

මධ්‍ය වාර්ෂික පරීක්ෂණය 2015
 උණුසුම් කළ ඉගෙනුම් පොත - 2015
 Mid Term Test - 2015

10 ශ්‍රේණිය
 ශ්‍රේණිය - 10
 Grade - 10

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය I,II
 රුහුණ උණුසුම් කළ ඉගෙනුම් පොත I,II
 Health and Physical Education I,II

පැය තුනයි
 පැය 3 ක් කාලයක්
 Three Hours

- Be attention.
- Answer the entire question.
- Select correct answer or most suitable answer from 1,2,3,4 answers in 1 to 40 questions.
- Put (x) in your answer paper for the correct or most suitable answer.
- **PAPER I**

1) Body Mass Index (BMI) is very important for maintain total health. Select the incorrect answer,

1. Proper nutrients of girls that help to prevent low birth weight babies.
2. Not proper body mass index help to less of quality of life.
3. Get knowledge about tourism.
4. Ability of work affectively to develop the country.

2) It is not a challenge to maintain Total Health,

- | | |
|---|---------------------------------|
| 1. Media and the concept of Global village. | 2. Health services and diseases |
| 3. Tourism | 4. Outdoor activities |

3) The formula of Body Mass Index (BMI) is,

- | | | | |
|---|---|---|---|
| 1. $\frac{\text{Weight}}{\text{Height} \times \text{Height}}$ | 2. $\frac{\text{Weight}}{\text{Height} \times \text{Weight}}$ | 3. $\frac{\text{Height}}{\text{Weight} \times \text{Height}}$ | 4. $\frac{\text{Weight}}{\text{Weight} \times \text{Weight}}$ |
|---|---|---|---|

4) What is the name of stage that is 2 – 5 years?

- | | | | |
|-----------------|--------------------|-------------------|-------------------|
| 1. Infant stage | 2. Early childhood | 3. Late childhood | 4. Neonatal stage |
|-----------------|--------------------|-------------------|-------------------|

5) The responsibility of the society is to protect the standard rules and regulations. The instance that could break the rules and regulations is,

1. A girl to get married once she complete 18 years.
2. Not protecting common rules.
3. Prevent from dangerous characteristics.
4. Prevent from unfavourable situation of the society.

6) Macronutrients means,

1. Nutrients in the diet that required in large amounts.
2. Name that introduce protein and fat.
3. Nutrients in the diet that is required in small quantities.
4. Name that introduce main nutrients.

7) What are two types of malnutrition?

1. Under nutrition and wasting
2. Under nutrition and most wasting
3. Under nutrition and over nutrition
4. Stunting and wasting

8) Healthy person has to drink water in a day,

1. 3 – 4 liters
2. 1½ - 2 liters
3. ½ - 1 liters
4. 4 – 5 liters

9) Inactive, prone to diseases, being poor memory power, retarded physical growth and low life expectancy are features of,

1. Harmful effect of stunting
2. Harmful effect of under nutrition
3. Harmful effect of over nutrition
4. Harmful effect of wasting

10) Factors that do not obstruct to food hygiene,

1. Social factors
2. Chemical factors
3. Biological factors
4. Physical factors

11) What do you do firstly for a person who got a electrocution?

1. Take the patient immediately to hospital
2. Take measure to allay the patient's fear.
3. Off the main switch
4. Give some water to drink.

12) Some misbeliefs related to nutrition are given below.

- 'cool' and 'heat' food is bad for the health.
- Expensive food items carry more nutritional value.
- Soft drink quench the thirst faster
- Milk is considered as a complete food.

1. 1st one is correct.
2. 1st, 2nd, and 3rd, statements are correct
3. All statements are incorrect
4. All statements are correct

13) Injuries caused by sports can be divided into two namely external and internal, an external injury may cause due to,

1. Level of physical fitness not adequate for the sport.
2. Overtraining
3. Use of improper sports equipment.
4. Taking part in activities that are not for age appropriate and poor physical health.

14) When giving first aid for animal bite or snake bite, What you should not do?

1. Take measure to allay the patient's fear
2. Applying tourniquets
3. Keep the affected area immobilized
4. Give paracetamol tablets to ease pain.

15) What is the situation that can be happened through the illegal relationship,

1. Sexual transmitted diseases
2. Unexpected pregnant
3. illegal abortion
4. All above are correct

16) The group that includes high quality nutritious,

1. Milk, cheese, butter
2. Hathmaluwa, green gram milk rice, kolakenda
3. Cheese, butter, klakenda
4. Roles, green gram milk rice, milk

17) What is the good behavior that we have to maintain for our personal hygiene?

1. Not using slippers, when go to toilet
2. Always quarrel with family members
3. Spend leisure effectively
4. Getting alcohol, drugs and smoking

18) Incorrect postures will lead to physical disabilities,

- | | |
|--|-------------------------------------|
| 1. Use suitable shoes | 2. Use suitable equipment for house |
| 3. Use correct habit for stand, sit and walk | 4. Wear unrelax clothes |

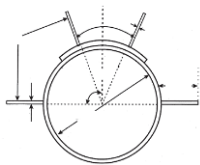
19) Present generation follow up desires RATHER THAN HUMAN NEEDS. Select the correct statement describes human needs.

- | | |
|-------------------------------------|------------------------------------|
| 1. Food, clothes, television, books | 2. Food, air, exercise, education |
| 3. Food, water, air, television | 4. Food, clothes, vehicles, chairs |

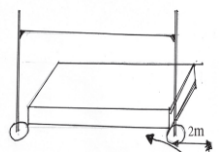
20) A step that should not be taken to prevent the use of drugs, alcohol and smoking,

1. Conducting awareness programs for the public on adverse effect of smoking drugs.
2. Conducting awareness about affect to their economic and social status.
3. Increasing the price and limiting the places selling them.
4. Use children to selling to cigarettes and drugs

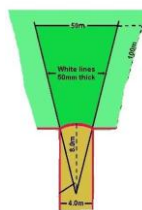
- Answer to question nu: 21 – 24 using the following courts.



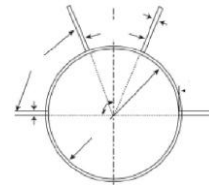
P



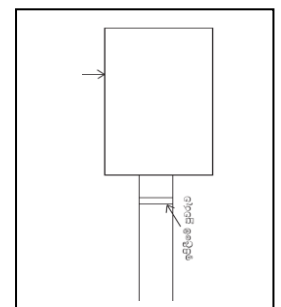
Q



R



S



T

21) What is the court, kamani has to go for Long Jump?

- | | | | |
|------|------|------|------|
| 1. P | 2. R | 3. Q | 4. T |
|------|------|------|------|

22) What is the court that Thiwanka had participated for High Jump and Javelin Throw?

- | | | | |
|--------|--------|--------|--------|
| 1. P,T | 2. S,R | 3. Q,R | 4. Q,T |
|--------|--------|--------|--------|

23) What is the court, Hansika had participated for Discuss Throw?

1. P 2. S 3. R 4. T

24) What is the court that Jayakodi used for his event using Peri o Brien technique?

1. P 2. Q 3. S 4. T

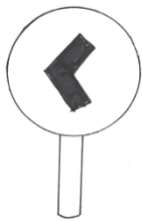
25) What is the organized game that includes skills like service, spike etc?

1. Netball 2. Football 3. Volleyball 4. Cricket

26) What was the method that Warnasooriya used for starting an 1500m?

1. Standing start 2. Crouch start
3. Crouch or standing start 4. Short start

27) This signal is shown,



1. Bend ahead
2. The rule related to race walk
3. The signal used to end of running race
4. The signal use long jump for no jump

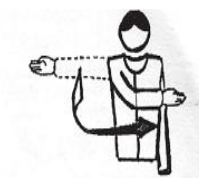
28) What is the command that used in crouch start?

1. On your mark 2. Get set
3. Go (sound of the starting gun) 4. Forward push

29) What is the event that uses hang technique, sail technique and hitch kick technique?

1. High Jump 2. Long jump 3. Shot put 4. Discuss Throw

30) Official hand signals of the referees are very important to judge the match. What is the game that use following hand signal?



1. Volleyball 2. Netball
3. Badminton 4. Football

31) This activity helps us to spend leisure effectively, live together, personal development etc: What is this activity?

1. Jumping activity
2. Sports and environmental activities
3. Outdoor activities
4. Leadership program

32) A team have 12 players and through this one can be a captain apart from libero player. The game is,

- 1 Netball
2. Beach volleyball
3. Volleyball
4. Pin football

33) Select the factor that effects to lose the balance,

1. Centre of gravity go out of the body
2. Maintaining a wider supporting base.
3. Centre of gravity distance from the ground
4. Movement of the body in the opposite direction when loss of posture is imminent

34) This can be happened when using incorrect posture,

1. pleasant appearance
2. Can do activities effectively
3. Less of muscle pain
4. Can't present maximum talents

35) Select the statement that describes originator and originated year of volleyball game,

1. 1916 – Mr. Walter camac
2. 1896 – Mr. Jenny Green
3. 1896 - Mr. William G Morgan
4. 1895 – Mr. William G. Morgan

36) In the Netball team, the player fall down by contacting an opposing player. At that time, What is the official hand signal given by the referee?



1.



2.



3.



4.

37) Usually we sit down frequently in our daily routines. A thing that should not do while working at the computer,

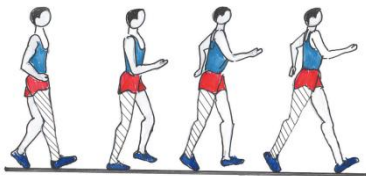
1. Chair should be lower than the usual height
2. Spine should be vertical
3. Head should not be swayed forward or backward unnecessarily
4. Feet should touch the floor



38) Select the correct type of postures that include sit down and lying down,

1. Dynamic postures
2. Static postures
3. Correct postures
4. Balance postures

39)



This picture describes,

1. Basic five step in Javelin Throw
2. Race walking
3. Running drill
4. Approach run in Long Jump

40) What is the organized that includes position names such as center, Goal shooter, Goal defence,

1. Football
2. Volleyball
3. Netball
4. Cricket

Consider,

- (i) **Answering first question is compulsory.**
- (ii) **Answer five questions including first question, two questions from part I and two questions from part II**

Part II

- 01) Wedding of Kumara and Manel was held very attractively. After sometime they have two children name Pinki and Bunty. Pinki is very talented in learning and co-curricular activities. Manel's friends always say that "Bunty can be gymnastic player"
1. Doctors say that Pinki has the expected healthy birth weight. So What is the Pinki's birth weight?
 2. When Bunty can be a talented gymnastic player, What are the two main bio mechanical factors that are related to posture?
 3. Pinky was the sport captain in the school. Write down four main games that she can participate.
 4. Banty is going to pre school. Write down two activities that can be fulfill his needs.
 5. When doing sports pinky's ankle was swell and had a pain. Write down two accidents that could be happened to her.
 6. Bunty take pinky's water bottle and hit to that always. What was the main game started like this?
 7. Write down two main styles of start in running.
 8. Write down two activities to develop pinky's and Banty's sports skills.
 9. Write down two programs that are implements at school level on sports and health education.
 10. Various media discussed about non-communicable diseases. Write down two main unfavourable food habits affect to this.

PART I

- 02) Total health is not only being free from diseases and disabilities, bot also having physical, mental, social and spiritual wellbeing.
1. Write down three factors that are important in physical education regarding total health.
 2. Write down three life styles that help to maintain physical wellbeing.
 3. Write down four challenges we face to maintain total health.
- 03) Man has various needs. When man is passing various stages basic needs are very important. And also it is important to fulfill needs in various stages. When we can't fulfill these needs we lost our happy.
1. Write down two physical needs of pregnancy mothers that should be fulfilled.
 2. Write down three psycho-social needs of neonatal stage.

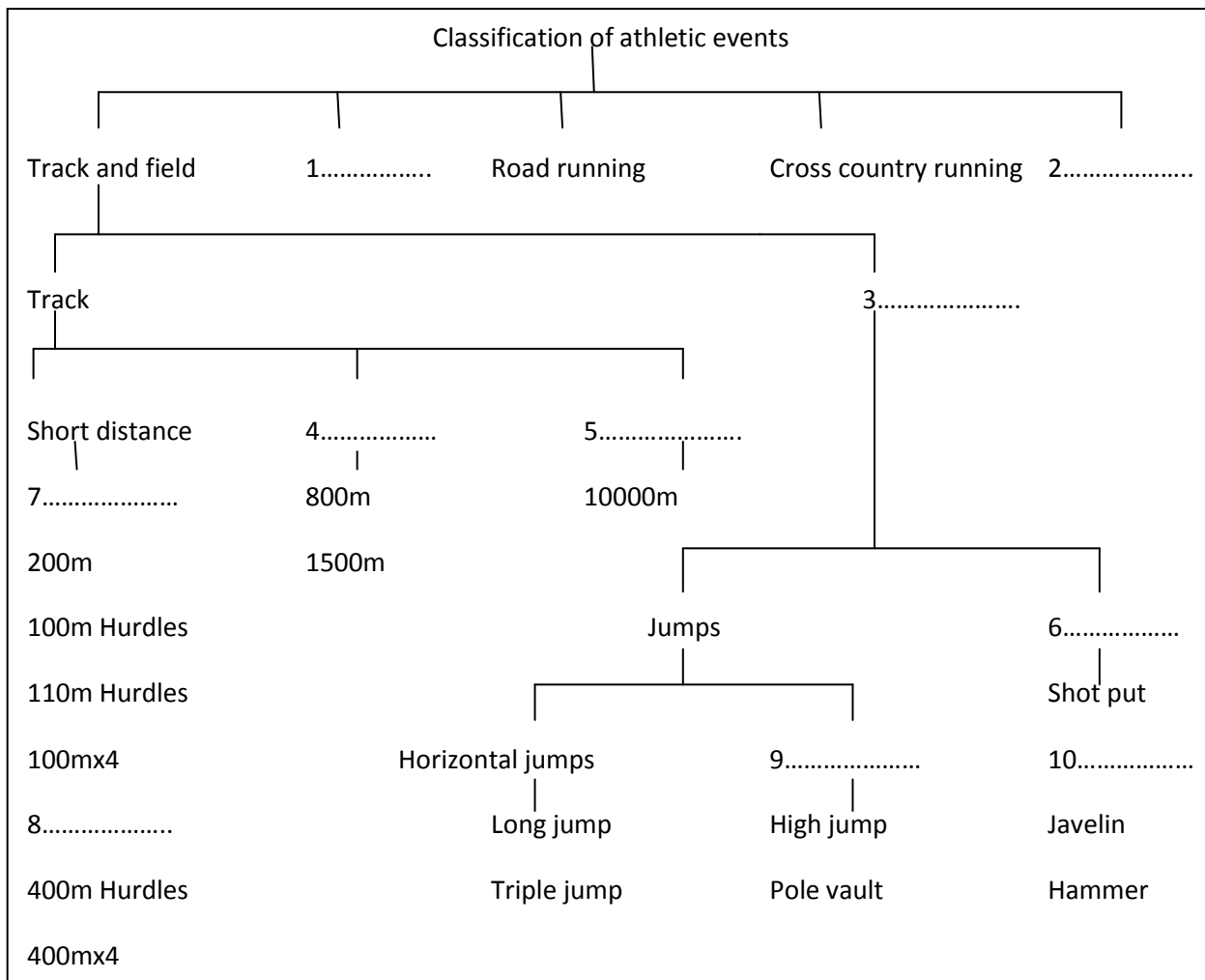
3. "Breast milk is the most nutritious food that can be supplied to a baby". Create a leaflet about important of breast milk. (Includes five factors maximally)
- 04) Mention briefly how you face following challenges.
1. Your friend ask from you "How are we going to implement a program to prevent dengue"
 2. In the tuition class few students are watching absence video scene from a hand phone and invited you to watch that.
 3. Unknown person SMS to you and he says that he wants to be your friend.
 4. You are very talented for education and also co-curriculum activities. Therefore your name was proposed as the head prefect of the school.
 5. Your friend introduces a discipline girl to you in your class and asks you to help him to have a love affair with her.

PART II

- 05) We have to face accidents in various times. Nature of the accidents are measured to be taken in order to minimize or prevent accidents. First aid that should be given in such accidents are very important.
1. Sports injuries can be divide as internal and external injuries. Write down two examples for each other.
 2. When giving first aid not having proper knowledge and training about accidents can be very dangerous. Write down six qualities of a first aider.
 3. RICE treatment is a commonly used method of giving first aid for internal injuries. PRICES treatment is a further development of the RICE method. Explain how would you implement this PRICE method.

06) Through knowledge on theory and practical about athletic, we can do daily work successfully and we can spend a healthy life.

1. Filling the blanks in the following chart.



2. In zonal meet, during the relay race the baton falls down from a runner who runs in the 2nd changing zone. The 3rd runner picks up it and runs. What is the decision you give as a track inspector in this situation.

3. Write down three common rules of throwing events.

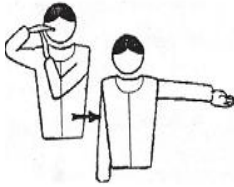
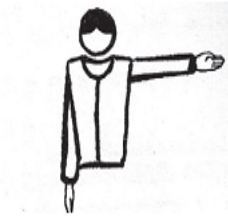
07) Answer to one question from A,B, or C.

A – You have to practice under 15 boys volleyball team in your house for inter house sportsmeet.

1. Aware the players about three rules affect to serving.

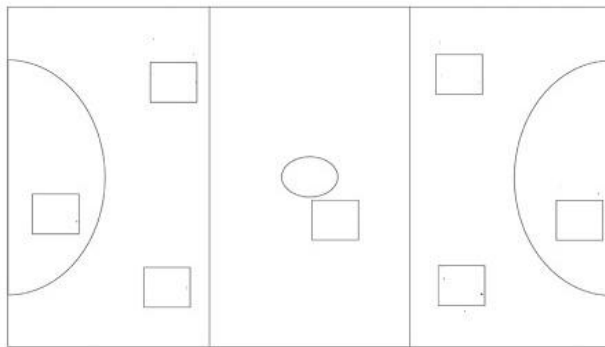
2. Draw and describe three activities that can be used to develop spiking in your team.

3. Give knowledge about official hand signals of the referee to the team. For that name the following official hand signals of referee.



B – You are very lucky for participate in Cheverly international school netball tournament in Australia. Physical education teacher gives you the chance to practice the netball team of your school as a respect for that.

1. Mention how many players can be include in a team, how many players can be played in the ground and how many minimum players can be played.
2. Following are the positions that players should occupy at the start of the game. Write down suitable position players names.



3. Write down judging decision of the following situations.

A – two instances where a toss up

B – two instances of award of a penalty pass or penalty shot.

C- You have to train Football team in your house for inter house sports meet.

1. Name officials who judge a football match.
2. Write down three skills of football.
3. Draw and describe three activities that can be used to develop kicking the ball.