Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 10

Health & Physical Education I

Time:1

<u> </u>	derline the correc	t or most suitable ans	wers for the questions	given from 1 - 40.		
An	swer the questions	from 01 - 04, consideri	ng the information give	n below.		
• Shan is a clever student at school. He is well a popular among the fellow students. he is als						
his hot - tempered nature among all.						
	• Sithum is a p	erfect in the school. He	e comes to daily. He is	very fond of extra curricular activities a		
	school. He on	ce won the medal for th	ne Renown student of th	e school.		
	• Sachini is stu	ident who likes to be al	one. She is weak for her	educational activities and constantly get		
	absent from th	he school.				
	• Nimesh likes	to be in groups. He is a	corpulent boy and ofte	n falls ill. He is very determined and trie		
	hard to get on	with his studies.				
1)	From the information	tion given above who d	o you think a totally hea	althy one.		
	1. Shan	2. Sithum	3. Sachini	4. Nimesh		
2)	Who is the studen	t you suppose, should c	consider much on his/ he	er health a lot?		
	1. Shan	2. Sithum	3. Sachini	4. Nimesh		
3)	being?			hould consider much on social well .a		
3)	-	iven details of the stude 2. Sithum	ents, who do you think s 3. Sachini	hould consider much on social well .a 4. Nimesh		
3) 4)	being? 1. Shan	2. Sithum		4. Nimesh		
	being? 1. Shan	2. Sithum	3. Sachini	4. Nimesh		
	being? 1. Shan Who is the studen 1. Shan	 2. Sithum t you suppose should contained 2. Sithum 	 Sachini Sachini Sachini 	4. Nimesh r mental well being?		
4)	being? 1. Shan Who is the studen 1. Shan	 2. Sithum t you suppose should contained 2. Sithum 	 Sachini Sachini Sachini 	4. Nimesh7 mental well being?4. Nimesh		
4)	being? 1. Shan Who is the studen 1. Shan According to the I 1. Thinness	 2. Sithum t you suppose should concerning the second standard concerning the second standard due to diffusion to the second standard standard due to diffusion to the second standard standard due to diffusion to the second standard due to diffusion to the second standard standard	 3. Sachini 5. Sachini 3. Sachini 5. Ferences of nutritional g 	 4. Nimesh ¹ mental well being? 4. Nimesh growth, the color purple indicates, 4. Obesity 		
4) 5)	being? 1. Shan Who is the studen 1. Shan According to the I 1. Thinness	 2. Sithum t you suppose should concerning the second standard concerning the second standard due to diffusion to the second standard standard due to diffusion to the second standard standard due to diffusion to the second standard due to diffusion to the second standard standard	 3. Sachini onsider much on his/her 3. Sachini 3. Sachini 3. Over weight 	 4. Nimesh ¹ mental well being? 4. Nimesh growth, the color purple indicates, 4. Obesity 		
4) 5)	being? 1. Shan Who is the studen 1. Shan According to the D 1. Thinness According to the D 1. Thinness	 2. Sithum t you suppose should co 2. Sithum BMI standard due to dif 2. Normal weight International Standard co 	 3. Sachini 5. Sachini 5. Sachini 6. Sachini 7. Sachini 6. Sachini 7. Over weight 7. Over weight 7. Over weight 	 4. Nimesh • mental well being? 4. Nimesh growth, the color purple indicates, 4. Obesity 24.9 represents, 		
4) 5) 6)	being? 1. Shan Who is the studen 1. Shan According to the D 1. Thinness According to the D 1. Thinness	 2. Sithum t you suppose should co 2. Sithum BMI standard due to dif 2. Normal weight International Standard co 2. Normal weight which the infants belom 	 3. Sachini 3. Sachini 3. Sachini 3. Sachini a. Over weight bf BMI the range 18.5 - 3. Over weight g is, 	 4. Nimesh • mental well being? 4. Nimesh growth, the color purple indicates, 4. Obesity 24.9 represents, 		
4) 5) 6)	being? 1. Shan Who is the studen 1. Shan According to the D 1. Thinness According to the D 1. Thinness The age category 1. The 1st four we	 2. Sithum t you suppose should co 2. Sithum BMI standard due to dif 2. Normal weight International Standard co 2. Normal weight which the infants belom 	 3. Sachini 3. Sachini 3. Sachini 3. Sachini 3. Over weight a. Over weight bf BMI the range 18.5 - 3. Over weight g is, 2. The age to be a set of the set of th	 4. Nimesh • mental well being? 4. Nimesh growth, the color purple indicates, 4. Obesity 24.9 represents, 4. Obesity 		
4) 5) 6)	being? 1. Shan Who is the studen 1. Shan According to the D 1. Thinness According to the D 1. Thinness The age category 1. The 1st four we 3. The age limit b	 2. Sithum t you suppose should co 2. Sithum BMI standard due to dif 2. Normal weight International Standard of 2. Normal weight which the infants belom which the infants belom weight 	 3. Sachini 3. Sachini 3. Sachini 3. Sachini 3. Sachini 3. Over weight 3. Over weight bf BMI the range 18.5 - 3. Over weight g is, 2. The age of age. 4. The age 1 	 4. Nimesh • mental well being? 4. Nimesh growth, the color purple indicates, 4. Obesity 24.9 represents, 4. Obesity 		

3. Breast Milk

4. Smashed fruits.

9) Given below is an advice which family health adviser gave to a mother,

"Now you are responsible for the better health of your own child. Therefore you should not miss taking health assistance regularly, nutritional food and regular exercise and be happy." This is a,

1. Pregnant Mother2. Feeding Mother

- 3. Mother of an Infant 4. Mother of Neonatal.
- 10) An example for micro nutrient is,

1. Protein	2. Lipid	3. Carbohydrate	4. Iron
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11) The biological factors which affects the nutritional secure of food is,

- 1. The micro-organism which contains in the food that affects our body.
- 2. The chemicals contains in the food.
- 3. Sand or small stones which contain in the food.
- 4. Non of the above.

Answer the questions no. 12, 13 and 14 using the information given below, which has been taken from a medical test done at a school.

Student	Nutritional deficiency
А	Iron
В	Vitamin A
С	Iodine

12) Of the supplied data who do you think suffers due to Thyroid?

1. A 2. B 3. C 4. All

13) Here A student called Sara does not see properly at night Sara can be indicated here by the letter,

1. A 2. B 3. C 4. All

14) Who suffers due to Anemia?

1. A 2. B 3. C 4. All

Answer the questions no 15 and 16 using the facts in the given story.

- We were very happy for obtaining very good marks for the 1st term test so that we would be able to face O/L examination without any fear. Suddenly we noticed Chamal crying at a side due to obtaining very less marks for Mathematics. We all went near Chamal to conceal him. We help him to improve his knowledge to get best marks at the next term test.
- 15) We behaved in such a manner due to our,
 - 1. Sensitivities

- 2. Sympathetic Nature towards him
- 3. Pathetic feelings 4. Kindness

16)	The	way	we	behav	ed in	this	incident	can	be	defined	as,
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- 1. Our capability of problem solving.
- 2. Our capability of taking decisions.
- 3. We have interaction among us.

4. We have interaction among us, Our capability of problem solving and our capability of taking decisions.

17) A food item which get high nutritional value is,

1. Dhal	2. Rice	3. Mung Eta Kiribath	4. Kadala
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18) Chathura was having high fever. He had red patches in his skin and he got bleeding gums. These are the symptoms of,

1. Diarrhea	2. AIDS	3. Malaria	4. Dengue
1. Diurineu	2.1100	J. Manufa	i. Dongue

Study the given incidents of A, B, C and D and answer the questions given below.

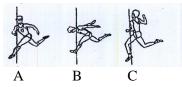
▼ smoking	x (Consuming balanced diet
A	В	
Lung Cancer	×C	Desity
Unprotected sexual ass	ociations C	Consume iodide salt
c <	D	
Become an HIV patient	t 🔪 🕻	Get thyroid
19) The increase of first action affects t	he increase of second situat	tion is indicated in,
1. A and B 2. A and C	3. B and D	4. C and D
20) The increase of first action affects t	he decrease of second situa	tion ins indicated in,
1. A and B 2. A and C	3. B and D	4. C and D
21) From the factors given below which	n one does not effects on the	e total balance?
1. Mass	2. Supportive bottom	
3. Level of the gravity low	4. Bend the body towards	an outer force
22) The sign below shows one of a judg	gment given by a coach dur	ing a volley ball match. The sign indicates,

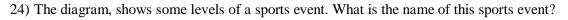
2. The boll

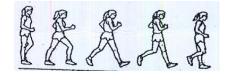
1. A delay in service

3. Change the court 4. Giving a mark

23) The diagram shows how the Three candidates A, B and C finished the running event. A correct finishing is done by,





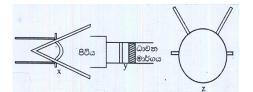


1. Normal walking 2. Long jump

3. Triple jump

4. Walking race

Answer the questions no. 25, 26 and 27 with the help of the diagram given below.



Shani - discuss throw javelin throwNuwani - put shot, long jumpHasintha - discus throw, long jumpDilan - javelin throw

25) The player who uses X zone for his of her event is,

1. Dilan	2. Shani	3. Hasintha and Nuwani	4. Shani and Dilan

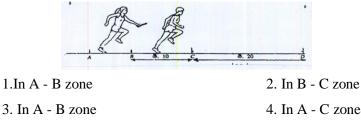
26) What is the playing zone which Hasintha should use?

1. X and Y zone	2. Y and Z zone
3. Z and X zone	4. Y area only

27) What is the playing area which Nuwani should use?

1. Y area only	2. Y and Z area
3. Z and X area	4. X and Y area

28) The zone which the players should exchange baton is,



29) What is the statement which does not define a standard running track,

- 1. The length of the running track is 400m.
- 2. The shape is consisted with two parallel sides and two equal semi circles joined to them.
- 3. There should be 6 running tracks altogether.
- 4. The track lines should be of the width of 5 cm.

30) The main stages of long jump is,

- 1. Approach run, flight, landing, take off
- 3. Approach run, take off, flight, landing
- 2. Approach run, flight, take off, landing
- 4. take off, approach run, flight, landing

31) This is a technic of	of put shot,				
1. Sall method		2. Fosbery	2. Fosbery method		
3. Ferid Briyan m	ethod	4. Americ	an method		
32) The events which	only the Crunch start ca	in be included are,			
1. 100 m, 400 m,	800 m	2. 100 hu	rdles, 200 m, 400 m		
3. 800 m, 1500 m	, 400 m	4. 100 x 4	, 400 hurdles, 800 m		
33) The events which	only the Standing start	can be included are,			
1. 800 m, 400 m,			400 m, 800 m		
3. 400 m, 800 m,			, 800 m. 5000 m		
24) This is not a type	of a Crunch start				
34) This is not a type1. Brake Start	2. Short Start	2 Long Stort	4 Middle Stort		
1. Drake Start	2. Short Start	3. Long Start	4. Middle Start		
35) Due to rules and a	regulations of sports,				
1. Rights of the ca	andidates are assured.	2. The exc	citement of the game can be maintained.		
3. Can conduct a	fair game.	4. All mer	ntioned above can be done.		
Below mentioned ar	e the injuries which the	e players get in the p	blayground. Answer questions no. 36 and	ł	
	e information supplied.				
A - Scratche D - Deep inju		forn Tissues Auscle bruces	C - Dislocation of joints F - Blisters		
	ries, internal injuries are		r - Diisters		
1. A, B, C	2. B, C, F	3. A, D, F	4. B, E, F		
37) Out of above inju	ries, external injuries are	2,			
1. A, B, D	2. B, C, F	3. A, C, D	9 4. C, D, F		
38) The accepted First	at Aid method is,				
1. A B C D E met	hod	2. S M A	R T method		
3. R I C E method	1	4. P R I C	E S method		
39) The fatal disease	AIDS can get into anoth	er by,			
1. Living in a san	ne house with a AIDS pa	tient.			

2. Use the same toilet which a AIDS patient uses.

3. Through unprotected sexual contact.

4. Through a mosquito that has been bitten a AIDS patient

40) The Olympic games in 2020 will be held in,

1. Sydney in Australia	2. London in England
3. Tokyo in Japan	4. Cyeol in Korea