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# Southern Provincial Department of Education

**Year End Test - 2017**

## Health and Physical Education - I Grade 10

Name / Index No. ....

Time - 1 hour

- ♦ Answer all the questions.
- ♦ An each of the questions 1 - 40, pick one of the alternatives (1), (2), (3) or (4) which you consider correct and mark a cross (x) in the answer sheet.

(01) Answers given by four students to the question 'How can you maintain total health' are given below.

- Anura - By engaging in group games  
Deepal - By getting free from diseases and disabilities  
Samitha - By engaging in physical education activities  
Kasun - By being free from mental stress

The most appropriate answer is given by

- (1) Deepal (2) Samitha (3) Kasun (4) Anura

(02) Below given are factors needed to maintain proper health condition.

- (a) Proper exercises and adequate rest  
(b) Reduction of genes that causes diseases  
(c) Prevention from unhealthy sexual relationships  
(d) Reduction of conflicts  
(e) Clean water and clean air

From the above which factors help to have good health condition in a person through individual habits

- (1) a and b (2) b and d (3) a and c (4) d and e

(03) The formula taken to measure the body mass index of a person is

- (1)  $\frac{\text{weight}^2 (\text{kg})}{\text{height}^2 (\text{cm})}$  (2)  $\frac{\text{weight} (\text{kg})}{\text{height}^2 (\text{m}^2)}$   
(3)  $\frac{\text{weight} (\text{g})}{\text{height}^2 (\text{m})}$  (4)  $\frac{\text{height}^2 (\text{m})}{\text{weight} (\text{kg})}$

(04) The difference between waist circumference and height helps to identify proper health. The value of it for proper health measurement.

- (1) above 0.5 (2) below 1.5  
(3) above 1.5 (4) below 0.5

(05) Following are challenges for total health

Tendency for imitation

Time given for education is less

Spread of wrong ideas

Time spends for education is less

The above things are caused due to

(1) Media influence

(2) Influence of tourism industry

(3) Internal and external migration

(4) Due to population density

(06) All girls who complete 15 years of age should get rubella vaccine to get rid of

(1) Tetanus

(2) Measels

(3) Tuberculosis

(4) German measles

(07) Pregnant mothers should consider about their nutritional condition as it directly affect the growth of t baby. The weight of embryo by the time of child birth is

(1) between 2.00kg - 2.5kg

(2) between 2.00kg - 3.00kg

(3) between 2.5kg - 3.5kg

(4) between 3.00kg - 3.5kg

(08) Sleep and rest is required for a newly born baby to get adapted to the outside environment. This rest 'taken by

(1) sleeping for about 10 - 18 hours

(2) sleeping for about 18 - 20 hours

(3) sleeping for about 10-20 hours

(4) sleeping for about 20-24 hours

(09) Adequate nutrition during infancy is a physical requirement. Here adequate nutrition means

(1) Giving breast milk in first 4 months and supplementary food after that

(2) Giving nutritious food

(3) Giving breast milk in the first 6 months and supplementary food after that.

(4) Giving breast milk and nutritious food

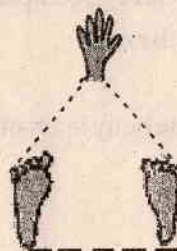
(10) Out of the below given positions from which one maximum equilibrium can be obtained from



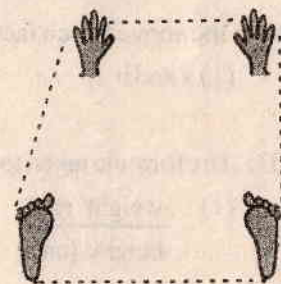
a



b



c



d

(1) D

(2) A

(3) B

(4) C

(11) When Ravi tried to catch a ball that came towards him, he lost his balance and fell down. What should done by him to catch the ball maintaining equilibrium

(1) Incline the body backwards and catch the ball

(2) Keep the feet together and incline the body forward and catch the ball

(3) Keep the feet little apart and incline the body forward to catch the ball.

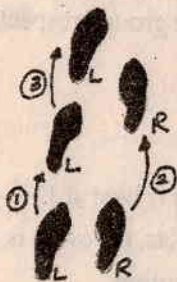
(iv) keep the feet little apart and incline the body backwrds to catch the ball



(12) When a person stands straight with hands by the side his/her centre of gravity is at a distance of about.

- (1) 56% of the total height measured from the ground
- (2) 36% of the total height measured from the ground
- (3) 63% of the total height measured from the ground
- (4) 50% of the total height measured from the ground

(13) In volleyball the below foot steps belong to a player who



- (1) spikes with right hand
- (2) spikes with left hand
- (3) blocks the spike
- (4) sets the ball for a spike

(14) There are three ways of approaching the ball in volleyball for a certain skill. They are

Side steps

Cross steps

Dash

The above skill is

- (1) Spike
- (2) setting
- (3) serving
- (4) blocking

(15) a. Centre (C) passes the ball when taking the centre pass to a player of their team in the goal area with the whistle of umpire.

b. In a centre pass, centre (C) following the foot work rule passes the ball within 3 seconds.

c. According to starting rule, except the centre (C) all other players must stand in the goal area that they are permitted.

Which of the above statements are correct regarding Netball game?

- (1) a and b
- (2) b and c
- (3) a, b and c
- (4) a and d

(16) When the blue team GA tries to shoot the ball within the goal circle, GK in red team obstructs her without keeping 3 feet distance. What is the decision of umpire at this time?

- (1) Offer a penalty pass to GA
- (2) Give a toss-up between two of them
- (3) Offer a penalty pass or penalty shot to GA
- (4) Offer a free pass to GA

(17) The kick used in football to flick the ball backwards deceiving the opponent is

- (1) Kick with outside of the instep
- (2) back heel kick
- (3) Kick using inside of the foot
- (4) Kick with the toe

(18) A factor we should know in forest exploration as an outdoor activity

- (1) Ability to use the compass
- (2) Preparation of route maps and the use of compass
- (3) Knowledge on constellations
- (4) All the above factors

(19) Horizontal jumps in athletic field event category are

- |                                |                               |
|--------------------------------|-------------------------------|
| (1) Long jump and Triple jump  | (2) High jump and Long jump   |
| (3) Triple jump and pole vault | (4) High jump and Triple jump |

(20) The most accurate answer regarding pentathlon

- |                             |                                |
|-----------------------------|--------------------------------|
| (1) conducted only for men  | (2) conducted only for women   |
| (3) Held in one day for men | (4) Held in two days for women |

(21) In correct walking, the three points of the sole of foot makes contact with the ground respectively are

- |                      |                      |
|----------------------|----------------------|
| (1) heel, ball, toes | (2) toes, ball, heel |
| (3) ball, heel, toes | (4) heel, toes, ball |

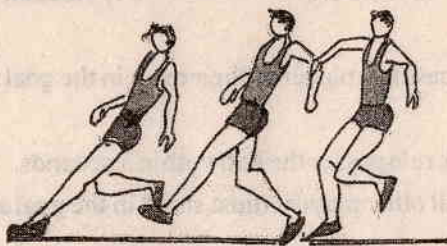
(22) Both feet raise up. The knee of front leg is bent  $90^\circ$  and the knee of front leg is bent at  $110^\circ - 130^\circ$ . Hip is above shoulder level. Body weight is on hands. According to the above facts, the event is

- |                                   |   |
|-----------------------------------|---|
| (1) gymnastic activity            | (2) crouch start in running             |
| (3) Get set stage in crouch start | (4) On your marks stage in crouch start |

(23) The most suitable baton exchange method for 100m x 4 relay in a 400m track is

- |                              |                             |
|------------------------------|-----------------------------|
| (1) visual, mixed method     | (2) Non-visual mixed method |
| (3) Non-visual inside method | (4) Visual inside method    |

(24)



The above diagram shows an athlete taking an approach run in a certain event. That event is

- |                 |
|-----------------|
| (1) Long Jump   |
| (2) Hurdles     |
| (3) High Jump   |
| (4) Triple jump |

(25)



The given running exercise improves the techniques of running and improves the speed. It is

- |               |               |               |                 |
|---------------|---------------|---------------|-----------------|
| (1) Running A | (2) Running B | (3) Running C | (4) Ladder skip |
|---------------|---------------|---------------|-----------------|

(26) Which of the following is seen in sports and games after second world war with the commercialization.

- |   |
|---|
| (1) Improvement of sports skills to the maximum |
| (2) Use of sports tactics                       |
| (3) Use of stimulants to obtain victory somehow |
| (4) Establish peace among countries             |

(27) Providing opportunities to every student to engage in sports

Develop leadership



Develop personality

Develop the ability to face challenges

Getting adapted to healthy life style

For a school going student all the above objectives can be achieved by

- (1) Inter school sports competitions
- (2) Felicitation ceremony
- (3) Morning physical Education programme
- (4) All Island sports competitions

(28) All the nutrients we get from food can be divided into two groups. Accordingly macro-nutrients are

- (1) vitamins / proteins / minerals
- (2) minerals / carbohydrates / fats
- (3) minerals / fats / proteins
- (4) carbohydrates / proteins / fats

(29) After a medical check-up it is found that thyroxine hormone production in Ramani is less. She may be suffering from

- (1) Iodine deficiency
- (2) Anaemia
- (3) Obesity
- (4) Zinc deficiency

(30) Symptoms of Osteoporosis and rickets disease conditions are

- (1) Stunting and wasting
- (2) low birth weight and become fatigue quickly
- (3) Breaking up of bones and tooth decay
- (4) Being lazy and deformations in bones

(31) Nutrient deficiency diseases can be prevented by providing food according to individual needs. Supplementary meal and daily requirement of water amount should be increased for which of the following individuals

- (1) pregnant mothers
- (2) lactating mothers
- (3) adolescents
- (4) children

(32) The enzyme responsible for digesting carbohydrates in the mouth is,

- (1) intestinal juice
- (2) pancreatic juice
- (3) gastric juice
- (4) ptyalin

(33) The system that is responsible for the removal of various excretory products in the body is

- (1) blood circulatory system
- (2) reproductive system
- (3) digestive system
- (4) excretory system

(34) Gaseous exchange takes place in lungs in

- (1) bronchioles
- (2) alveoli
- (3) larynx
- (4) bronchi

(35) Ability to engage successfully in long term sports events such as long distance running, race walking, swimming, foot ball etc is given by

- (1) Development of muscle endurance
- (2) Development in muscle strength
- (3) Development in agility
- (4) Development in cardio vascular fitness

- (36) An activity to be done to engage in for the improvement of muscle strength
- (1) Aerobics and swimming
  - (2) Swimming and beach running
  - (3) brisk walking and ballet exercises
  - (4) push up activities and jumping activities
- (37) Activity pyramid gives an idea on physical activities needed to maintain an active life style. It also provides an idea on the time to be spent on physical exercises. Accordingly activities to be done three or five times a week are
- (1) cycling, running, swimming... etc.
  - (2) watching television, playing computer games and work associated with the computer
  - (3) swimming fast, weight lifting, Aerobics
  - (4) Cleaning the home garden, engage in home gardening, Being active
- (38) Sports injuries are caused due to personal factors and external factors. Examples for external factors are
- (1) Not taking adequate amounts of water and food
  - (2) Not observing the rules of the game
  - (3) Level of physical fitness not adequate for the sport
  - (4) Adopting wrong training methods and techniques
- (39) Sexual harrassment and abuse are widely spread in our society. Not an instance of sexual abuse is
- (1) undue touching of the body
  - (2) employing children as servants
  - (3) rape of women
  - (4) child sexual harassment
- (40) The country and the city in which Olympic Games were held in 2016
- (1) Australia, Sydney
  - (2) Brazil, Rio de Javairo
  - (3) America, Los Angeles
  - (4) Greece, Athens



# Southern Provincial Department of Education

## Year End Test - 2017

### Health and Physical Education - II

#### Grade 10

Name / Index No. ....

Time - 2 hour

- ♦ Answer the first question, two questions from Part I and two questions from Part II. Altogether answer five questions.

(01) Jayasen Pura Vidyalaya located in a rural surrounding has got a pleasant out look. By the side of the main entrance there is a shrining room and on either side of the road leads to the shrining room there are beautiful flower beds. Students of this school engage in morning physical education programe and it is the duty of Parents' Association to provide a cup of green porridge (kola kenda) with a piece of jaggery to students once in a week. The slogan 'our school is a school with out polythene' is well displayed on boards in various places in the school premises. Public health inspector visits the school with his / her staff to inspect body mass index of students twice a year. After that they provide necessary advice to the students. All the students in the school likes the health and physical education subject. Duing that period they go to the play ground and engage in volley ball playing.

- Write two factors to prove that Jayasenpura Vidyalaya is a health promoting school.
- Write two instances where the children of this school become active.
- What are the factors needed for keeping total health status of children in this school?
- What is the correct body mass index range of children having proper health condition?
- Name two non-infections diseases from which the students can be prevented from engaging in daily physical fitness programme.
- Write two skills of volleyball.
- It is very important to know the official hand signals when playing volleyball.



For what is this hand signal given?

- Two students from this school got selected for Provincial Athletic meet in long distance running. Name one long distance running event.
- What is the start used in long distance running?
- Thisara who was playing volleyball got his right ankle injured. The action of that joint got badly affected and there is swelling in the place. He was suffering from pain in the area. What is the first aid method that can be given to him?

(2 x 10 = 20 marks)

#### Part I

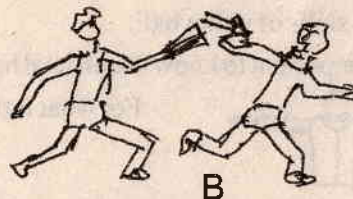
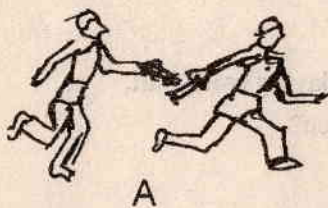
(02) To lead a healthy life it is needed to satisfy different requirements in life at various stages.

- What do you mean by neonatal stage? (2 marks)
- Write two conditions arise when pregnant mothers do not take correct nutrition. (2 marks)

- (iii) Stimulation for infants should be given to the proper mental development. Write two stimulations. (2 marks)
- (iv) (a) What is the age limit of early childhood? (2 marks)  
 (b) What is the percentage of brain development during that period? (2 marks)
- (v) Write two physical needs of children in late childhood. (2 marks)
- (03) (i) (a) What is the disease condition children may get due to not providing adequate amount of milk, not storing food hygienically, not preparing food properly..... etc. (1 mark)  
 (b) Write two factors to show how that disease condition affect a person's life. (2 marks)
- (ii) Identify two reasons for not gaining correct weight during pregnancy. (2 marks)
- (iii) What is the compulsory test each and every women above 35 years of age should take to check presence of cancer in female reproductive system? (2 marks)
- (iv) The main function of kidneys is to engage in excretion. Write 3 other functions carried out by kidneys. (3 marks)
- (04) Explain briefly how you face the given below challenging situations successfully.
- (i) Vipula is going to face the G.C.E.(O/L) examination in a short period of time. His father face accident and got hospitalized. Vipula has to stay with his father in the hospital. (2 marks)
- (ii) Malki needs to become fair. She applied a certain skin cream which was published in a newspaper secretly without telling anybody. (2 marks)
- (iii) Sameera is a good sprinter in school. His mother forces him to stop sports since he is going to s O/L exam. (2 marks)
- (iv) Samantha is a student who suffers a lot due to constant quarrels between his mother and father da (2 marks)
- (v) Dileepa's father is a carpenter. He forces his father to buy a mobile phone for him telling th attends school only if his father fulfills his request. (2 marks)

## Part II

(05)



- (i) Above given are the two main methods of baton exchange Name A and B methods. (1 mark)
- (ii) Write two instances where unsuccessful jumps are there in high jump. (2 marks)
- (iii) Name the throwing events. (2 marks)
- (iv)



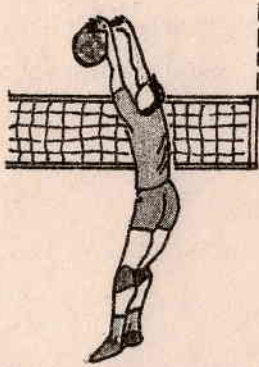
- Above given is four stages of a throwing event. Name those four stages. (2 marks)
- (v) Write 3 long jump techniques. (3 marks)



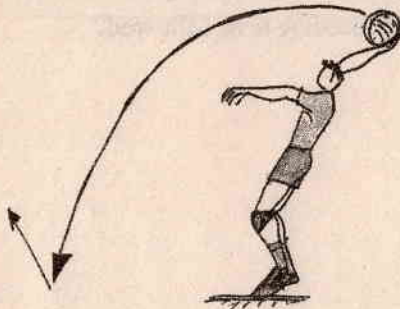
- (06) (i) What do you mean by 'centre of gravity'?
- (ii) To maintain correct posture of sitting, it is needed to use a proper chair. Write three features of a proper chair. (3 marks)
- (iii) Write health related fitness factors. (5 marks)

(07) Answer only one part from A/B/C

(A)



- (i) What is the volleyball skill shown here? (2 marks)
- (ii) What are the stages of the above mentioned skill? (2 marks)
- (iii)



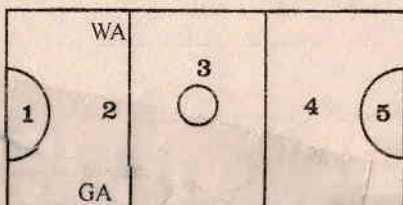
The above activity is done to improve a skill of volleyball. What is that skill? (2 marks)

- (iv) If you are a judge in a volleyball match between Gamunu team and Tissa team what are your decisions in the below given instances.
- (a) Libero player in Gamunu Team sets the ball while standing in the front area for a spike and another player spikes that ball to Tissa Team. (2 marks)
- (b) When the Gamunu Team is offered a service with a mark the player in the mid of last row goes to the service area and serves the ball. (2 marks)

(B)



- (i) This activity is done to improve a skill of netball. What is that skill? (2 marks)
- (ii) What is the main aim of the player who engages in defending in netball? (2 marks)
- (iii)



What are the zones the players GA and WA can play?

(2 marks)

(iv) Write the decisions of you as an umpire in a match between Red team and Blue team.

(a) Centre (C) in Red team passes the ball to GA in the same team but GD in Blue team jumps up and catches the ball and passes it to the goal circle. (2 marks)

(b) When GS in Blue team is about to shoot the ball, GD in Red team shakes the goal post. (2 marks)

(C) (i)



What is the kick shown in the above?

(2 marks)

(ii) Write two methods that can be used to stop the ball in foot ball. (2 marks)

(iii) What is the minimum number of players that can be played in a football team? (1 mark)

(iv) When heading the ball in football what is the procedure to be followed? (5 marks)