



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

THIRD TERM TEST - 2019

Grade 10 HEALTH AND PHYSICAL EDUCATION - I Time : 1 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 or most appropriate.
- Mark a (x) on the number corresponding to your choice in the answer sheet provided.

-
01. A function of an adolescent to build up a health society is,
- (1) Maintaining total health.
 - (2) Understanding that drugs and cigarettes are not needed to maintain social status.
 - (3) Understanding that following accepted rules and regulations is a social responsibility.
 - (4) Above all.
02. Waist measurement is an important factor in measuring the nutritional status. The Value of the proper waist measurement should be,
- (1) less than 0.6
 - (2) more than 0.5
 - (3) more than 0.6
 - (4) less than 0.5
03. A function should be performed by a person to overcome from the challenges facing when maintaining the total health is,
- (1) Strengthening both prevention and treatment sectors in health service.
 - (2) Not paying attention on the educational level of people.
 - (3) Developing the tourist industry.
 - (4) Not introducing proper housing schemes with facilities.
04. The most suitable thing to prevent mental stress is,
- (1) Engaging in educational activities competitively.
 - (2) Completing daily tasks with a plan.
 - (3) Spending time by watching TV.
 - (4) Leading a complex life style.
05. The range of increasing the weight of a mother during pregnancy for a health child birth is,
- (1) between 10kg - 12kg
 - (2) between 12kg - 14kg
 - (3) between 10kg - 11kg
 - (4) between 10kg - 13kg

06. The special component present in mother's milk which helps to develop the immunity of an infant in the neonatal stage is,

- (1) Iodine
- (2) Testosterone
- (3) Colostrum
- (4) Adrinalin

07. Which answer group shows the micro nutrient deficiencies common in the present,

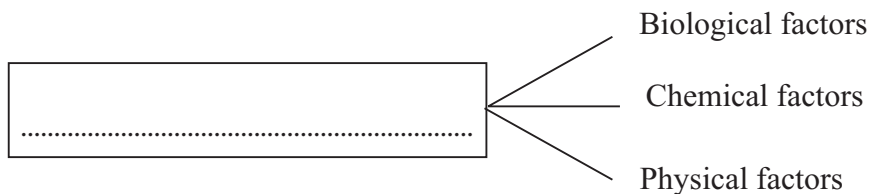
- (1) Iron, Iodine, Vitamin A, Calcium deficiency
- (2) Iodine, Protein, Vitamin C, Zinc deficiency
- (3) Protein, Zinc, Vitamin D, Carbohydrate deficiency
- (4) Iron, Fat, Calcium, Vitamin A, Carbohydrate deficiency

08.
 - Fracture of bones easily.
 - teeth decaying
 - growth retardation

What is the nutrient component which affect the above situation?

- (1) Vitamin A
- (2) Iodine
- (3) Calcium
- (4) Zinc

09.



What is the suitable topic for the above blank,

- (1) Factors affecting the quality of food.
- (2) Factors affecting food to be suitable for consumption.
- (3) Factors affecting myths about food.
- (4) Factors disturbing the food safety.

10. Why it is not suitable reusing oil for deep frying because,

- (1) It increases the production of transfat.
- (2) It increases the production of Melanin.
- (3) It increases the production of Calcium.
- (4) It increases the production of Iron.

11. The main reason to encourage the local food is to,

- (1) get food with high nutritional value.
- (2) get natural and fresh food.
- (3) get more nutritious and more appetite food.
- (4) above all are correct.

12. The main reason for the increase of iron need of the girls in the adolescence stage is because,
- (1) they engage in house hold activities.
 - (2) they have more educational activities.
 - (3) their menstrual cycle is starting.
 - (4) they get used to instant food.
13. A - Mixing of Oxygenated and non - Oxygenated blood take place in the heart.
 B - Thrombosis and Embolism diseases occur due to the blockage of blood vessels by a blood clot.
 C - No harm occurs to the bones due to the usage of X-rays.
- Which is the correct answer regarding the above statements related to the blood circulatory system,
- (1) Only A
 - (2) Only B
 - (3) Only B and C
 - (4) Only A and C
14. An excretory product released due to the biological processes taking place in the body,
- (1) Uric acid
 - (2) Tyroxin
 - (3) Protein
 - (4) Adrinalin
15. The main function of the Flura fluid that surrounds the lungs in the respiratory system,
- (1) Preventing the entry of food into the trachea.
 - (2) Preventing the friction occurs in inspiration and expiration.
 - (3) Removing the foreign matter enter into the trachea.
 - (4) Selecting only Oxygen, among the gases entering into the lungs.
16. Hormone which is responsible for the appearing of secondary sexual characteristics in males,
- (1) Oestrogen
 - (2) Progesteron
 - (3) Testosteron
 - (4) Insulin
17. A competitor was removed from a walking race by the chief judge. What can be the main reason for the decision?
- (1) One of his feet is always in contact with the ground.
 - (2) Both his legs are in air.
 - (3) Moving his hip up and down alternately.
 - (4) Placing elbow at a 90^0 angle and swinging.
18. According to the length of a stride and speed of stepping of a runner,
- (1) hands function speedily.
 - (2) can run more distance.
 - (3) can maintain the running speed constantly.
 - (4) can decide the speed of running.

19. What is the most suitable baton changing method can be used in a 100 x 4m relay race,
 (1) Inside pass (2) Outside pass (3) Mixed pass (4) Upsweep technique
20. According to rules and regulations of international federation of athletics, the definition given to the athletics is,
 (1) Track and field events.
 (2) Road race and race walking.
 (3) Cross-country race and mountain climbing.
 (4) Above all events.

● Use the table given below to answer the questions from 21 to 24.

Player No.	Events participated
72	100m, 200m
81	Throwing the discus / Throwing the hammer
95	long jump, 1500 m
110	shot put

21. The number of the athlete/athletes who needs a take off board to start his event,
 (1) No. 95 and 110 (2) No. 72 (3) No. 81 (4) No. 81 and 95
22. The numbers of the players who may have engaged in the following activities during practices,
 ● Throwing a rubber ring.
 ● Throwing a piece of wood.
 ● Medicine ball activities.
 (1) 81, 110 (2) 72, 95 (3) 95, 81 (4) 110, 72
23. The technique can be used by the player bearing No. 110 is,
 (1) Fosburg flop (2) Linear technique
 (3) Straddle (4) Western roll
24. The physical fitness factor should be developed mostly by the player bearing No. 110,
 (1) flexibility (2) endurance (3) energy (4) speed
25. The event which needs only two commands to start,
 (1) 100m, 200m (2) 200m, 400m
 (3) 400m, 800m (4) 800m, 1500m
26. The weight of the discus used by girls in discus throw is,
 (1) 1.0kg (2) 1.5kg (3) 2.0kg (4) 2.5kg

27. The amount of fat as a percentage of the total body mass of a healthy male is,
- (1) between 15% - 20% (2) between 20% - 25%
- (3) between 25% - 30% (4) between 30% - 35%
28. The reason for refraining from the use of external resistors for the sports training activities until the completion of suitable age limit is,
- (1) The skeletal and muscular systems are not prepared suitably for such activities.
- (2) It is an illegal activity.
- (3) Expected skills do not develop through it.
- (4) Above all.

29.



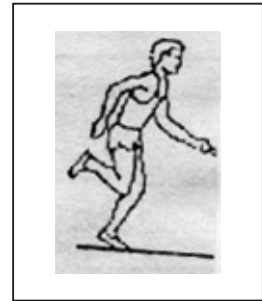
(a)



(b)



(c)



(d)

What are the diagrams that show a static posture and a dynamic posture respectively from the above diagrams?

- (1) a and b (2) b and c (3) a and c (4) a and d
30. If the resultant of all the forces acting on an object is zero, then that object,
- (1) moves along a straight linear pathway.
- (2) is balanced but moves.
- (3) is at rest or in balance.
- (4) rotates around a certain point.
31. A condition which occurs due to the reduction of Oxygen supply to the brain temporarily,
- (1) dehydration (2) faint (3) shock (4) vomiting

32. What is the instance that first aid should be given according to the way shown in the diagram,

- (1) when dislocates a joint
- (2) in a bleeding
- (3) in a fracture
- (4) in a snake bite



33. Prior signs such as cracks on slopy areas, a depression on earth can be seen in a,

- (1) Landslide
- (2) Tsunami
- (3) Volcano eruption
- (4) Flood

34. Modern Olympic era started in,

- (1) 776 BC
- (2) 1896 AD
- (3) 394 BC
- (4) 394 AD

35. What is the skill in netball shown in the following diagram,

- (1) Footwork
- (2) Attacking
- (3) Shooting
- (4) Ball controlling



36. The maximum and minimum No. of players that can play in a foot ball team respectively,

- (1) 07, 11
- (2) 11, 08
- (3) 10, 07
- (4) 11, 07

37. A sexually transmitted disease caused by the bacterium Triponema Pallidium is,

- (1) Genital warts
- (2) Syphilis
- (3) Gonorrhoea
- (4) Herpes

38. A compulsory physical education programme that should implement in schools,

- (1) Health day
- (2) Scouting camps
- (3) Physical fitness programmes
- (4) Cadetting

39. An activity related to the outdoor education,

- (1) Engaging in Volleyball
- (2) Porapol
- (3) Mountain climbing
- (4) Above all

40. The bowler who has taken the maximum No. of wickets in International T 20-20 cricket tournaments,

- (1) Nuwan Kulasekara
- (2) Lasith Malinga
- (3) Yuwaraj Singh
- (4) Shaheed Afridi



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Third Term Test 2019

Grade 10 HEALTH AND PHYSICAL EDUCATION - II Time : 2 hours

Name / Index No.

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

(01) Supun does his sports practices enthusiastically with the intension of winning medals from the events 100m and long jump in all island school sports competition. Mental fitness he had and the concerning of nutrition helped him to improve his skills.

Waste materials and the odour released from the factory near the ground he practices, have become a health challenge to Supun and other students.

- (i) Write down two other fields that Supun has to build up good health except the above mentioned. (02m.)
- (ii) Write 02 challenges affect the total health in the present society. (02m.)
- (iii) Write 02 different individuals who needs special nutrition. (02m.)
- (iv) Write down 2 methods Supun should follow in order to prevent sports related accidents. (02m.)
- (v) Write 02 advantages Supun gets by consuming local food. (02m.)
- (vi) Write 02 phases in Supun's running event. (02m.)
- (vii) What are the 02 main styles of starting a running event ? (02m.)
- (viii) Name 02 types of running drills that Supun can use to develop his running skills. (02m.)
- (ix) Write 02 disease that can cause to Supun and other children due to the environmental pollution taking place because of the release of waste materials from the factory. (02m.)
- (x) Write 02 things can be done by Supun and other children in his school to prevent air pollution. (02m.)

(02 × 10 = 20 marks)

PART - I

(02) The structure of a leaflet which is printed to make the public aware of a certain disease condition in shown below.

A	B	C
<p>"Let's protect from the risk of getting non-communicable diseases" is an example for a non-communicable disease.</p>	<p><u>Symptoms</u> 1. Feeling sleepy always 2. fatigue 3. excess thirsty 4. Tendency to eat sweets always 5. Decrease of the body weight gradually</p>	<p>To prevent the disease condition</p> <ul style="list-style-type: none"> • • •

- (i) Name the disease condition suitable to fill the blank. (02m.)
- (ii) Write down 2 factors that cause for the above disease. (02m.)
- (iii) Write down suitable answers to fill the blanks in part C of the leaflet. (03m.)
- (iv) Write 3 diseases cause due to the consumption of polluted water and food. (03m.)

(10 total marks)

(03) "Players in teams being subjected to accidents frequently"

Several ideas expressed by a few scholars who participated in a TV discussion on the above topic are given below.

- Usage of wrong practice methods and wrong postures.
- Very poor knowledge on bio mechanical principles.
- Nutritional deficiencies.
- Reduction of physical fitness.

- (i) Define the term "physical fitness." (02m.)
- (ii) Write down a main personal factor and an external factor which affect for sports related accidents. (02m.)
- (iii) Write down 3 factors that help to maintain the balance at different body postures. (03m.)
- (iv) Write down 3 components of health related physical fitness that players as well as others should develop. (03m.)

(10 total marks)

(04) Write the ways how you act to overcome the following challenges briefly.

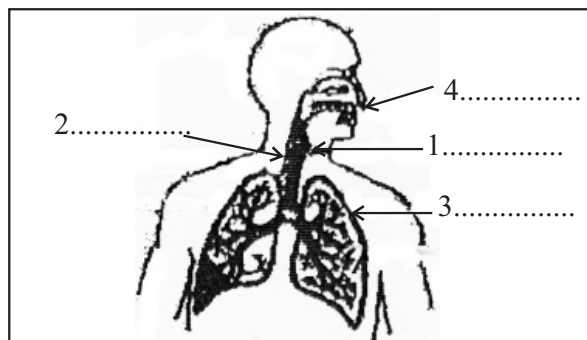
- (i) You see the sliding of soil from the mountain situated near Sandun's home due to heavy rain and wind occurred last night.
- (ii) Your friend tells you that he is really worried because he did not pass his O/L exam in a way of studying A/L Maths stream.
- (iii) You have to give first aid to Nimal who had a sprain in his leg during a marathon race.
- (iv) You see that some of the students in your class are bullying a new comer to your class.
- (v) You see the selling of unhealthy food in your school canteen.

(2×5=10m.)

PART - II

(05) Systems perform a great service for the continuation of the life.

- (i) Name 3 systems and write down a main function done by each system. (½×6=3m.)
- (ii)



Name the labeled parts of the above system.

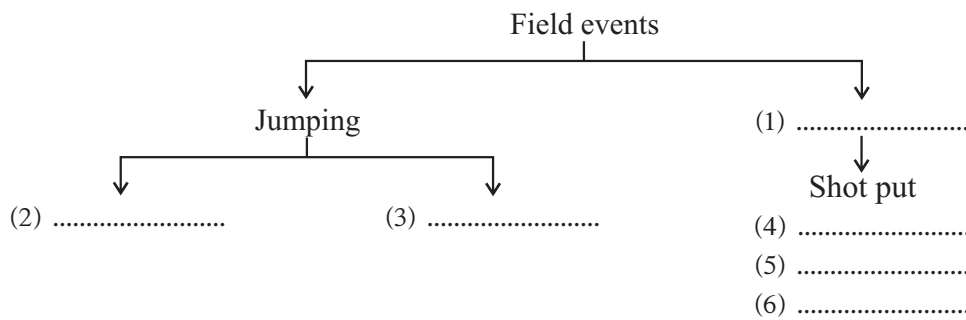
(04m.)

(iii) Write 03 things you can do to protect the wonder of the above system. (03m.)

(10 total marks)

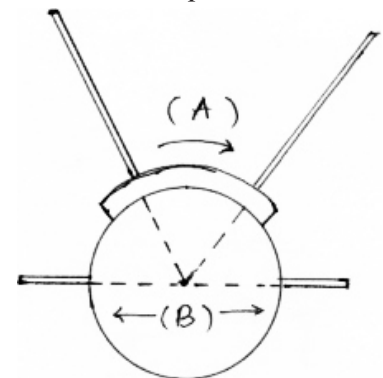
(06) There is a special place for athletics in sports activities. Athletics can be divided into 2 groups as track and field events.

(i) Complete the following classification of field events. ($\frac{1}{2} \times 6 = 3m.$)



(ii) Players use different technique methods for high jump. Mention 02 such techniques. (02m.)

(iii) Following is a diagram of the throwing circle used for shot put. Mention the values of A (angle of landing) and B (diameter of the area) separately. (02m.)



(iv) Explain briefly 02 activities can be used to practice long jump. (03m.)

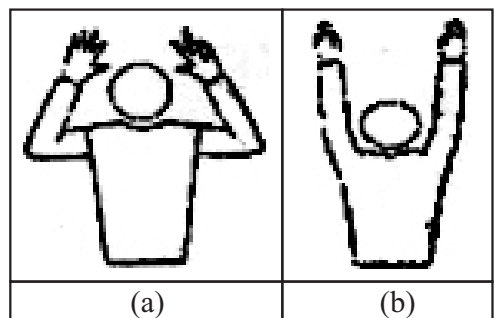
(10 total marks)

(07) Answer only A or B or C.

A Volleyball is a popular game, which is implemented in many schools under the project "sports for all".

(i) Write 02 reasons for Volleyball being popular. (02m.)

(ii) Name the following hand signals used by the referees in volley ball. (02m.)



(iii) Write down 02 main methods that hitting approach could occur? (02m.)

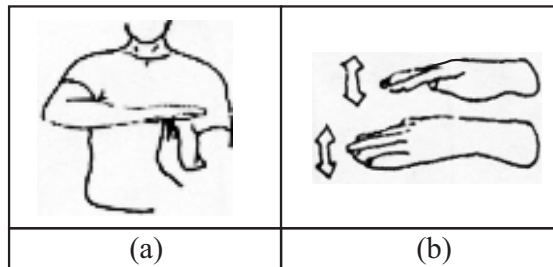
(iv) Explain briefly your decision in the following instances when judging a Volleyball match as the chief referee?

(a) A player who blocked the ball spiked by the opponent team hit it again.

(b) The ball served by the team X was touched the upper end of the net and lands on the opponents' (Y) ground. (2x2=4m.)

B Netball is a popular game among girls.

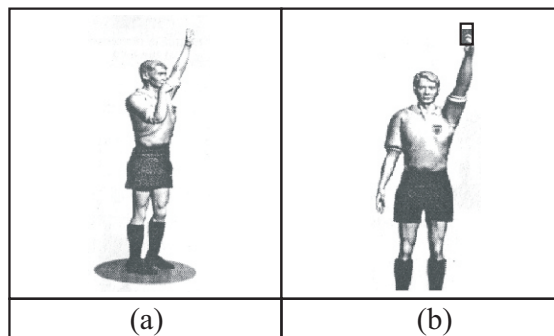
- (i) Write down 02 offences committed when controlling the ball in netball. (02m.)
- (ii) Name the following hand signals used in netball. (02m.)



- (iii) Explain briefly two activities suitable to develop the skill of attacking. (02m.)
- (iv) What is your decision in the following instances as the chief umpire.
- (a) Two players from opposing teams entering a prohibited area at the same time.
- (b) W/A throws in the ball which has gone out side the goal line. (2×2=4m.)

C This game is called as football because mostly the ball is kicked by the foot.

- (i) Write down 02 essential equipments that should be used by a foot ball player in a foot ball game. (02m.)
- (ii) Describe the following hand signals used in football. (02m.)



- (iii) Mention two other offences committed in netball. (02m.)
- (iv) What is your decision in the following instances as the chief referee.
- (a) A player in the team "A" obtains a goal using hands in his own side.
- (b) When a front player in the team B, playing with the ball, another defending player in the team A is trying to hold him by hands. (2× 2 = 4m.)

(10 total marks)

Answer Sheet - Paper I

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

(01 mark for each correct answer 1 x 40 = 40)

Paper II

- 01 (i) ● Social field ● Spiritual field
- (ii) Competitive life styles, Economy level, Problems related to Education, Population density, being influenced by media, Sexual misconduct, wars
- (iii) Infants, children in early childhood, adolescents, pregnant mothers, breast feeding mothers, patients, females
- (iv) Following rules and regulations / Proper knowledge of rules / following accepted procedures / Using safety equipments / Proper care / Using suitable shoes and clothes / Pre-preparation
- (v) Cheap, more nutritious, can grow in the home garden, not toxic, natural food,
- (vi) Support phase, flight phase
- (vii) (a) Crouch start (b) Standing start
- (viii) Running = A, B, C (Running drills A, B, C)
- (ix) Typoid, diarrhoea, dengue, stomachaches
- (x) planting trees, not burning waste materials, making compost without burning plant matter etc. (2 × 10 = 20m.)
- (02) (i) Diabetes (02m.)
- (ii) Intake of a lot of energy generated food, mental stress, consuming a lot of food containing, sugar, oil and starch, not engaging in exercises etc., (02m.)
- (iii) Reducing the intake of Sugar, Oily and starchy food, engaging in exercises at least ½ an hour a day, being free from mental stress etc. (03m.)
- (iv) Cholera, typoid, diarrhoea (03m.)
- (03) (i) Physical fitness is a set of attributes or characteristics that people possess or can be achieved which relate to the ability to perform day to day physical activities effectively. (02m.)
- (ii) Personal factors :-
- Level of physical fitness not adequate for the sport.
 - Participating in sports without warm up exercises.
 - Lack of proper training.
 - Not taking adequate time to recover after a sport.
 - Overtraining
 - Adopting wrong training methods and techniques.
 - Taking part in activities that are not age appropriate.
 - Poor physical health.
 - Not taking adequate amounts of water and food.
- External factors :-
- Not wearing safety wear recommended for the sport.
 - Use of improper sports equipment.
 - Lack of standard playgrounds.
 - Not following the rules of the game.
 - Environmental factors. (02m.)

- (iii) ● Keeping the line of gravity within the supporting base.
 ● Having the centre of gravity at lower position.
 ● Maintaining a wider supporting base.
 ● Movement of the body in the opposite direction when lose of posture.
 ● Bending the body towards an external force. (03m.)

- (iv) Cardio Vascular Fitness
 Muscular Endurance
 Muscular Strength
 Flexibility
 Body composition (03m.)

(04) Award marks if there are positive answers. (2 x5 = 10m.)

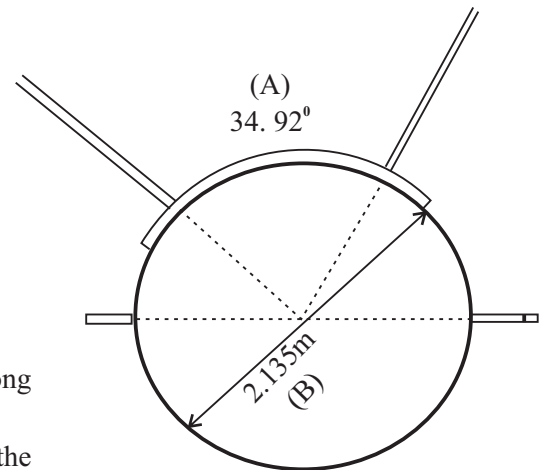
- (05) (i) Digestive system - Providing energy to the body by digesting food.
 Respiratory system - Obtaining O₂ for cellular respiration, removal of CO₂ generates by cellular respiration.
 Blood circulatory system - Transportation of O₂ to the cells and waste materials
 Excretory system - Removal of waster materials from the body, removal of excess water, Maintaining water balance in the body.
 Reproductive system - Producing new offsprings
 Nervous system - controlling the functions of other systems, Transmission of impulses
 Skeletal system - Helps in body movements.
 Muscular system - Helps in body movements. (½x6=3 m.)

(ii) 1. Larynx 2. Trachea 3. Lungs 4. Nose (04m.)

- (ii) ● Avoid from smoking and places of smoking.
 ● Engaging in exercises daily.
 ● Using masks to cover the mouth and nose when needed.
 ● Not breathing using the mouth.
 ● Avoid dusty and smoky environments,
 ● Inhale clean air. (03m.)

- (06) (i) ● Putting and throwing
 ● Horizontal jumps
 ● Vertical jumps
 ● Discus throw
 ● Javelin throw
 ● Hammer throw (½ x 6 = 3 marks)

- (ii)
 - Scissor jump
 - Eastern cut off
 - Western roll
 - Straddle
 - Fosbury flop (02m.)
- (iii) A = 34.92°
B = 2.135m (02m.)
- (iv)
 - Standing both feet and jump.
 - Standing on the take off board and jump to the long jump pitch.
 - Take an approach run of a few steps and touch the dominant foot at the take off board and jump. (03m.)



(07) PART - A

- (i)
 - Does not incur a high cost.
 - Minimum equipments are required.
 - Limited space in required.
 - Does not take much time to complete a game.
 - Rules are simple and clear.
 - Rich source of entertainment. (02m.)
- (ii)
 - a. Delay in service
 - b. Blocking fault or screening. (02m.)
- (iii)
 - 02 step method. (02m.)
 - 03 step method. (02m.)
- (iv)
 - a. It is not an offence. So continue the game.
 - b. Service is wrong. Stop the game and award a point and service to the team Y. (04m.)

PART - B

- (i)
 - In instance of off side.
 - Retaining the ball in hand over 3 seconds.
 - Short pass etc., (02m.)
 - (ii)
 - a. Time out
 - b. Stepping (02m.)
 - (iii)
 - Running around obstacles in a Zigzag.
 - Running side ways.
 - Running backwards and forwards.
 - Running changing the pace.
 - Running while abruptly changing direction.
 - Running changing both pace and direction.
- (If activities and diagrams are drawn award marks) (02m.)

- (iv) a. If one player grabs the ball, a toss-up will be made in the area where both of them can play.
If both players grab the ball simultaneously, then a toss-up will be made between them in the area where both of them can play.
- b. W/A can not receive a ball which has gone out the goal line. Get the throw-in done by the GA or GS of the same team. (04m.)

PART - C

- (i) ● Jersey with the Number
● Shorts
● Stockings
● Shinguard
● Approved foot ball Boots (02m.)
- (ii) a. Indirect free kick
b. Warning (02m.)
- (iii) ● Behaving the unsportsmanship manner.
● Bad behaviour through word and deed.
● Breaking the existing law.
● Delaying the restart the game.
● Not using the correct distance for free kick or defence kick.
● Entering or re entering the field without the consent of the referee.
● Intentionally leaving the field without permission. (02m.)
- (iv) a. Stop the competition and removing the player.
b. Stop the competition and award direct free kick for team B as a penalty. (04m.)