



Devi Balika Vidyalaya – Colombo 8
1st Term Test - 2016

Health & Physical education

Grade - 10

Time :2 hrs.

Name :

❖ **Answer all the questions. 40 marks will be given to this paper.**

Sanuji, Methnuja and kshithija are students study in the same school. Answer question no 01 to 04 using the given information about them.

Sanuji : She is a clever student take correct decisions and having a good memory. She study well and have a fond of new inventions.

Kshithija : He is an active member of school volley ball and rugby team and he is the leader of rugby team. He was able to obtain the certificate for the daily attended student of the school due to his ability to prevent from diseases.

Methnuja : He likes to help others and has many friends. He is popular in school as a pleasant, cooperative and sensitive person.

01) The student having a good physical health under total health concept is,
i. Sanuji ii. Kshithija iii. Methnuja iv. No one

02) The main character shown by Methnuja is,
i. Physical health condition is good.
ii. Mental health condition is good.
iii. Social condition health is good.
iv. Spiritual health condition is good.

03) The best way to well develop the condition obtained by Sanuji is,
i. Participate for functions. iii. Meditation
ii. Participate for sports always. iv. Live alone.

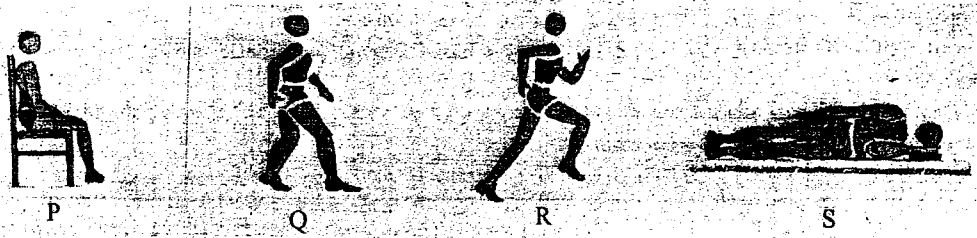
04) Which one of the following is not a health challenge has to be faced by three of them?
i. High competitive life style iii. Improper sexual behaviours
ii. Population density iv. Engage in entertained activities

05) Community participation, Skill development, Building up a cooperative environment, reorganizing medical services meant,
i. Methodologies to formulate policies for an institution and individual
ii. Methodologies to reorganize health services
iii. Entering ways or methodologies of health promotion
iv. Methodologies to formulate a good society

06) A character of a good posture is,

- i. Tired hardly
- ii. Not affecting the natural activities
- iii. Organs get tired hardly
- iv. Stay in a same position for a long time

07) Dynamic movement among the following figures are,



- i. P and Q
- ii. Q and R
- iii. R and S
- iv. P and S

08) A correct method to sit on a chair is,

- i. Use a method whatever you want
- ii. Erect legs from knees when sitting
- iii. Do not touch the vertebral column to the chair when sitting
- iv. Sit on a chair can withstand one's body weight

09) There is a rapid body change in Sithumi who study in grade 10. Enlarging the breast, appearing pimples, broadening the hip are some of them. The stage which she is passing is,

- i. Child stage
- ii. Young stage
- iii. Pre adolescence age
- iv. Adult stage

10) Not a social character can be seen in Sithumi is,

- i. Attraction towards the opposite sex
- ii. Starting the ova production
- iii. Gaining new experiences and favour to be highlight
- iv. Acting for the social justice

Dr. Edirisinge has done a special lecture at a clinic for pregnant mothers. She consider the facts on how the mothers should behave after the child birth.

11) What is the development percentage of the child's brain in first year?

- i. About 25%
- ii. About 50%
- iii. About 75%
- iv. About 90%

12) The first four weeks after the child birth is named as,

- i. Pre natal stage
- ii. Neo natal stage
- iii. Infant stage
- iv. Early childhood

13) Not an important factor should consider by mother after the child birth is,

- i. Let the baby sleep for about 18-20 hours per day.
- ii. Touching and petting the baby.
- iii. Talk and laugh with the child
- iv. Give supplementary food to the baby

- 14) Which of the following age group is considered as the preschool age?
- 5 years from the birth
 - From 2 years to five years
 - From 1 year to five years
 - From 1 year to six years

15) = $\frac{\text{Weight(kg)}}{\text{Height (m)} \times \text{Height (m)}}$

Which of the following is trying to formulate by the above formula?

- Index of waist
 - Body mass index
 - Index of weight
 - Index of increase in weight
- 16) Dilini is demonstrating a series of exercises using rhythmic leg movements and hand movements. This shows Dilini's,
- Ability to homeostasis
 - Flexibility
 - Speed
 - Strength

- 17) Given below is an event participated a player in a provincial competition.



- This belongs to field events.
 - This belongs to track events
 - Belongs to both field and track events.
 - This belongs to gymnastic event.
- 18) Siripala drink a tea after every meal. What is the mineral which is not absorbed in to his body due to this habit?
- Iodine
 - Vitamin C
 - Vitamin B
 - Iron
- 19) • We started our journey through a forest and came to a top of a mountain.
• We arranged our tents obeying the instructions of the teacher.
• Made a fire in the night and sang songs.
The most suitable way to state the activity done by us is,
- Exploring forest
 - Mountain climbing
 - Outdoor activities
 - Entertaining activities
- 20) Chamara left the ground due to a very painful condition in his leg while he was in a foot ball match. His cough said that his leg tissue is tortured. The method should follow to give him first aid is,
- IRCE method
 - RCEI method
 - REIE method
 - RICE method

- 21) The interview was held to select the prefects. All the students got their certificates except Seneesha. She said that her house was destroyed by Tsunami and she lost her all certificates.
The best way to state the disaster that she faced is,
- Natural disasters
 - House hold accidents
 - Water disasters
 - Chemical accidents
- 22) The essential to conduct a game in justice preventing accidents and keeping cheerfulness and protecting the pride of the game is,
- Rules and regulations of the game
 - The knowledge about first aid
 - The expectation for the win
 - The participation for the game
- 23) Hasith is a member of a certain game. His couch said that he must play as the "Libero player"
The game that Hasith participate is,
- Basket ball
 - Base ball
 - Volley ball
 - Rugby
- 24) Sanuji is talented for triple jump event. She completes three steps in this event. These events are,
- Hop, Step, Jump
 - Step, Hop, Jump
 - Jump, Step, hop
 - Hop, Jump, Step
- 25) The couch of a relay team advised the runners to look at the batten well and exchange it without falling while running. He must have advised,
- 50 m x 4 relay team
 - 100m x 4 relay team
 - 200m x4 relay team
 - 400m x4 relay team
- 26) The stage before releasing the equipment in throwing event is,
- Secondary movement
 - Starting movement
 - Power movement
 - Speed movement
- 27) Which of the following is not a characteristic of physical fitness?
- Energy
 - Long jump
 - Balance
 - Flexibility
- 28) The group of non communicable disease belong to,
- Aids, Filaria, Diabetes
 - Epilepsy, Stroke, Heart attack
 - High blood pressure, Diarrhoea, Cancer
 - Fever, Cholera, Epilepsy
- 29) An indoor game is,
- Golf
 - Hockey
 - Rugby
 - Table tennis
- 30) The nutritional food has to be given to a four month old baby is,
- Boiled and chopped cereals
 - Chopped fruits
 - Fruit juice
 - Breast milk
- 31) The government give financial aid to families with low income. This means,
- Take the help of community for health
 - Make public policies favorable for health
 - Make a cooperative environment
 - Provide health services

32) 400m running event belongs to,

- I. Middle distance running
- ii. Short distance running
- iii. Marathon
- iv. Long distance running

33) The skills belongs to our national game are,

- i. Service, Receiving and Attacking skills
- ii. Service, Receiving and Spiking skills
- iii. Court defending, Defending and Attaching skills
- iv. Spiking, Defending and Goal skills

34) The player should have a high speed, a good talent to get the battle, the ability to run fast in a straight track is,

- i. 1st runner
- ii. 2nd runner
- iii. 3rd runner
- iv. 4th runner

35) The skills can be used in long jump and high jump are,

- I. Sail method and plop method
- ii. Linear method straddle method
- iii. Linear method and Hitch Kick method
- iv. Rotating method and western jump

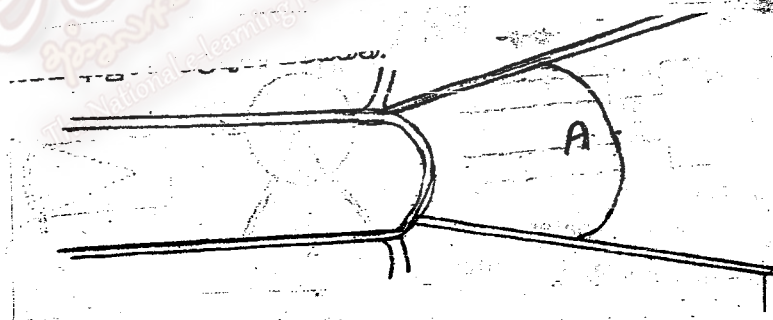
36) The average temperature of the human body is,

- I. $35.8^{\circ}\text{C} - 37.7^{\circ}\text{C}$
- ii. $40^{\circ}\text{C} - 50^{\circ}\text{C}$
- iii. $27.7^{\circ}\text{C} - 35.3^{\circ}\text{C}$
- iv. $42^{\circ}\text{C} - 48^{\circ}\text{C}$

37) The length and the width of a volleyball court are,

- I. 18m – 9m
- ii. 27m – 18m
- iii. 33m – 15m
- iv. 12m – 18m

38) Answer the question using the given diagram.



The event that the above track is used is,

- I. High jump
- ii. Throwing javelin
- iii. Triple jump
- iv. Throwing hammer

39) The fastest male runner and female runner of the south Asian games 2016 are respectively,

- I. Sandeep Sejwal and Liana Stone
- ii. Mishewang Dorji and Gaurika Singh
- iii. Himasha Eshan and Kimko Raheem
- iv. Himasha Eshan and Rumeshika Kumari

40) The country has been selected to conduct the 13th SAG games is,

- i. Sri Lanka
- ii. Bhutan
- iii. Nepal
- iv. Maldives

Part II

❖ Answer all the questions

- 01) There was a seminar in the auditorium of Dharmapala Vidyalaya about the way to maintain a good lifestyle. Dr. Kithsiri who was the lecturer of this event highlighted many important facts in his lecture.
- Briefly explain how would you think the total health concept has been introduced to the gathering in this lecture.(02)
 - Write five advantages of a good health condition.(05)
 - Write five challenges in the present society for the total health.(05)
 - Write five things that you have to do when facing challenges mentioned above.(05)
 - Write three things that a person should develop to have a good spiritual health.
- 02) Childhood is the sweetest time period of a person's life. A good society can be made by providing necessary needs of children in childhood.
- Mention the stages of childhood with their time periods.(02)
 - Write three physical needs of a pregnant mother during the pre natal stage.(03)
 - State five psychological needs should fulfill during the infant stage. (05)
- 03) Correct postures are very important to maintain a healthy life style.
- Write five advantages of maintaining correct postures.(05)
 - Mention the bio mechanical factors affecting the postures.(02)
 - Write three movements should follow while working at the computer.(03)
- 04) There is a possibility for middle age persons to get non communicable diseases.
- Name two such non communicable diseases.(02)
 - Write three reasons for non communicable diseases.(03)
 - Mention five precautions should follow to prevent from non communicable diseases.(05)
- 05) You have to practice the volley ball and net ball teams in Dharmapala Vidyalaya for the sports meet.
- Write four skills that you practice in volley ball.(04)
 - Draw volley ball and net ball courts and mention the measurements.(04)
 - Write separately the maximum number of players participate in each volleyball and netball games.(02)