

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 10

Health & Physical Education I

Time : 1

Name :

Underline the correct or most suitable answers for the questions given from 1 - 40.

Answer the questions from 01 - 04, considering the information given below.

- Shan is a clever student at school. He is well a popular among the fellow students. he is also famous for his hot - tempered nature among all.
- Sithum is a perfect in the school. He comes to daily. He is very fond of extra curricular activities at school. He once won the medal for the Renown student of the school.
- Sachini is student who likes to be alone. She is weak for her educational activities and constantly gets absent from the school.
- Nimesh likes to be in groups. He is a corpulent boy and often falls ill. He is very determined and tries hard to get on with his studies.

1) From the information given above who do you think a totally healthy one.

1. Shan 2. Sithum 3. Sachini 4. Nimesh

2) Who is the student you suppose, should consider much on his/ her health a lot?

1. Shan 2. Sithum 3. Sachini 4. Nimesh

3) From the above given details of the students, who do you think should consider much on social well .a being?

1. Shan 2. Sithum 3. Sachini 4. Nimesh

4) Who is the student you suppose should consider much on his/her mental well being?

1. Shan 2. Sithum 3. Sachini 4. Nimesh

5) According to the BMI standard due to differences of nutritional growth, the color purple indicates,

1. Thinness 2. Normal weight 3. Over weight 4. Obesity

6) According to the International Standard of BMI the range 18.5 - 24.9 represents,

1. Thinness 2. Normal weight 3. Over weight 4. Obesity

7) The age category which the infants belong is,

1. The 1st four weeks after birth. 2. The age up to 1st year after birth.
3. The age limit between 01 to 05 years of age. 4. The age limit between 06 to 10 years of age.

8) The most suitable nutritional food for an infant is,

1. Smashed boiled vegetables. 2. Smashed boiled grains.

16) The way we behaved in this incident can be defined as,

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.

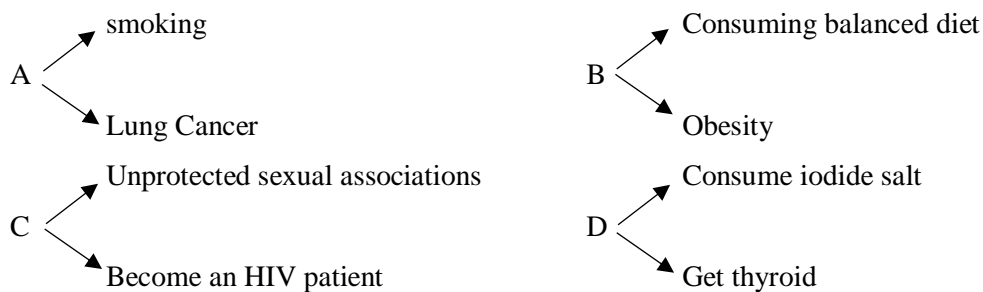
17) A food item which get high nutritional value is,

1. Dhal
2. Rice
3. Mung Eta Kiribath
4. Kadala

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

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



19) The increase of first action affects the increase of second situation 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 the decrease of second situation 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 one does not effects on the total balance?

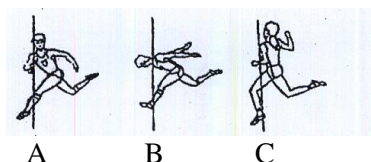
1. Mass
2. Supportive bottom
3. Level of the gravity low
4. Bend the body towards an outer force

22) The sign below shows one of a judgment given by a coach during a volley ball match. The sign indicates,



1. A delay in service
2. The boll
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,



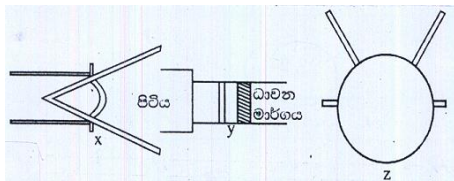
1. A 2. B 3. C 4. D

24) The diagram, shows some levels of a sports event. What is the name of this sports event?



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 throw
Nuwani - put shot, long jump
Hasintha - discus throw, long jump
Dilan - 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

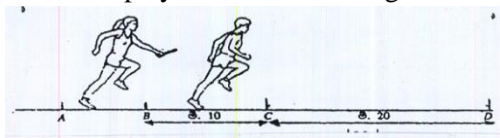
26) What is the playing zone which Hasintha should use?

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,



1. In A - B zone 2. In B - C zone
 3. In A - B zone 4. In A - C zone

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

31) This is a technic of put shot,

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|------------------------|--------------------|
| 1. Sall method | 2. Fosbery method |
| 3. Ferid Briyan method | 4. American method |

32) The events which only the Crunch start can be included are,

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|-------------------------|--------------------------------|
| 1. 100 m, 400 m, 800 m | 2. 100 hurdles, 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,

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|-------------------------|--------------------------|
| 1. 800 m, 400 m, 200 m | 2. 100 m, 400 m, 800 m |
| 3. 400 m, 800 m, 1500 m | 4. 1500 m, 800 m. 5000 m |

34) This is not a type of a Crunch start,

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|----------------|----------------|---------------|-----------------|
| 1. Brake Start | 2. Short Start | 3. Long Start | 4. Middle Start |
|----------------|----------------|---------------|-----------------|

35) Due to rules and regulations of sports,

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| 1. Rights of the candidates are assured. | 2. The excitement of the game can be maintained. |
| 3. Can conduct a fair game. | 4. All mentioned above can be done. |

Below mentioned are the injuries which the players get in the playground. Answer questions no. 36 and 37 with the use of the information supplied.

A - Scratches

B - Torn Tissues

C - Dislocation of joints

D - Deep injuries

E - Muscle bruises

F - Blisters

36) Out of above injuries, internal injuries are,

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|------------|------------|------------|------------|
| 1. A, B, C | 2. B, C, F | 3. A, D, F | 4. B, E, F |
|------------|------------|------------|------------|

37) Out of above injuries, external injuries are,

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|------------|------------|------------|------------|
| 1. A, B, D | 2. B, C, F | 3. A, C, D | 4. C, D, F |
|------------|------------|------------|------------|

38) The accepted First Aid method is,

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|---------------------|-----------------------|
| 1. A B C D E method | 2. S M A R T method |
| 3. R I C E method | 4. P R I C E S method |

39) The fatal disease AIDS can get into another by,

1. Living in a same house with a AIDS patient.
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,

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