

Health and Physical Education - I

Grade 10

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Time: 01 Hour

Name/ Index No.

● **Underline the correct answer from question number 01 to 40**

01. The teaching process that helps to improve the behaviour patterns one follows willingly to prevent from diseases and to develop good health is known as,
- (1) Health Education (2) Physical Education
(3) Health Promotion (4) Total Health
02. You are a handsome person having an ability of working without tiredness.
I who work with everyone in co-operation live according to religious teaching.
According to the above information who has social health,
- (1) You (2) I (3) Both I & You (4) Neither I nor You
03. The correct equation used to measure Body Mass Index (BMI) is,
- (1) $\frac{\text{Height}}{\text{Weight}}$ (2) $\frac{\text{Height} \times \text{Height}}{\text{Weight}}$ (3) $\frac{\text{Weight}}{\text{Height}}$ (4) $\frac{\text{Weight}}{\text{Height} \times \text{Height}}$
04. Which aspect of health is developed in Saman, who is having good relationships, leadership qualities and respecting the rules and regulations ?
- (1) Physical well being (2) Mental well being
(3) Social Well being (4) Spiritual well being
05. Rukshan, who is doing a busy job use to take instant foods, oily foods....etc. yet he does not have time to do exercise. The correct statement about his BMI is, (Height 13m, Weight 80 kg)
- (1) Below 18.5 (2) between 18.5 - 25
(3) between 25 - 30 (4) above 30
06. The problem that Rukshan would have to face due to his BMI value is,
- (1) decreasing of his life expectancy (2) subjecting to heart attack
(3) thinness (4) diabetes
07. Year from 1 to 5 years is considered as,
- (1) Pre natal stage (2) Neonate stage
(3) Infant stage (4) Early childhood
08. The answer which gives only athletic events,
- (1) 100 m, 200 m (2) Karate, High jump
(3) Karate, Judo (4) Hurdles, Cabaddi
09. Postures are of two types. A static posture is,
- (1) Sitting (2) Lying
(3) Standing (4) All the above answer

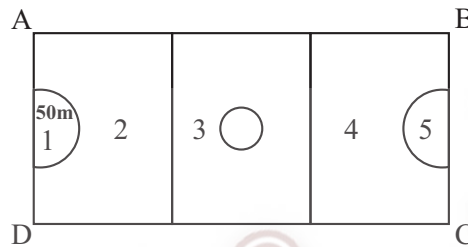
10. The action (movement) Chamari will not do as she got instructions to sit on a chair with correct posture.

- (1) Back against the back rest of the chair
- (2) Sole of the foot should touch properly on the floor
- (3) Follow the 1st and 2nd steps
- (4) Back not against the back rest of the chair

11. Kamala asks her sister to treat her back pain daily after coming home. Her sister studied her behaviour showed her many reasons for her back pain. A reason that will not be included is,

- (1) Unsuitable clothes and shoes
- (2) Excessive muscular tiredness
- (3) Get use to correct posture
- (4) Nutritional deficiencies

• Given below is a netball court. Answer the questions 12 - 14 using it.



12. The length of AB line is,

- (1) 50 m
- (2) 33.3 m
- (3) 66.6 m
- (4) 100 m

13. The players who can play in 1st, 2nd, 3rd play areas are,

- (1) GA - GD
- (2) GA - GK
- (3) WA - GA
- (4) C - GA

14. The play area where center (c) can not play,

- (1) 2 & 3
- (2) 3 & 4
- (3) 1 & 2
- (4) 1 & 5

15. The virus that cause swin flue is,

- (1) A(H₁N₁)
- (2) A(H₁N₂)
- (3) A(H₂N₂)
- (4) A₂(H₂N₂)

16. The weight of a baby at the age of 5 if her / his birth weight is 3 kg and weight increased properly is,

- (1) 4.5kg
- (2) 15kg
- (3) 7kg
- (4) 6kg

17. Length of the peace (step) is one factor that affect the speed of a runner. What is the other factor?

- (1) Speed of stepping of the runners
- (2) Function of the legs of the runners
- (3) Speed of the air
- (4) All the above answers

18. The distance of a step (stricle) is one fact that affect the speed of a runner. What is the second factor?

- (1) Speed of stepping of the runner
- (2) Functions of the legs of the runner
- (3) Speed of the wind
- (4) All the above answers

19. What is the host country that commonwealth games 2018 will held ?

- (1) Australia
- (2) Sri Lanka
- (3) USA(America)
- (4) India

20. Last Olympic games were held in 2012. The next Olympic games will be held in,
(1) 2013 (2) 2014 (3) 2015 (4) 2016
21. Hormones are chemical compounds that control most of the functions of our body. The hormone that makes a person a giant (very fat) or very short and thin is,
(1) Thyroxine hormone (2) Growth hormone
(3) Insuline hormone (4) Adrenalin hormone
22. Number of incisors, canines, pre molars and molars in a grown human are respectively,
(1) 8, 4, 8, 12 (2) 12, 4, 8, 8 (3) 4, 8, 12, 8 (4) 8, 12, 4, 8
23. Not a reason for the man to get use to different types of food is,
(1) Economy and likes a dislikes (2) Myths and beliefs on nutrition
(3) Physical conditions or power (4) Money and diseases
24. Though it is categorized under throwing events in athletic games one event is considered not as a throwing event. What is it?
(1) Discus (2) Javelin (3) Hammer (4) Shot
25. The place names GD, GK, GS.... etc are used in the game,
(1) Elle (2) Volleyball (3) Netball (4) Base Ball
26. The nutritional factor that cause most of the present children to wear spectacles is,
(1) Technological development (2) for an attractive appearance
(3) Vitamin A deficiency (4) Iodine deficiency
27. When doing physical fitness exercises who should take medical advices
(1) People with less eye sight (2) Athletes
(3) Diabetes patience (4) Children
28. New born children are subjected to genetic cretinism due to,
(1) Iodine deficiency (2) Iron deficiency
(3) Vitamin deficiency (4) Folic Acid deficiency
29. The subject area related to outdoor education is,
(1) Exploring the life styles of people who live in jungles.
(2) Enjoying the natural environment and protecting it.
(3) Education related to nature and outdoor activities
(4) Outdoor cooking

30. Ability to move muscles at joints to a great range without injury is called,
- (1) Co-ordination (2) Agility
(3) Flexibility (4) Balance
31. The organ which does not help in excretion is,
- (1) skin (2) lungs (3) kidneys (4) Anus
32. Not a method of holding javeline,
- (1) American method (2) Horse grip
(3) Pinland method (4) Indian method
33. Not a technique of high jump,
- (1) Hang technique (2) Straddle method
(3) Flosbery flop method (4) Scissor method
34. The length of a baton changing zone is,
- (1) 20 m (2) 25 m (3) 30 m (4) 35 m
35. 96% of urine is consist of,
- (1) Urea (2) Uric Acid (3) Water (4) Amonia
36. A standard track is considered,
- (1) 200 m track (2) 400 m track (3) 800 m track (4) 600 m track
37. The mosquito that spread dengue is,
- (1) Anopheles (2) Culex
(3) Culex Pelidis (4) Eedis egyptie
38. The international Organization that helps the development of athletics is,
- (1) I. A. A. F (2) F. I. V. B (3) I. F. F. A (4) I. C. C.
39. The distance of a marathon race is,
- (1) 20.02 km (2) 21.0975 km (3) 40.04 km (4) 42 km
40. The Sri Lankan cricketer who passed the score of 11000 is,
- (1) Sanath Jayasooriya (2) Kumar Sangakkara
(3) Sachin Tendulkar (4) Mahela Jayawardana

Health and Physical Education - II

Grade 10

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Time: 02 Hours

Name/ Index No.

- The first question is compulsory. Answer 03 more questions.

01 The sportsmeet of Orubandiwewa Central College was organized well with athletic events and some selected team games like volleyball, netball, cricket and foot ball. To judge these matches a trained set of students were used. Some players were injured during play and some students were fainted during the drill display practices.

- (1) Name the two main categorizations of athletic events.
- (2) Write 02 throwing events.
- (3) Name the 02 types of jumps and give one example for each type.
- (4) If you are to judge a netball match, write 02 rules of the game.
- (5) Recently a change was done regarding the number of volleyball players that can participate for a match. According to that change how many players can be registered for international volleyball match ?
- (6) Who controls the game volleyball internationally ?
- (7) Rhythm is used for drill display what is meant by rhythm ?
- (8) Write 02 reasons for the players to faint.
- (9) Mahesh who won the 100 m race dreams to be the world champion of his event one day. Then who will be his dream hero ?
- (10) What is the country the Common wealth Games 2018 will be held ? (1½ x 10 = 15)

02 We, as adolescents are fortunate to create a new world. To build up a better world first we should get use to good life patterns. Through those live patterns we can reach the states of total health and it will provide us opportunity to lead a happy and quality life.

- (1) What is meant by total health ? (05 m.)
- (2) Write 05 factors that can be used to decide one's health condition. (05 m.)
- (3) Suggest good habits that are needed to improve the quality of life by overcoming health challenges. (05 m.)

03 Chamudi, Who is going to pre-school 3rd likes to be with her baby sister. Her baby sister is about 01 week after her birth. She sleeps much time of the day. Chamudi always came to her baby sister with her toys.

- (1) Name the 4 life stages from the period of mother's womb to early childhood stage and write the age limits of each stage. (04 m.)
- (2) Write 03 physical needs and 3 psycho-social needs of the life stage of Chamudi's baby sister. (06 m.)
- (3) Write 05 bad consequences if the childhood need are not fulfilled. (05 m.)

04 Sri Lanka forces are one of the prominent army in the world as a well disciplinary army. You may have seen how they stand to attention when hoisting the flags of the independance day functions and how they march with dignity.

- (1) Catagorize teh postures (types of posture) and give 02 examples for each type. (06 m.)
- (2) Write 3 bad effects of incorrect posture. (03 m.)
- (3) Complete the following chart. (06 m.)

	Activity about body movement	type of balance
i	Turning the whole body (360°) from left	
ii	Turning only the trunk from 90° to the left	

- 05 (1) Imaging you are asked to train one volleyball team that will participate the volleyball tournament of inter house sportsmeet. Write 02 skills you may practice for them. (02 m.)
- (2) Write 03 facts that should be there to consider it as a correct service when you train them the skill service. (03 m.)
- (3) Write 05 occasions that your team can gain scores (points) during the volleyball match. (10 m.)