accidents occur in day to day life except accidents related to animals. (02m.)
- Describe the method of first aid given to Supun respectively, in case of dogbite. (02m.)
- Write two challenges that have to be faced by people those who are living in such environment. (02m.)
- Mention one positive condition and one negative condition affect to Supun due to his companionship with friends. (02m.)

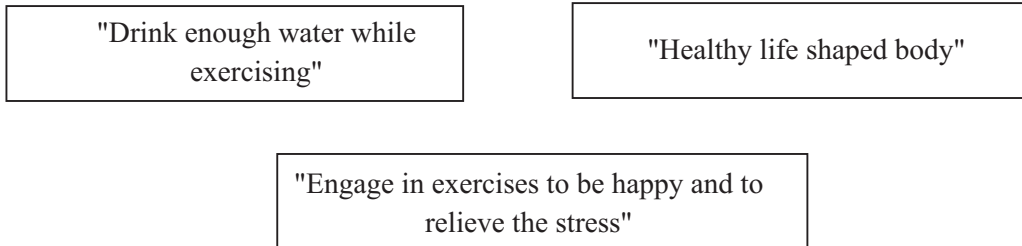
(02 × 10 = 20m.)

(02) Many problems arised in conducting and organizing sport competitions, practicing sports and in engaging in daily activities due to hot weather condition during last days.

- Mention two possible factors which affect directly to increase the temperature of the environment. (02m.)
- Mention two groups of people who are having a higher risk of getting subjected to diseases due to above weather condition. (02m.)

- (iii) Mention three possible accidents occur to an athlete due to increasing of temperature. (02m.)
- (iv) Mention three actions that you can follow to minimize the increasing of temperature in the environment. (03m.)

(03) Nowadays, most of the urban people are enrolling to fitness centers to do exercises, to spend a healthy life style. Following boards were exhibited in a such fitness center.



- (i) One person in this fitness center, was engaging in brisk walking using a treadmill machine. Name the health related physical fitness factor that he was going to develop. (01m.)
- (ii) Write three health related physical fitness factors that can be developed by engaging in exercises except that you have mentioned in (i) (03m.)
- (iii) Mention three other activities that can be done in developing above mentioned health related physical fitness factor. (03m.)
- (iv) Write three activities that can be done to relieve the mental stress except exercising. (03m.)

(04) Explain briefly, how you face the following challenges successfully.

- (i) Nipun says to his class monitor, that he is not going to come tomorrow as he was appointed to deliver a speech in the morning assembly. (02m.)
- (ii) Saman, who was the best athlete at the interhouse sportmeet rejects to participate divisional athletic meet. Because he thinks that sports disrupt his education. (02m.)
- (iii) Ramani is an adolescent girl but she rejects her breakfast as she thinks that she is an obese person. (02m.)
- (iv) You see that uncle Siripala is working in the paddy field while thundering and lightening with heavy rain. (02m.)
- (v) Ramani says that she likes to do Advanced Level Examination in the stream of science, but her mother does not like that. (02m.)

(2 × 5= 10m.)

(05) The athletes who represented North Western Province showed higher performance in field events at the National Sports Festival. They won a lot of gold medals for the events of long jump and high jump and an athlete who was in North Western Province won the award of national champion for throwing discus.

- (i) Name two techniques that can be used by Nimesh who participated for the event long jump. (02m.)
- (ii) Athletes who participated for the high jump event completed four stages. Write four stages of high jump. (02m.)
- (iii) Mention two rules related to athletes who engage in throwing events. (02m.)
- (iv) Draw a sketch diagram of the throwing circle of discus with measurements. (04m.)

(06) Health of the systems is very important to maintain the wonder of the body and to spend an efficient life. Below mentioned actions should follow to maintain a good health of systems.

- Keeping the genitalia clean
- Using clean underwear
- i. Above actions are very suitable in maintaining the wonder of two systems. Name those two systems. (02m.)
- ii. Write two disease conditions that destroy the wonder of above mentioned systems separately. (04m.)
- iii. Write two actions separately that you can follow in maintaining the wonder of above mentioned systems except the above actions. (04m.)

- **Answer only for A, B or C.**

PART - A

(07) Volleyball is a compulsory game in every school in Sri Lanka. It is our national game and it is becoming a very competitive game day by day.

- (i) Write the skills of volleyball. (03m.)
- (ii) Mention two techniques of receiving in Volleyball. (02m.)
- (iii) Mention a foul related to spiking. (01m.)
- (iv) Mention your decision as a referee in case of following incidents in a volleyball match.
 - (a) Front player of house Gemunu touches the top band of the net after spiking.
 - (b) Player who has to serve the ball in house Gemunu, serve the ball to house Vijaya before the whistling of umpire. (02 × 02 = 04m.)

PART - B

National netball team of Sri Lanka became the champions in the Asian Netball Championship at this time. Lot of players of this team came from school netball arena.

- (i) Name the skills of Netball. (03m.)
- (ii) Name two positions of players which allow to play in the goal circle. (02m.)
- (iii) Mention a foul committed in ball controlling in netball. (01m.)
- (iv) Mention your decision as an umpire in case of following incidents in a netball match.
 - (a) Ball goes out after striking the goal post which passed by the player of team A to her teammate.
 - (b) Touch the ball simultaneously by two players of two teams. (2 × 2 = 4m.)

PART - C

Football has number of spectators is very popular among school children.

- (i) Write four skills in football. (02m.)
- (ii) Write three equipments that are essential to wear by a football player. (03m.)
- (iii) Mention a situation that would be a reason to remove a player from the game in football. (01m.)
- (iv) Mention your decision as a referee in case of following incidents in a football match.
 - (a) Spitting to an opponent during the match.
 - (b) Touching the ball by hand by a defensive player, except the goal keeper in the penalty area. (2 × 2 = 4m.)

PART - I

1 - (4)	11 - (4)	21 - (3)	31 - (1)
2 - (2)	12 - (2)	22 - (4)	32 - (2)
3 - (2)	13 - (2)	23 - (2)	33 - (3)
4 - (3)	14 - (4)	24 - (3)	34 - (3)
5 - (4)	15 - (1)	25 - (4)	35 - (4)
6 - (2)	16 - (2)	26 - (3)	36 - (3)
7 - (1)	17 - (1)	27 - (2)	37 - (1)
8 - (2)	18 - (3)	28 - (2)	38 - (2)
9 - (2)	19 - (2)	29 - (2)	39 - (2)
10 - (4)	20 - (1)	30 - (2)	40 - (4) (1 x 40 = 40 marks)

PART - II

- 01 (i) Social wellbeing, Spiritual wellbeing
 (ii) Nutrition, rest, exercises, adequate sleep etc.,
 (iii) 50 km, 20 km
 (iv) ★ One foot is always kept in contact with the ground when stepping.
 ★ Front leg should lie straight without bending the knee from the moment it first touches the ground until it becomes erect.
 (v) Endurance, speed, strength, coordination
 (vi) Commitments, law abiding, enthusiasm, flexibility etc.,
 (vii) household accidents, road accidents, work place related accidents
 (viii) ★ Wash the place of the bite with soap and flowing water.
 ★ Get medical advice as soon as possible.
 (ix) ★ Subjecting to respiratory diseases ★ Subjecting to skin diseases
 ★ Subjecting mental stress ★ Subjecting infectious diseases
 (x) Give marks appropriately (2 x 10 = 20m.)
- (02) (i) Technological development Damaging to Ozone layer
 Reducing the forest density etc., (02m.)
 (ii) Small children, adults, sportsmen, farmer (02m.)
 (iii) Muscle cramp, heat stroke, shock, dehydration (03m.)
 (iv) Reforestation Reducing deforestation
 Exhibiting the posters related to the value of trees (03m.)
- (03) (i) Cardio - vascular endurance (01m.)
 (ii) Muscular strength Muscular endurance Flexibility (03m.)
 (iii) Swimming, riding bicycle, aerobics (03m.)
 (iv) Spending a simple life style. Spending religious life.
 Engaging in hobbies. Getting adequate rest etc., (03m.)
- (04) Give marks for positive answers. (2 x 5 = 10m.)
- (05) (i) Hang method, Sailing method, Hitch kick method (02m.)
 (ii) Approach run Take off
 Cleaning the cross bar Landing (02m.)

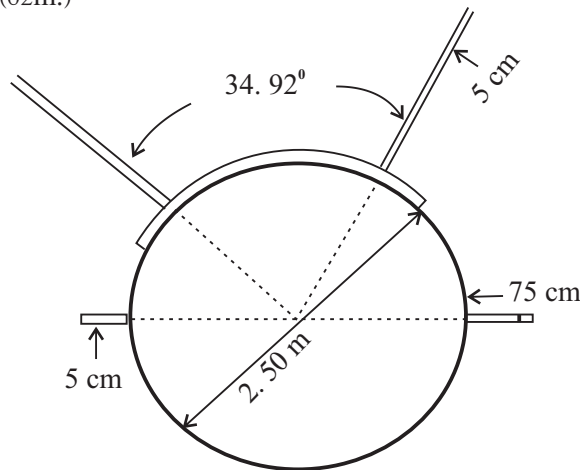
- (ii) After a competition has started, the circle and the area on which the equipment lands cannot be used for training activities.

The place that each participant has won is decided on their best performance in all the rounds.

($1/2 \times 4 = 2m.$)

- (iii)
- An attempt should be started with a steady position within the circle.
 - The participants should not leave the circle after throwing until the equipment has touched the ground.
 - After an attempt has been made, the participant should leave the circle from the back half. (02m.)

(iv)



(04m.)

- ★ If only the throwing circle. (02m.)
- ★ If throwing circle with measurements, give (full marks)

(06) 1. Reproductive system / Excretory system (02m.)

2. Reproductive system

- ★ Sexually transmitted diseases (Syphilis, Gonorrhoea, herpes, AIDS, genital warts)
- ★ Cervical cancers, ovarian cancers, cancers in the womb, testicle cancers
- ★ White discharge (itching around genitalia, mal odour)

Excretory system -

- Bladder stones
- Kidney stones
- Inflammation of kidneys
- Kidney failure (04m.)

3. Reproductive system

- ★ Bathing daily / Body wash
- ★ Avoid from unprotected sexual activities
- ★ Avoid pre married sex

Excretory system

- Drink enough water
- Urination when the need arises
- Reducing the intake of artificial drinks (04m.)

(07)

Part-A

1. Serving receiving

- blocking
- court defending (1/2 × 6 = 03m.)
- (ii) Volley pass
- Dig pass (02m.)
- (iii) ★ Hitting the opposing team's ball.
- ★ Hitting the ball in a way it drops off the court.
- ★ A back court player coming to the front and hitting the ball that is completely above the net. (01m.)
- (iv) a. Service and a point to opposing team.
- b. Giving another chance to house Gemunu to serve the ball after advising them to work according to the whistle. (2 × 2 = 4m.)

Part - B

- (i) Ball controlling
- Footwork
- Attacking
- Defending
- Shooting (03m.)
- (ii) GS - Goal Shooter
- GK - Goal Keeper
- GD - Goal Defense
- GA - Goal Attack (02m.)
- (iii) ● Rolling the ball along the ground.
 - Throwing the ball up and catching it.
 - Passing the ball lying on the court or kneeling on it.
 - Retaining the ball in hand over 3 seconds.
 - In instances of a short pass between two players. (01m.)
- (iv) A - Throw - in
- B - Toss up (04m.)

Part - C

- (i) Dribbling Kicking Controlling the ball
- heading throw-in goal keeping (02m.)
- (ii) Jersey with a number
- Short trouser
- Socks
- Shin guards
- Shoes (football boots) (03m.)
- (iii) Indisciplinary behaviours
- Spitting to an opponent
- Deliberate handling, hitting the ball with hand (01m.)
- (iv) a. showing the red card and removing the player
- b. offering a direct free kick to opponents (2 × 2 = 4m.)