

விகிதாசீரான படிப்படிசை அமைப்புகள் - கல்வி அமைச்சு Western Provincial Education Department இலங்கைப் புவியியல் அமைச்சு Western Provincial Education Department இலங்கைப் புவியியல் அமைச்சு Western Provincial Education Department	விகிதாசீரான படிப்படிசை அமைப்புகள் - கல்வி அமைச்சு மேல் மாகாணக் கல்வித் திணைக்களம் - கொழும்பு கல்வி வலயம் Western Provincial Education Department - Colombo Educational Zone	இலங்கைப் புவியியல் அமைச்சு Western Provincial Education Department - Colombo Ed இலங்கைப் புவியியல் அமைச்சு Western Provincial Education Department - Colombo Ed இலங்கைப் புவியியல் அமைச்சு Western Provincial Education Department - Colombo Ed
දෙවන වාර ඇගයීම - 2016 இரண்டாம் தவணை மதிப்பீடு - 2016 Second Term Evaluation - 2016		
10 ஆண்டுகள் தரம் 10 Grade 10	உடல்வலிமை மற்றும் உடற்கல்வியும் - I பகுதி Health & Physical Education - Paper I	மூன்று மணி ஒரு மணித்தியாலம் Three hours

• Select correct answer and underline it.

- 01) Diseases and disabilities free environment which has physical, mental, social and spiritual well being is,

(i) Total health	(ii) health promotion
(iii) healthy society	(iv) mental health

- 02) Body Mass Index range of 15 age boy is 16-24. He shows,

(i) Obesity	(ii) overweight
(iii) normal level	(iv) wasting

- 03) Body Mass Index range of 15 age girl is 24-28. She shows,

(i) wasting	(ii) Normal weight
(iii) Overweight	(iv) Obesity

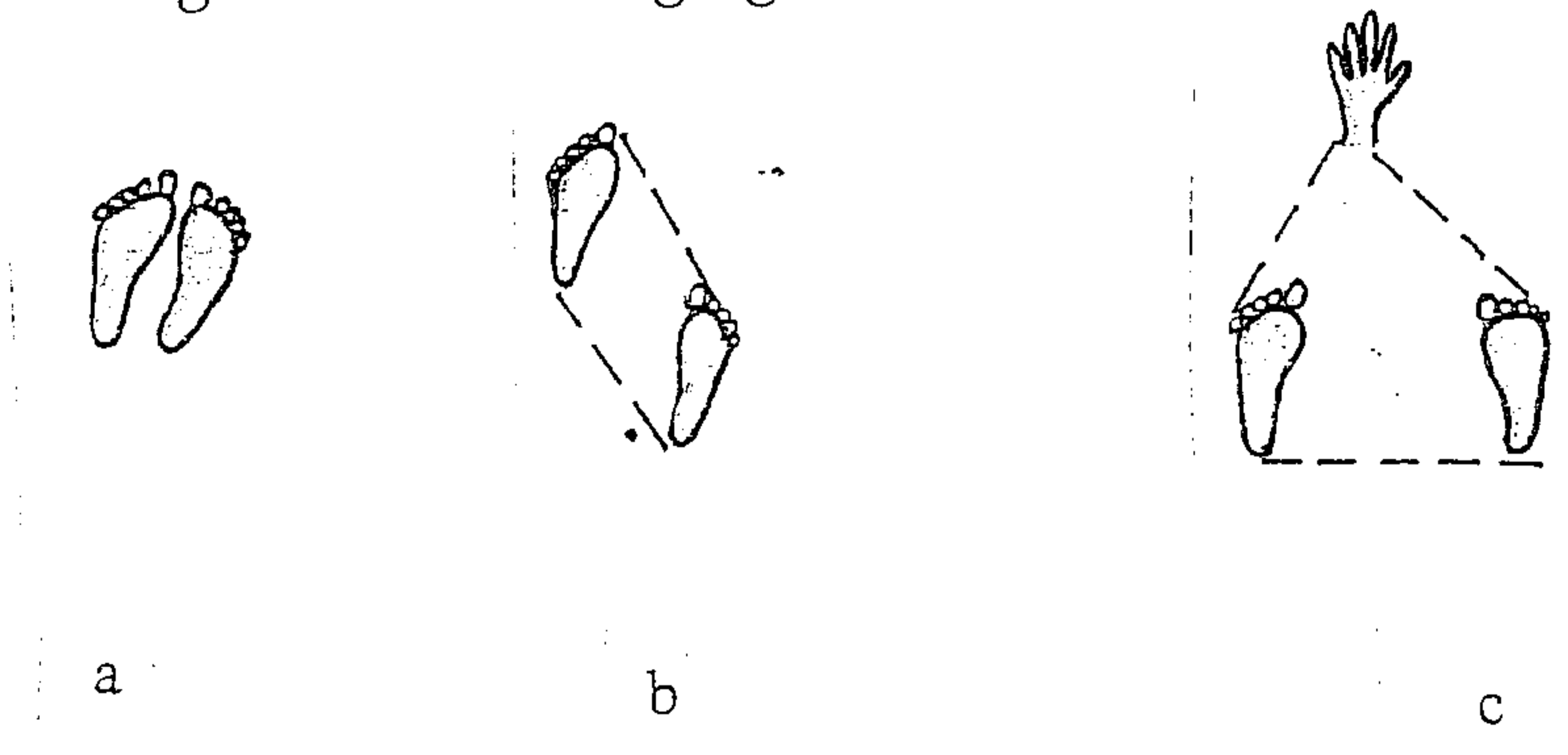
- 04) Body Mass Index of following group does not change according to the age and gender,

(i) Boys	(ii) Girls	(iii) Youth	(iv) Adult
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- 05) Sleep is vital for the body to get the required rest. An adult needs about 6-8 hours of sleep daily, while children needs sleep about,

(i) 7-8 hours	(ii) 8-9 hours	(iii) 8-10 hours	(iv) 9-10 hours
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• Write answers for 6,7,8 questions according to the following figure.



Equilibrium of a person depends on Area of the supporting base. Above diagrams show a situation where two feet and one hand touch with the ground.

- 06) Which figure has wider supporting base and lower position of the centre of gravity.
(i) Figure 'a' (ii) Figure 'b' (iii) Figure 'c' (iv) Figure 'd'
- 07) Which figure shows non stable supporting base.
(i) Figure 'c' (ii) Figure 'b' (iii) Figure 'a' (iv) Figure 'b' and 'c'
- 08) Which figure shows more stable position for competitor,
(i) Figure 'a' (ii) Figure 'b' (iii) Figure 'c' (iv) Figure 'd'
- 09) The centre of gravity depends on the body posture of a person. What is the percentage of the distance of centre of gravity to feet, when person is standing and hands are kept on either side of the body.
(i) 48% (ii) 56% (iii) 60% (iv) 50%
- 10) Simple life style means,
(i) adopting a simple life style (ii) avoid from meat
(iii) simple dresses and happy life (iv) satisfaction by necessary things and live with happy
- 11) Who introduced the concept of "simple life style".
(i) S.W.R.D. Bandaranayake (ii) Nelson Mandela
(iii) Martien Wickramasinghe (iv) Mahathma Gandhi
- 12) The suitable age for the marriage of Sri Lanka.
(i) 19 yrs (ii) 18 yrs (iii) 21 yrs (iv) 25 yrs
- 13) The most initial step to build up a well balanced and behaved citizen,
(i) Late childhood (ii) early childhood
(iii) Infant stage (iv) prenatal stage
- 14) A woman hoping to get pregnant after marriage, should have folic acid properly. The food which contain folic acid is,
(i) Fruits (ii) Meat
(iii) Leafy vegetables (iv) Butter & Cheese

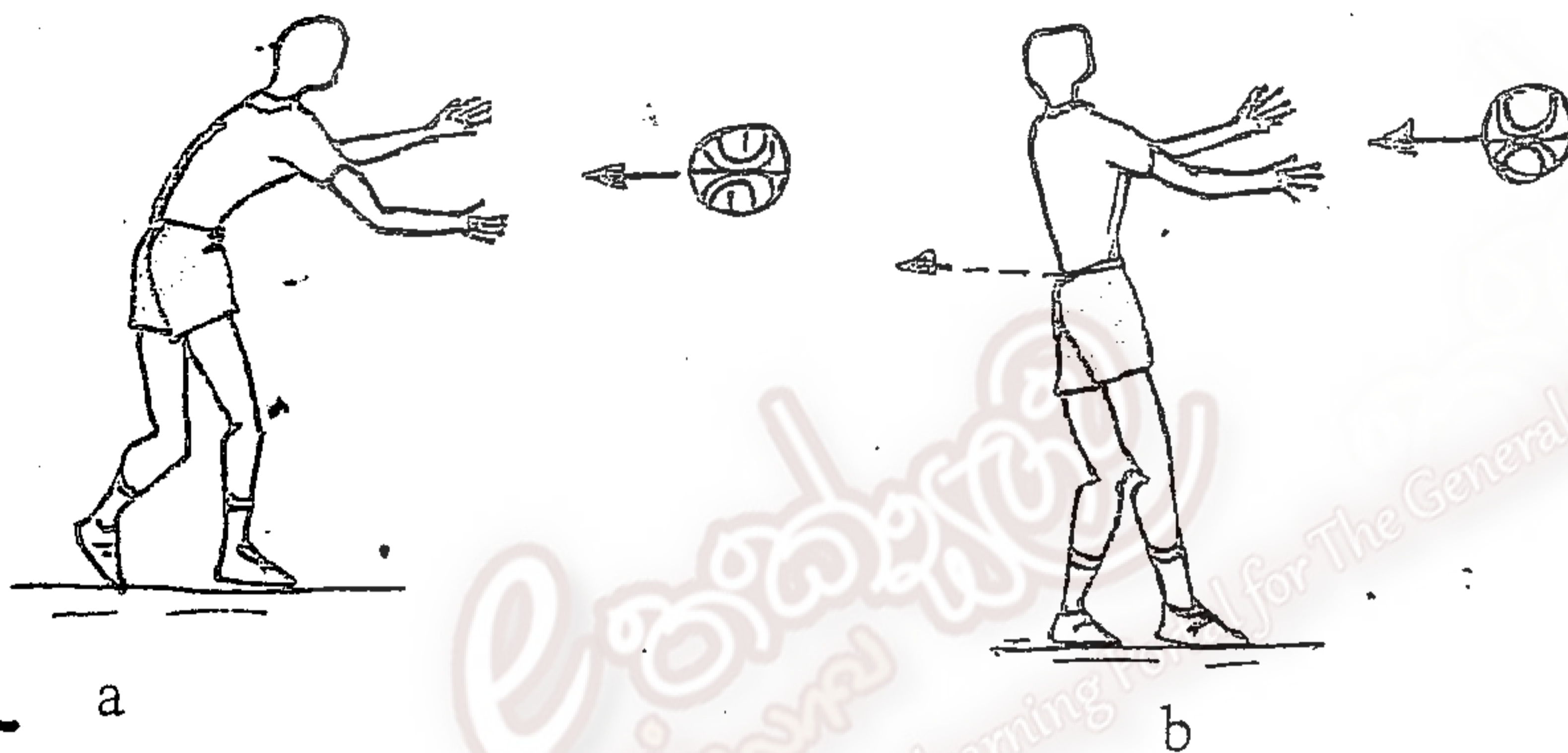
15) It is important for every girl who has completed 15 years to get the rubella vaccine or MMR. It is advised to get the vaccination at least _____ before getting pregnant. Suitable answer for the blank.

- (i) one year (ii) three weeks (iii) three months (iv) 1 1/2 months

16) This is not a stimuli for the development of mental health of an infant stage.

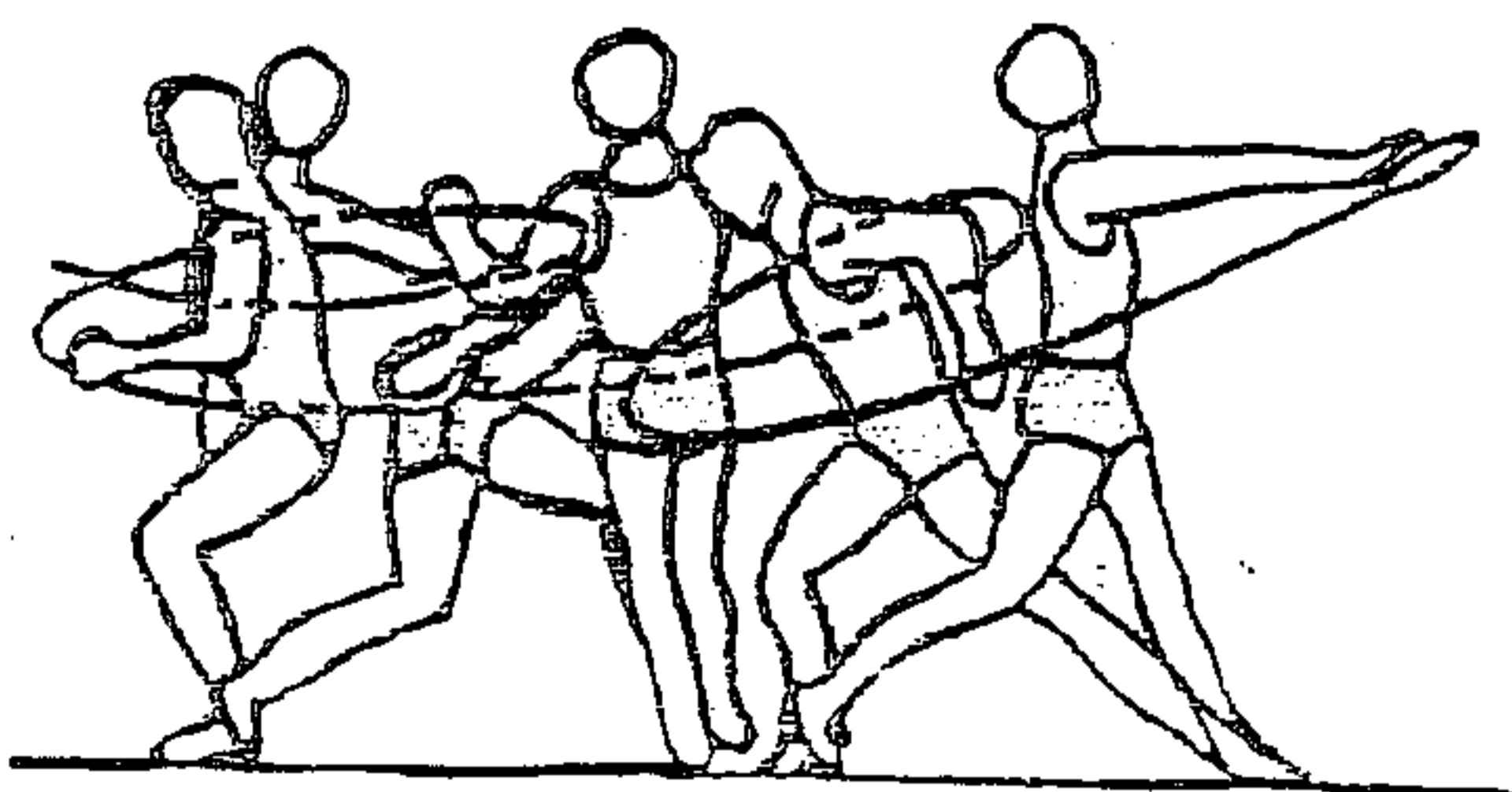
- (i) Providing colourful toys
(ii) Talking frequently
(iii) Creating an environment filled with different sounds
(iv) avoiding to go for a crowded places.

17) There are some factors affect to maintain the balance of a person in different body postures. Following figure shows,



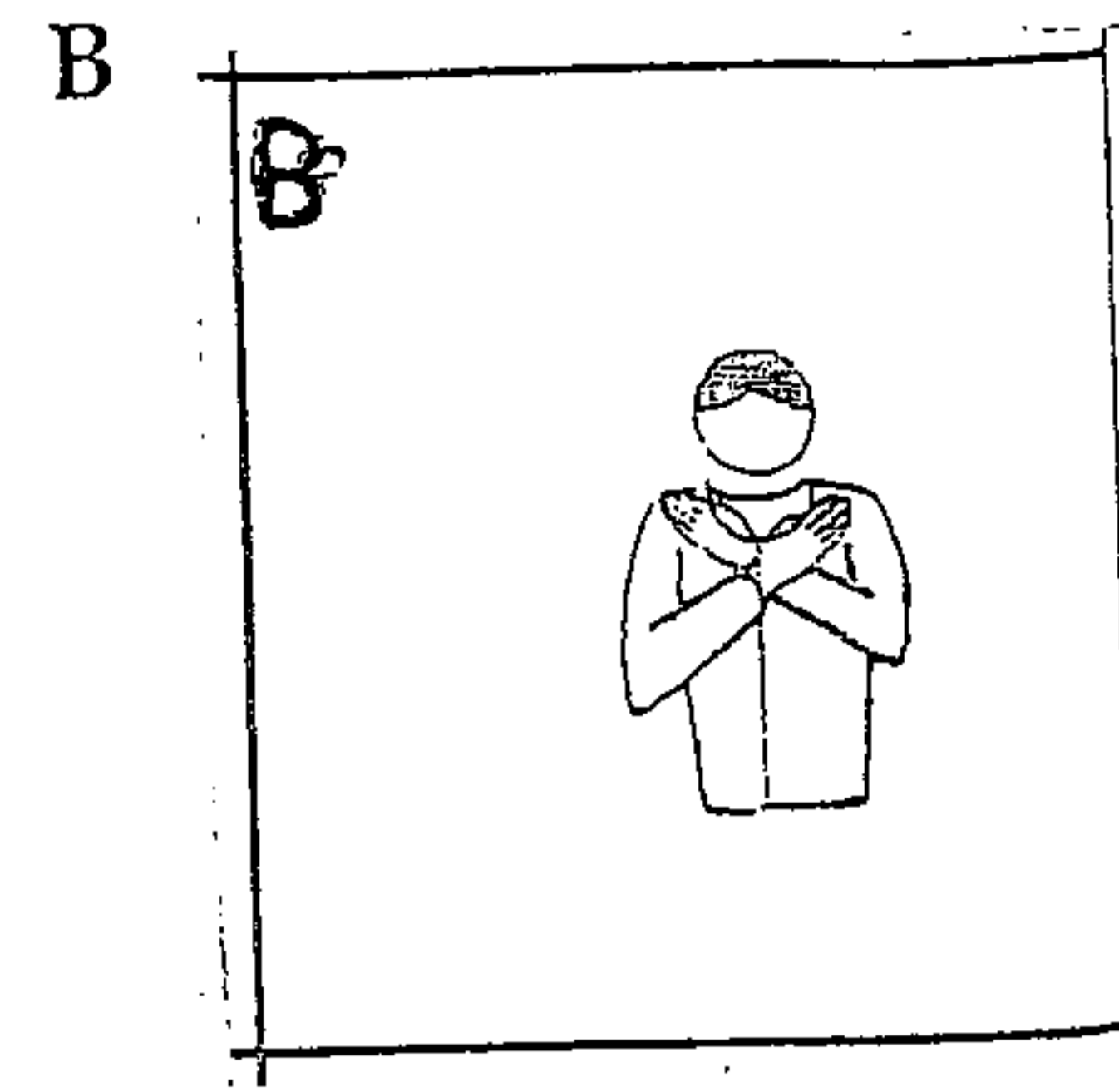
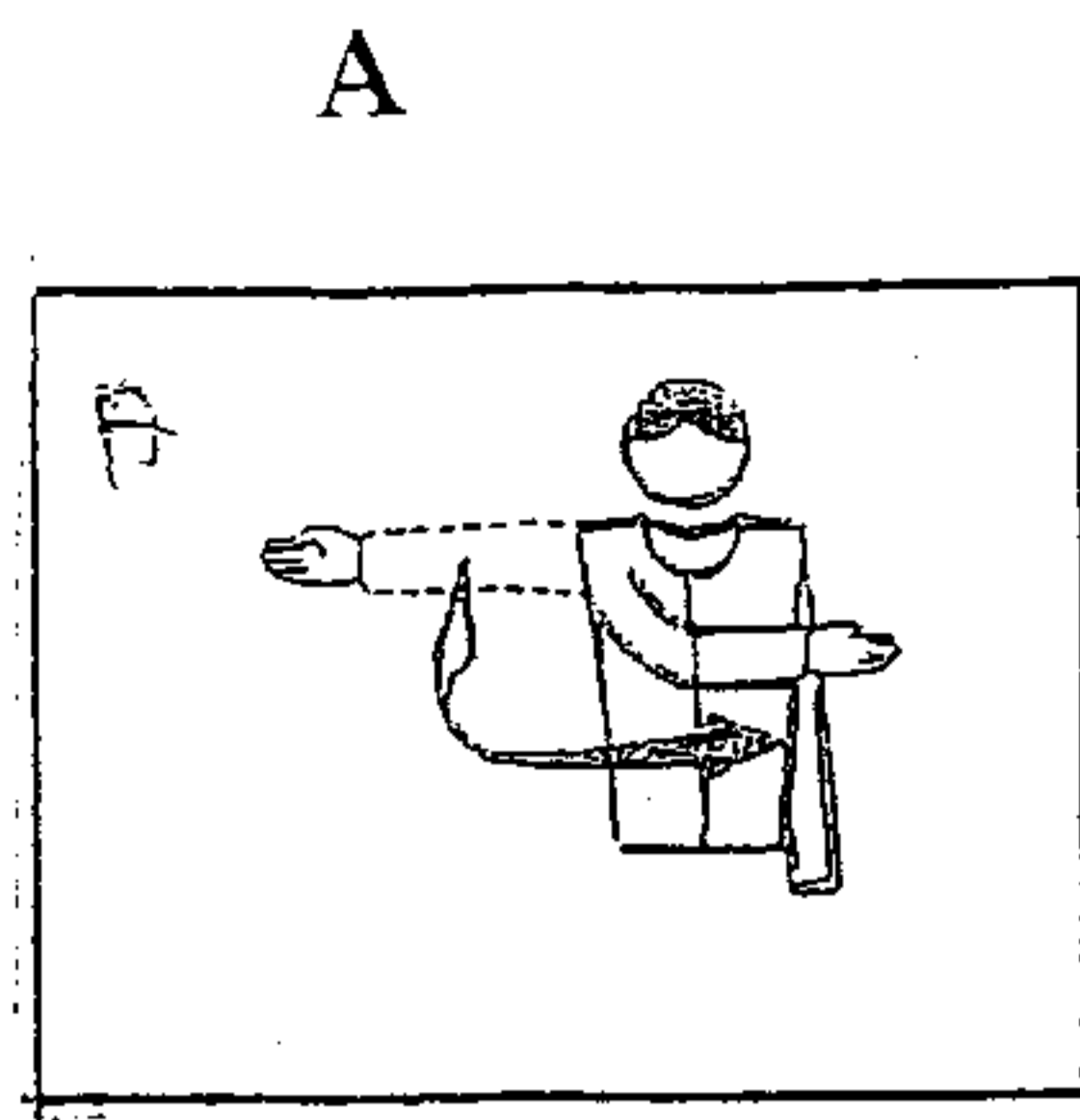
- (i) Bending the body towards an external factors.
(ii) Movement of the body in the opposite directions.
(iii) Wider supporting base
(iv) The centre of gravity at a lower level.

18) Following figure exhibits,



- (i) Rhythmic situation of gymnastic
(ii) Whip crackers
(iii) hammer throwing situation
(iv) Correct movement of the discuss

19) Given below are official hand signals of referees used in Volleyball figure A indicates,



- | | |
|------------------------------|-----------------------------|
| (i) The direction of service | (ii) Substitution |
| (iii) 'Ball in' | (iv) Authorisation to serve |

20) Figure 'B' indicates,

- | | |
|------------------------|---|
| (i) 'Ball out' | (ii) end of set or match |
| (iii) Delay in service | (iv) to declare the unsuitability of play |

21) How many key rules are considered in Netball,

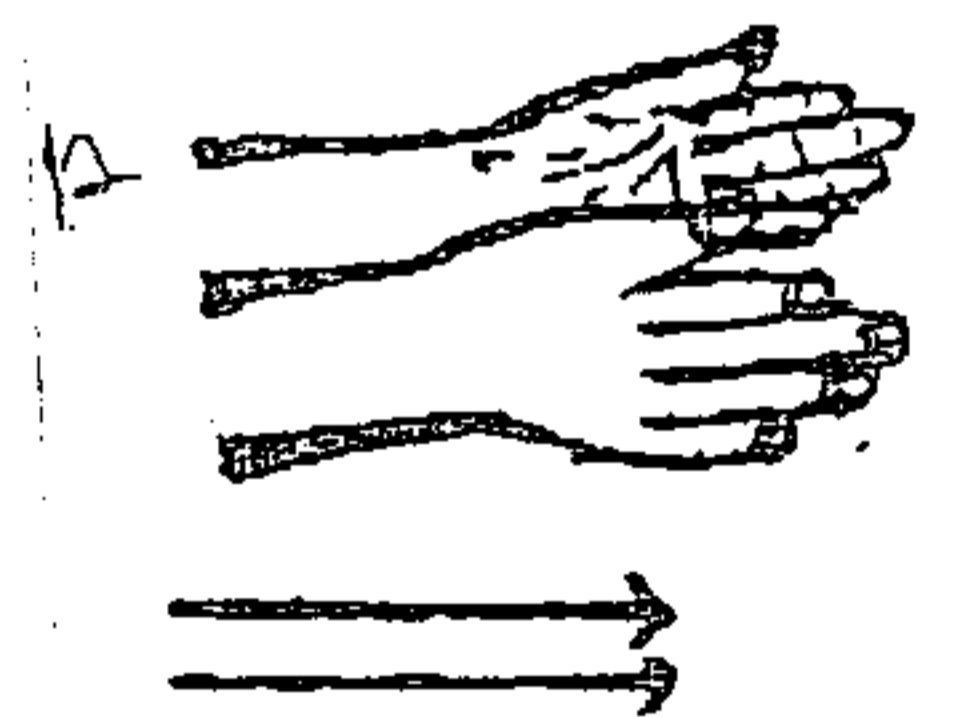
- | | | | |
|--------|---------|----------|---------|
| (i) 15 | (ii) 31 | (iii) 21 | (iv) 11 |
|--------|---------|----------|---------|

22) According to the key rules of Netball incorrect statement is,

- (i) While defending a player should not knock against, push, strike the opponent.
- (ii) A player possessing the ball should not be obstructed within a distance of 3 feet.
- (iii) Players can stretch their hands sideways and defend.
- (iv) While attacking, a player should not push or strike the opponent.

23) Hand signals are used by Netball umpires. Following figure shows,

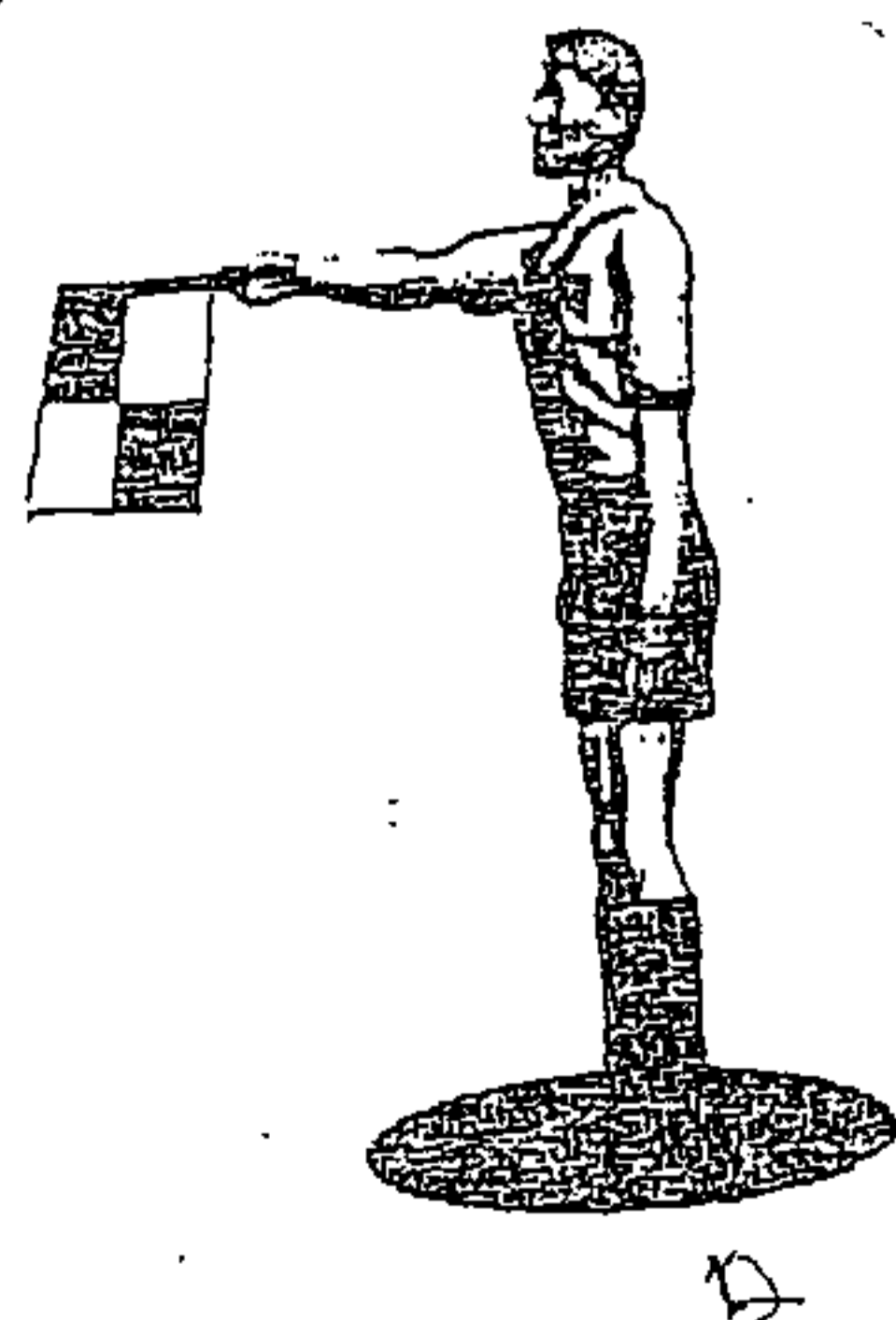
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|---------------|------------------|---------------|---------------|
| (i) Held ball | (ii) Obstruction | (iii) Toss up | (iv) Stepping |
|---------------|------------------|---------------|---------------|



24) Minimum number of players recommended for Football,

- | | | | |
|-------|---------|----------|--------|
| (i) 7 | (ii) 11 | (iii) 10 | (iv) 6 |
|-------|---------|----------|--------|

25) Following referee signal of Football indicates,



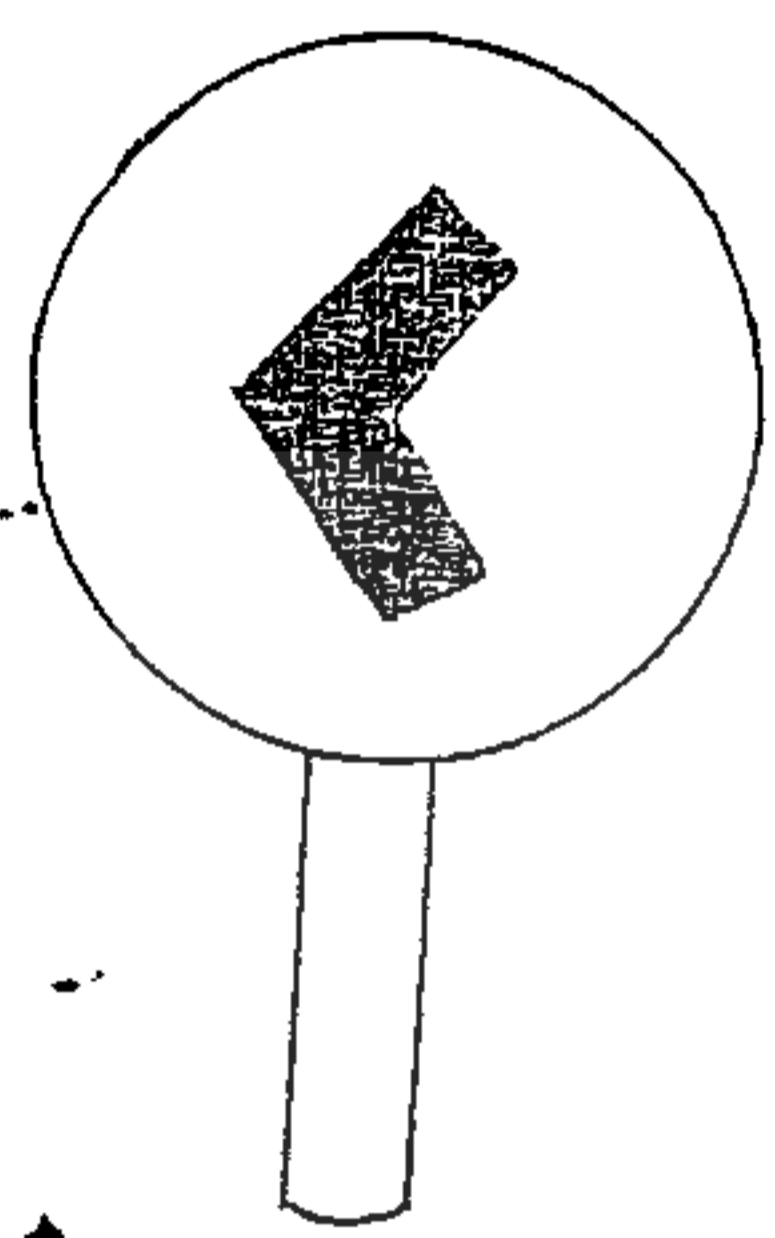
- | | |
|-----------------------|------------------|
| (i) Starting the game | (ii) Goal kick |
| (iii) Substitution | (iv) Corner kick |

26) The duration of a game of Football,
(i) 90 min (ii) 45 min (iii) 40 min (iv) 50 min

27) Athletics were introduced by,
(i) Greek people (ii) Americans
(iii) British people (iv) Africans

28) Track and field events are classified into three groups as Pentathlon, heptathlon and decathlon. Pentathlon events should be completed within two days. Decathlon should be completed within,
(i) two days (ii) three days (iii) Four days (iv) one day

29) There are some symbols related with race walking following symbol represents,



- (i) touches with the ground
- (ii) Forward push stage
- (iii) Lifting legs
- (iv) bending the knee

30) Standing, start method is used in following events,
(i) 400 m, 800 m (ii) 200 m, 1500 m
(iii) 400 m, 200 hurdles (iv) 800 m, Marathon

31) Which of the following event, mixed baton change method is used,
(i) 100 x 4 (ii) 200 x 4 (iii) 400 x 4 (iv) 800 x 4

32) The test match played between Sri Lanka and New Zealand in Galle in 2012, the wicket keeper of the New Zealand team made an appeal for a catch against Mahela Jayawardena when Mahela was on 91 runs. Mahela left the field without waiting for the umpire to give his decision. In this situation which quality of sports represented by Mahela,
(i) Ethics in sports (ii) to protect the rights of participants
(iii) to develop personal values (iv) to maintain the dignity of sports

33) Items such as tea and coffee should not be taken within _____ after the main meal. Suitable time for the blank is,
(i) $\frac{1}{2}$ an hour (ii) 2 - 3 hours (iii) $1\frac{1}{2}$ hour-1 hour (iv) 1 - 2 hours

- 34) This is a characteristic of iodine deficiency,
- (i) Colour blindness (ii) Poor school performance
 (iii) Anamiea (iv) Frequent diseases of the respiratory tract
- 35) The main reason for Vitamin A deficiency,
- (i) Babies not being given breast milk for an adequate period.
 (ii) Less popularity of sea vegetables.
 (iii) Lack of iodine in the diet.
 (iv) Excessive bleeding during menstruation.
- 36) The main nutrient that present in colostrum present in mother's milk from birth to few days,
- (i) Vitamin D (ii) Vitamin B (iii) Vitamin A (iv) Calcium
- 37) The amount of water recommended for a healthy person per day,
- (i) $1 - \frac{1}{2}l$ (ii) $1\frac{1}{2} - 2l$ (iii) $2 - 3l$ (iv) $2\frac{1}{2} - 3l$
- 38) Low birth weight means,
- (i) weight is less than 2.8 kg (ii) weight is less than 3.0 kg
 (iii) weight is less than 3.5 kg (iv) weight is less than 2.5 kg
- 39) Milk is considered as a high energy yield local product. The five products of 'Pasgorasa' is made of cow's milk. The five products of combination of following five items,
- (i) Milk, wendaru, moru, ghee, butter
 (ii) Wendoru, moru, ghee, cheese, butter
 (iii) Milk, wendaru, cheese, moru, ghee
 (iv) Milk, wendaru, moru, ghee, curd
- 40) In athletics there are four events coming under putting and throwing. Which events have 24.92 throwing circle,
- (i) Javelin throw, shot put (ii) Discuss, shot put
 (iii) Javelin throw, Hammer throw (iv) Javelin throw, Hammer throw

(20 x 2 = 40 marks)

බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය Western Provincial Education Department - Colombo Educational Zone Western Provincial Education Department - Colombo Educational Zone Western Provincial Education Department - Colombo Educational Zone	බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය මேல் මාකාණක් කல்විත් ත්‍රිකුණාමල් - කොළඹ අධ්‍යාපන කලාපය Western Provincial Education Department - Colombo Educational Zone	කොළඹ අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය කොළඹ අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය කොළඹ අධ්‍යාපන දෙපාර්තමේන්තුව - කොළඹ අධ්‍යාපන කලාපය Department - Colombo Ed Department - Colombo Ed Department - Colombo Ed Department - Colombo Ed
දෙවන වාර ඇගයීම් - 2016 இரண்டாம் தவணை மதிப்பீடு - 2016 Second Term Evaluation - 2016		
10 ශ්‍රේණිය தரம் 10 Grade 10	සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය - II පත්‍රය சுகாதாரமும் உடற்கல்வியும் - II Health & Physical Education - Paper II	පැය තුනයි ஒரு மணித்தியாலம் Three hours

- Answer question No.1 and select 02 each from A part and B part.
 (All together answer 5 questions)

(01) Walking, jumping and running are different natural activities in our daily life. Engaging in outdoor activities provide an important opportunity for us to communicate with the natural environment, foster love for plants and trees. It is important that we consume nutritious food to lead a healthy life. The working capacity of a person with a poor nutritional condition will be lower than a person with a good nutritional condition. It has a negative effect on the personal life and in general the economy of the country.

According to the above paragraph, answer the questions given below.

- (i) What is the main game which will be held, at present by the development of above natural activities.
- (ii) Classify above game into five groups.
- (iii) Write four outdoor activities that you engage.
- (iv) Write down the importance of engaging outdoor activities.
- (v) Standard symbols are used in maps used for outdoor activities. Draw the symbols and irrigational canal.
- (vi) Malnutrition is a main nutritional problem in Sri Lanka. What are the two types of malnutrition.
- (vii) State two micronutritional deficiencies.
- (viii) Write two harmful effects due to one of the above micronutritional deficiency.
- (ix) What are macronutrients, Name 3 macronutrients.
- (x) Write two adverse effects for females due to malnutrition.

(Marks 2 x 10 = 20)

Part - A

(02) Explain, how do you face following challenges.

- (i) Your friend encourages you to use liquor for happy life.
- (ii) You have to participate actively to prevent the dengue disease in your area.
- (iii) Your parents ask, what is the subject you are going to select for A/L,
- (iv) Your brother usually eats only instant food.
- (v) You have to protect your friend, when he is trying for smoking.

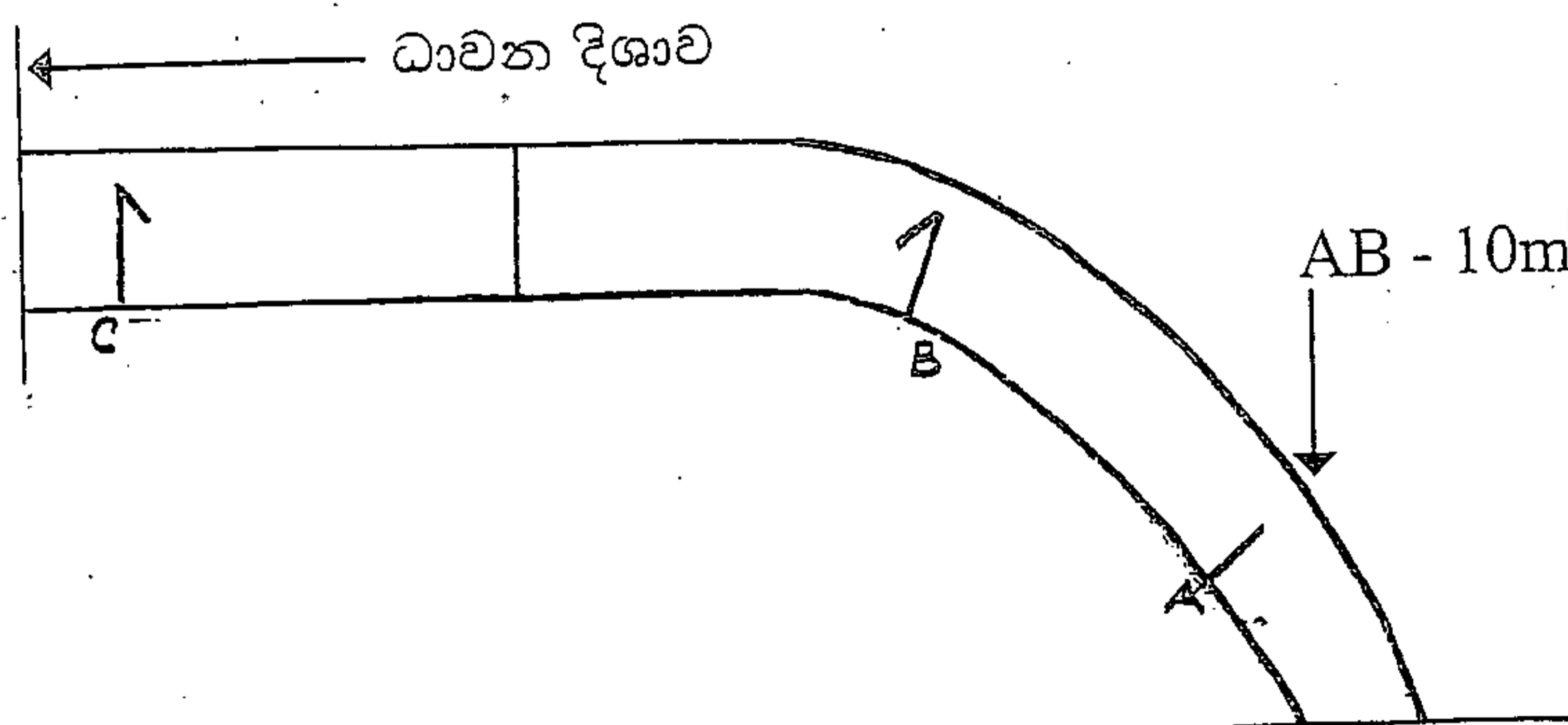
(Marks 2 x 5 = 10)

- (03) (i) Briefly explain, the vicious cycle of nutritional deficiency? (2 marks)
- (ii) What is the best stage to brake this cycle? (2 marks)
- (iii) What is food security? (2 marks)
- (iv) State the three factors that affect the safety of food? (2 marks)
- (v) Which acids are rich in deep fried food? (2 mark)

- (04) (i) What is physical growth of a child? (2 marks)
- (ii) Name the common genetic disorder in the offsprings due to the marriages between blood relatives. (2 marks)
- (iii) Give reason, why folic acid is very important for a woman who is planning on becoming pregnant after marriage. (2 marks)
- (iv) Explain briefly prenatal stage? (2 marks)
- (v) Which three diseases are controlled by MMR vaccine? (2 marks)

Part - B

- (05) (i) State the classification of athletic events. (4 marks)



- (ii) Label baton changing zone and acceleration zone. (2 marks)
- (iii) First baton change is held, in the above zone. According to that write down the name of baton change method,
- (a) by Which hand the first runner carries batton? (2 marks)
- (b) To Which hand the second runner passes the batton? (2 marks)

(06) Techniques are used to complete an activity according to the rules and regulations effectively and efficiently.

- (i) Write two techniques that are used for the long Jump? (2 marks)
- (ii) Write three activities to practice long Jump event. (3 marks)
- (iii) Draw the Long Jump pitch with standard measurements. (3 marks)
- (iv) Write two rules of Long Jump. (2 marks)

(07) Select one question from Part A, B, C.

A

Volleyball is the national game of our country. It does not incur a high cost, limited space is required and rich source of entertainment.

- (i) Write two other characteristics of volleyball which do not mention in above. (2 marks)
- (ii) Write two skills of volleyball you had learnt under grade 10 syllabus. (2 marks)
- (iii) State two activities you used to practice above skills. (6 marks)

B

Netball is a sport that is very popular among females.

- (i) Draw Netball court and mark the position of players. (3 marks)
- (ii) Write two skills of Netball that you had learnt under grade 10 syllabus. (1 mark)
- (iii) State two activities you used to practice above skills. (6 marks)

C

Football is a game played between two teams with eleven players in each. Each team tries to score goals by kicking the ball into the opposing team's goal.

- (i) Write two skills of Football you had learnt under grade 10 syllabus. (2 marks)
- (ii) State two activities you used to practice above skills. (6 marks)
- (iii) Mention the officials who judge a Football match? (2 marks)
