

Year End Examination 2015 Health and Physical Education - I

Grade10

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Time: 01 hour

Name/ Index No.

- **Underline the correct answer for the given statements.**

01. Students can develop different sections in their lives from learn Health and Physical education. These are

- (1) Physical and mental well - being
- (2) Mental and spiritual well being.
- (3) Physical, mental and social well - being
- (4) Physical, mental, social and spiritual well - being.

02. A nutrition food,

- (1) rice
- (2) egg
- (3) Hathmaluwa
- (4) Pittu

03. A - Dengu is a deadly disease

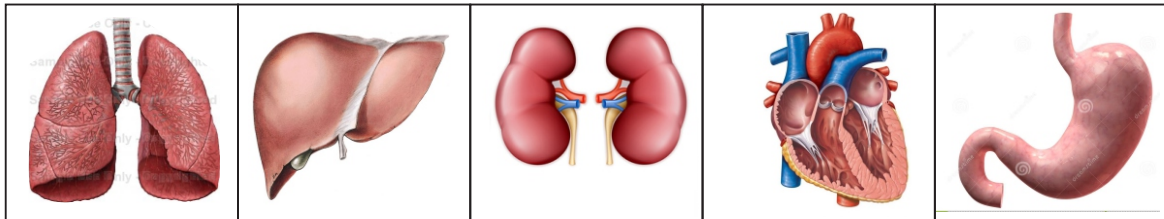
B - We should work cooperatively to prevent this

C - Health service officers only participate to prevent this

Among these statements.

- (1) A correct and B incorrect
- (2) B incorrect and C correct
- (3) A and B correct only
- (4) A, B and C all correct

- **Question from 4 - 8 connect with the following organs.**



A

B

C

D

E

04. A organ infect with the effect of air pollution.

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

05. What is the organ connecting with "E" in same system.

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

06. Nephron is situated in,

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

07. An organ infected with alcohol too much,
- (1) A (2) B (3) C (4) D
08. What is the organ that is infected with gastritis,
- (1) B (2) C (3) D (4) E
09. Players start the game with the sound of shot. What is the system sending this message to,
- (1) blood circulation system (2) nervous system
 (3) respiratory system (4) muscular system
10. It is a folk game,
- (1) Elu (2) cart wheel (3) sword skills (4) eluwan kema
11. This disease is not connected with muscular,
- (1) muscular laceration (2) dislocation
 (3) muscular cramp (4) sprain
12. What is the ability of making muscular sensitive to perform correct posture in our body,
- (1) Endurance (2) Flexibility (3) energy (4) socialization
13. This is not a sexually transmitted infection.
- (1) Gonorrhea (2) Candidiasis (3) Syphilis (4) Petting
14. What is the organ that produces urea in our body
- (1) liver (2) kidneys (3) urinary bladder (4) stomach
15. A hormone that is created within the ovary of the female reproductive system
- (1) Testosterone (2) Adrenaline (3) Thyroxine (4) Estrogen
16. A disease in the respiratory system,
- (1) diabetes (2) tuberculosis (3) paralysis (4) cholera
17. Rotation technique is used in
- (1) Javelin throw (2) discus throw (3) Long jump (4) Pole Jump
18. This is not caused by doping
- (1) development of abilities (2) liver diseases
 (3) sexual failure (4) mental stress
19. When did the Olympic games start?
- (1) 776 B.C (2) 1896 B.C (3) 586 B.C (4) 672 B.C.
20. How long is the change zone?
- (1) 10 m (2) 15 m (3) 20 m (4) 25 m
21. This is not a situation that cannot give a free kick,
- (1) push the rival (2) touch the ball with hand
 (3) jump in to rival (4) play with dangerous way

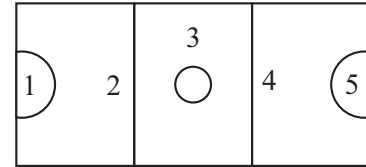
22. What can you say about volleyball using front picture?

- (1) setting
- (2) spiking
- (3) blocking
- (4) servicing



23. What is the place that attacking player should play in the court?

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



24. Who can play in the 1, 2, 3 places?

- (1) GS
- (2) WA
- (3) C
- (4) GA

25. What can you say about the signal done by the judges in volley ball game ? shown in the front picture.

- (1) permission to servicing
- (2) go out of the court
- (3) a round of a game is over
- (4) short break



26. A behavioural quality

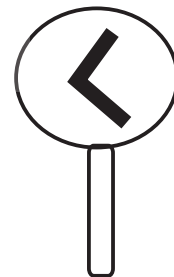
- (1) shame
- (2) abomination
- (3) clamorous
- (4) low attention

27. A bad effect of mental stress.

- (1) High blood pressure
- (2) mental diseases
- (3) low social acceptance
- (4) all these things

28. You can see a signal done by judge in a walking competition in the picture. What is he trying to say?

- (1) try to run
- (2) knees bend situation
- (3) exit from the competition
- (4) walk in speedly



29. A factor that is not to be dehydration in sports

- (1) regular in training
- (2) environmental temperature
- (3) intensive of sports
- (4) practise period

30. A couple of main nutritions.

- (1) Carbohydrate and protein
- (2) Fat and Calcium
- (3) Vitamins and Minerals
- (4) Minerals and fat

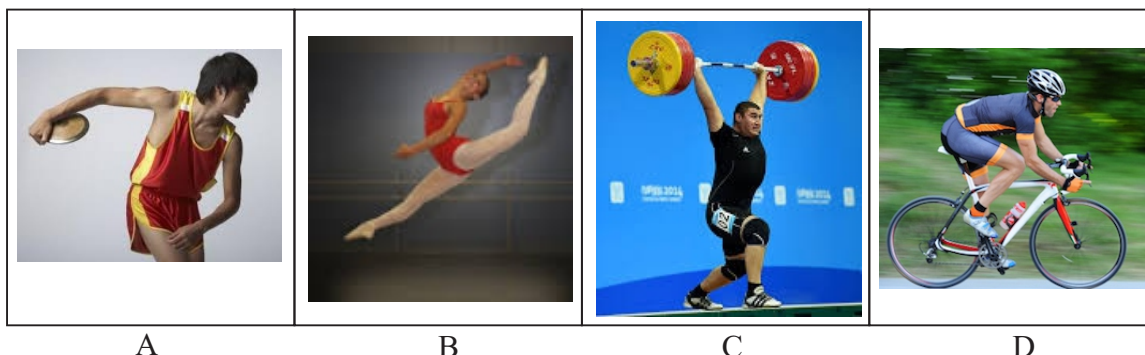
31. A factor that not effect for nutritional problems.

- (1) environment
- (2) age
- (3) health condition
- (4) healthy wellbeing

32. Main factor that influence for challenges of a person.

- (1) Careless (2) poor knowledge
(3) repudiation of rules and regulations (4) all these things

• Write the answers 33 to 35 using the players of the following events.



33. Who want more flexible exercises.

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

34. What is the physical fitness factor that wants to "C" player.

- (1) endurance (2) energy (3) flexible (4) speed

35. Which player want endurance too much?

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

36. What is the quality developing to participate with school exercising programe among the students?

- (1) Rhymn (2) appreciation
(3) physical well being (4) all these things

37. Which running event hasn't definite long.

- (1) Cross country running
(2) half marathon
(3) marathon
(4) stippleches



38. What are the events which are starting like this (according to the picture.)?

- (1) 100 m, 200m, 800, 1500 (2) 1500 m, 800m, 400 m, 200 m
(3) 100 m, 200 m, 400 m, 110 track event (4) 100 m, 400m, 800m, 110 track event

39. Use recrements again and again,

- (1) environmental preservation (2) beautifully the environment
(3) recycle (4) Antiseptic

40. Which country bon the world athletic games held in 2015?

- (1) China (2) Jemeica (3) America (4) Kenya

(40 marks)

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Time: 02 hours

Name/ Index No.

- Write five questions including 1st question and select two question form part I and two from Part II.

01 We should spend a health live according our religion. According to Buddhist they belive that "health is the best profit in our life. And catholics belive that If they belive their god they protect their health". These are the credence to confirm the ideas about the values of health.

- (1) Define the words "Total health".
- (2) Write two factors to have a good health condition.
- (3) Mention two life style to maintain total health.
- (4) Mention two factors that use to measure BMI.
- (5) Mention two challenges to maintain total health.
- (6) Write two proposals to overcome these challenges.
- (7) Write two diseases by using liquors, dope (coke) and sigaretttes.
- (8) Mention two steps to prevent these diseases.
- (9) Mention two bad effects from tourism to people.
- (10) Write two difficulties that haven't rest and sleep well.

(2 x 10 = 20)

Part I

02 Food is most important to be healthy. We can maintain biological process well in our body through food. But lack of nutritions bring many deficiency diseases to our lives.

- (1) Mention two qualities of undernutritions. (2 marks)
- (2) Write two situations of mainutritions. (2 marks)
- (3) What are the micronutrients? (2 marks)

(4) Write two diseases that happen in lack of micronutritions. (2 marks)

(5) Write two necessary actions to prevent nutritional problems. (2 marks)

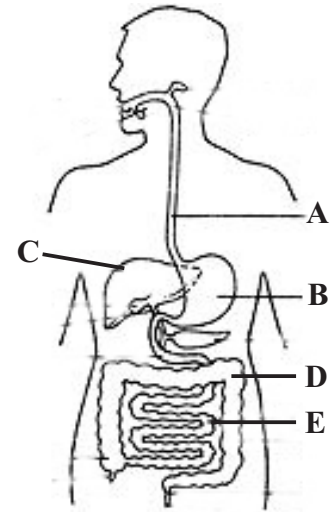
03 (1) What is the system seen in the picture? (1 mark)

(2) Name A, B, C, D in the picture. (2 marks)

(3) What is the main action done by part "E"? (1 mark)

(4) Mention two diseases related to this system. (2 marks)

(5) Mention two habits to follow to maintain this system well. (4 marks)



04 (1) Write two disasters that can happen in Sri Lanka. (1 mark)

(2) Mention two necessary actions to prevent natural disasters. (2 marks)

(3) Write two uses of "first aid". (1 mark)

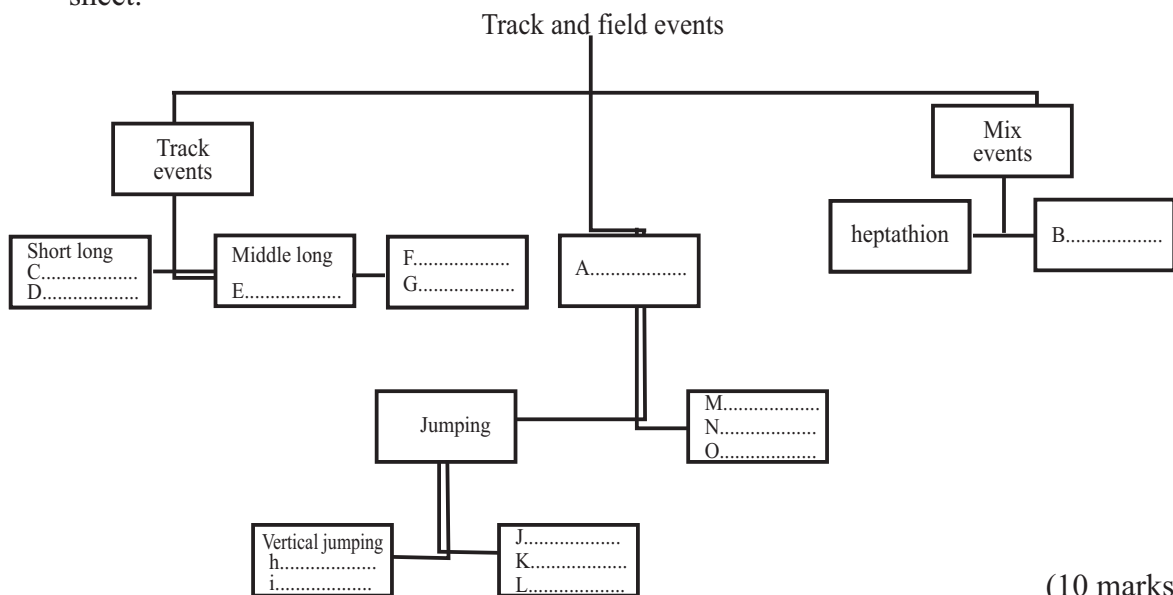
(4) Write two qualities of a person who gives first aid. (2 marks)

(5) Describe the ways to give first aid for a fainting person. (4 marks)

Part II

• Answer only two questions.

05 Fill in the blanks of the diagram. Write the relevant answers for the A - O in your answer sheet.



(10 marks)

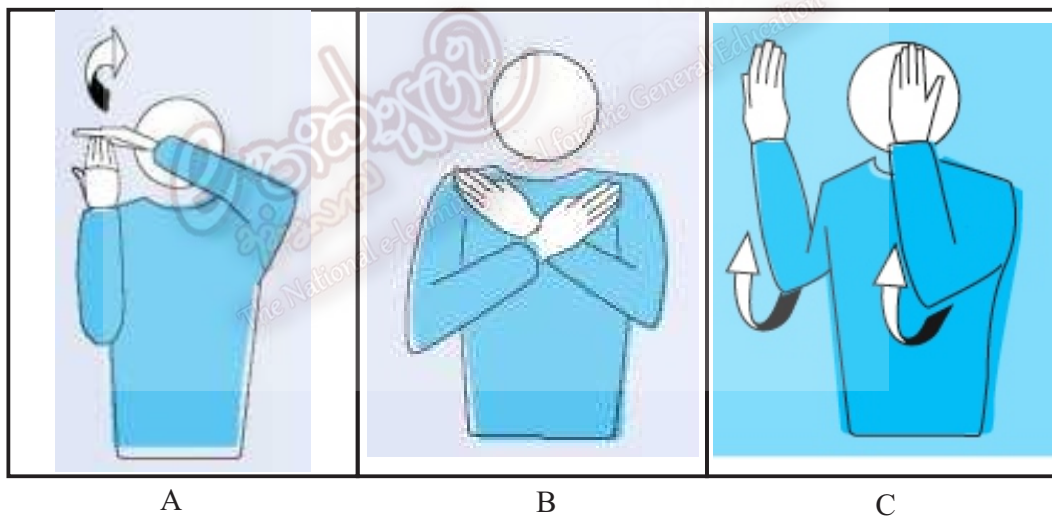
06 Write short accounts about the following characteristics of physical fitness.

- (1) Speed
 - (2) endurance
 - (3) Flexibility
 - (4) Strength
 - (5) Coordination
- (2 x 5 = 10 marks)

07 Select only one part of this questions.

Part A

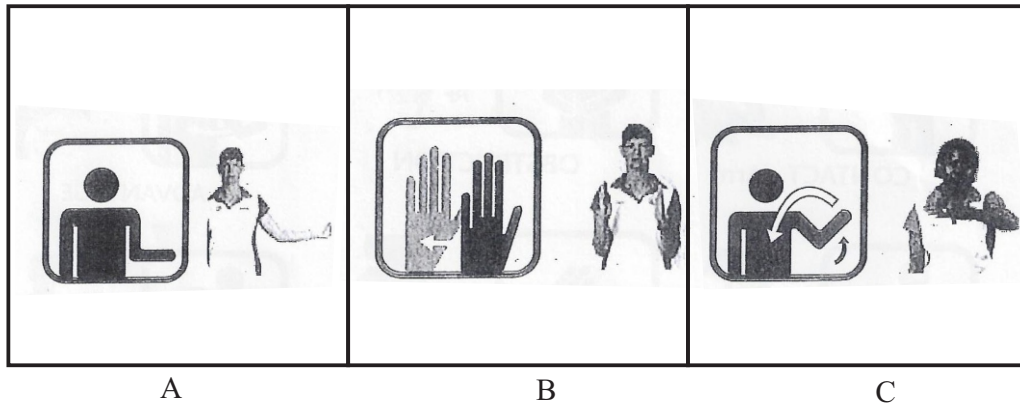
- (1) Technology is very important in volleyball. Name 04 main stages in technical spiking.
 - (2) Write two wrong situations of a spiking hit.
 - (3) Some signals done by judgers as follows. Name that situations according to the pictures.
- (10 marks)



Part B

- (1) Mention two techniques of Netball.

- (2) Menton two situations that done Toss up.
- (3) Some signals done by judges as follows. Name that situations according to the pictures. (10 marks)



Part C

- (1) Name two techniques of football.
- (2) Write two stoppings in football .
- (3) Some signals done by judges as follows. Name that situations according to the pictures. (10 marks)

