

Sri Jayawardenapura Education Zone

2nd Term Evaluation

Grade 10

Health & Physical Education II

Time : 2

Name :

Question No 1 is compulsory.

Answer 2 questions from part 1. Answer 2 questions from part 2. Altogether answer 5 questions.

- 1) The general meeting of Ranbima Maha Vidyalaya was held during the last week-end. They were able to confirm the proposals such as holding an award ceremony for the pupils who showed colours in extra curricular activities contribute a nutritional pack monthly to Sithum Alvis who came up in National Level and conduct a Dengue Irradiation Program in every last weekend in the school premises. All the participant agreed to support the above mentioned suggestions. With the contribution of grade 10 parents a mug of vegetable soup was served to all the participants.
- i. According to the above mentioned information, give 2 examples for extra curricular activities which the students can show their skills. (2 marks)
 - ii. Give 2 examples for short distance running events which Sithum can participate. (2 marks)
 - iii. Do you agree with the proposal of contributing a nutritional pack monthly to Sithum? Give a reason. (2 marks)
 - iv. Name 2 Macro nutrients which should contained in the nutritional pack for Sithum. (2 marks)
 - v. Name 2 Micro nutrients which should contained in the nutritional pack for Sithum. (2 marks)
 - vi. Name the 2 types of mosquitoes who spread Dengue? (2 marks)
 - vii. Give 2 examples and Write the way how the Dengue Irradiation Program works in the school. (2 marks)
 - viii. Mention the names of 2 Institutions you can get help for the Health Promotion Program in your school. (2 marks)
 - ix. Name 2 mixed food which were not included in the above passage. (2 marks)
 - x. Write 2 benefits which a student can get by participating in extra curricular activities. (2 marks)

Part I

- 2) Total Health is not merely the absence of diseases and illness but the fulfillment of Physically, Mentally, Socially and Spiritually well being.
- i. If you need to maintain a totally healthy life give 3 examples for life styles you should maintain. (3 marks)
 - ii. Write the formula for for the BMI (Body Mass Index) (3 marks)
 - iii. Write 4 challenges you face when maintaining Totally Healthy Life. (4 marks)

- 3) i) Malnutrition is lack of nutrients which the body needs for the growth of a person. Mention 2 stages of it. (2 marks)
- ii) Mention 2 disadvantages of obesity. (3 marks)
- iii) Mention 3 natural flavours you can use instead of artificial flavours. (3 marks)
- iv) We can use natural colors for the types of food we eat. Give 2 examples for such along with the colours. (2 marks)
- 4) Mention how you face the following challenges in your life, briefly.
- i) Your friend who is very fat (obese) skips her breakfast totally and takes only two biscuits with a cup of tea for dinner, in the hope of getting slim.
- ii) Your friend tells you that he/she receives phone messages to his/ her mobile phone from an unknown person.
- iii) Some of your friends say that you should introduce drugs, cigarettes and liquor to get real fun.
- iv) One of your friends who has won the best athlete award of the zone for the past two years has decided to leave from sports merely for losing the place this year.
- v) One of the students of advanced level, who is getting ready for the exam tries to start a love affair with you best friend. (10 marks)

Part II

- 5) i) Mention 3 examples or outdoor activities. (3 marks)
- ii) Write 3 benefits you get by receiving outdoor education. (3 marks)
- iii) When making road maps, mention the signs which you indicate for the following places,
- a) main road b) foot path c) tunnel
- d) main road (under construction) (4 marks)
- 6) i) Give 2 examples each for vertical jumps and horizontal jumps which come under track a field events. (2 marks)
- ii) In a walking race event non contact with the ground and bending of the knee are disqualifications. Draw the signs which you show for above mentioned faults. (4 marks)
- iii) Mention 2 wrong actions which a player who is ready for a running event might do at the start of the race. (2 marks)
- iv) In a baton change there is a classification for the side of the body in which a player use for receiving the baton. Mention 2 of them. (2 marks)
7. Write only one out of A, B or C.
- A) i) Name 4 main skills in Volleyball. (2 marks)
- ii) Mention 2 incidents where a player can make mistakes in attacking stage. (2 marks)
- iii) Mention 3 ways in which a player reaches a ball for blocking skill in Volleyball. (2 marks)
- iv) Draw the signs which the referee shows for the following steps.
- a) short interval b) side of the service (4 marks)

- B) i) Name 4 main skills in Netball (2 marks)
- ii) Mention 2 activities in which you can do for the practice of attacking. (2 marks)
- iii) Mention 2 activities in which you can practice for the skill of shooting. (2 marks)
- iv) Draw the signs which the referee shows for the following steps
- a) The side of the serving b) blocked ball (4 marks)
- C) i) mention 3 main skills in Football. (2 marks)
- ii) Write 2 ways in which you can stop the ball. (2 marks)
- iii) There are 4 main wrong actions which the player do in football. Write them. (2 marks)
- iv) Draw the signs which the referee shows for the following.
- a) Free kick b) Replacement of players