

Southern Provincial Department of Education

Year End Test - 2018

Grade 10

Health and Physical Education - I

Name / Index No.

Time - 01 hour

Important

- ♦ Answer all the questions.
- ♦ In each of the questions (01) - (40), pick one of the alternative which you consider is correct or most appropriate.
- ♦ Mark (x) on the number corresponding to your choice in the answer sheet provided.

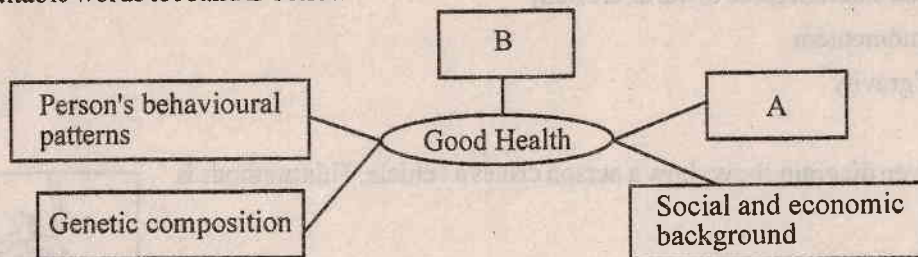
(01) Sayuni is a girl who is not only free from diseases and disabilities, but also having physical, mental, social and spiritual well-being. She is a girl who develops,

- (1) health promotion (2) total well-being
(3) total health (4) physical fitness

(02) Which of the following factor helps to achieve total health is,

- (1) Not maintaining a proper body mass index (2) Use of liquor, drugs and smoking
(3) Active life style and exercises (4) Not respecting social norms and ethics

(03) Put suitable words to A and B boxes.



- (1) physical and mental well-being (2) Health services and proper nutrition
(3) community participation and rest and sleep (4) health services and physical environment

♦ Use the information given in the table to answer question No. 04 and 05.

Students	Body Mass Index (BMI)
K	above 30
L	25 - 30
M	18.5 - 25
N	below 18.5

(04) One of the above students suffer from obesity. That student is,

- (1) K (2) L (3) M (4) N

(05) The student who has proper weight to suit the height is

- (1) K (2) L (3) M (4) N

(06) Below given are the responses of certain mothers to a set of questions asked by the doctor

Mother A - 80% of brain cells are formed by the age of 3 years

Mother B - 80% of brain cells are formed by the age of 2 years

Mother C - 75% of brain cells are formed by the age of 5 years

Mother D - 75% of brain cells are formed by the age of 6 years

According to the above, the mother who gave the most accurate answer is

- (1) Mother B (2) Mother A
(3) Mother D (4) Mother C

(07) The orange zone in the body mass index chart indicates

- (1) wasting (2) normal weight
(3) over weight (4) obesity

(08) The period of life that belongs to early childhood is

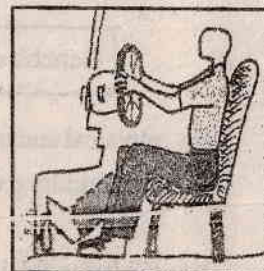
- (1) from the first to the twelfth month (2) from 1 year to 5 years
(3) from 6 years to 10 years (4) from 3 years to 5 years

(09) Any object, as well as the human body is made up of tiny particles. All these tiny particles have a weight. The weight of these objects act around a single point. This point is

- (1) balance point
(2) Directly an external force towards the body
(3) point of momentem
(4) centre of gravity

(10) The below given diagram shows how a person drives a vehicle. This methods is

- (1) wrong
(2) correct
(3) correct upto some extent
(4) cannot say properly whether it is correct or not.



(11) Mindi engages in running, jumping and throwing events during health and physical education lesson. During other periods she normally sits in the classroom. Mindi

- (1) Engages in dynamic postures in the playground and in the classroom she engages in static postures.
(2) Engages in static postures in the playground and in the classroom she engages in dynamic postures.
(3) Both in the playground and in the classroom she engaged in static postures.
(4) Both in the playground and in the classroom she engages in dynamic postures.

- (12) ♦ Feeling lazy
 ♦ Low concentration power
 ♦ Giving birth to low birth weight babies
 ♦ Suffer from anaemia

Above features are shown by a micro-nutrient deficiency disease. That micro-nutrient is

- (1) Iodine (2) Iron (3) Calcium (4) Zinc

- (13) One of the volleyball skills is shown here. That skill is

- (1) Receiving the ball
 (2) Serving the ball
 (3) Spiking the ball
 (4) blocking the ball



- (14) Games we do with or without equipments to improve one or more skills of a game in playgrounds without standard measurements are called

- (1) Minor games (2) Lead-up games
 (3) Group games (4) Folk games

- (15) Ability to engage in play with least expenditure, less equipments, ability to play in least space and playing period is less. The above are features of

- (1) Netball (2) Volleyball
 (3) Football (4) Hockey

- (16) Netball is very popular among girls. The ball passing method shown here is

- (1) under arm pass
 (2) circular pass
 (3) shoulder pass
 (4) Lab pass



- (17) In a game of netball a defender of one team and the attacker of the other team

- ♦ Held the ball together simultaneously
 ♦ Did an offence to block the game together at the same time
 ♦ Both of them have gone to a wrong playing area to hold the ball

If you are a judge in this match, the decisions you take at the above wrong acts,

- (1) Free pass (2) Throw up (3) Toss-up (4) Throw-in

- (18) The most popular game in the world is football. The football skill shown here is

- (1) controlling the ball
 (2) Heading the ball
 (3) Dribbling
 (4) Kicking

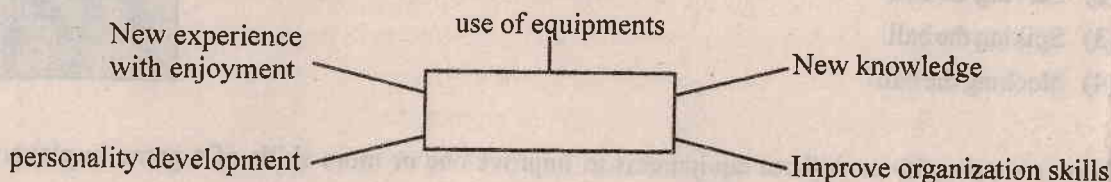


- (19) ♦ Checking the legality of the football ground and the football
 ♦ Enforcing rules throughout the game
 ♦ keeping records of the game
 ♦ Imposing penalties on players who violate rules
 ♦ Pausing the game after an accident and restarting
 ♦ Preventing outsiders entering the ground except for players and umpires

The above given are some of the duties of referees in football. The referee to whom the above duties are entitled

- (1) Main referee (2) Starting referee (3) Organizing referee (4) Side referee

- (20) Select the most suitable answer for the blank box below.



- (1) Benefits gained from Geography (2) Gaining new knowledge by the study of nature
 (3) Benefits gained from hikes (4) Benefits gained from outdoor activities

- (21) Nutrients in food can be divided into two main types. One of those types is macro-nutrients. The nutrients that belong to macro-nutrients.

- (1) Carbohydrates, Proteins, Fats (2) Vitamins, Fats, Minerals
 (3) Carbohydrates, Vitamins, Water (4) Proteins, Calcium, Fats

- (22) Which of the following answer contains athletic events according to Athletic Classification

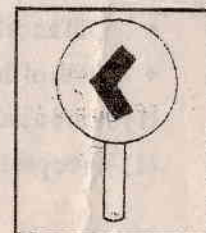
- (1) Jumps, Throws, Race walking, mountain climbing, Track and field, cross country running
 (2) Field events, Mountain climbing, Jumps, Road running, cross country running
 (3) Race walking, Field events, Throws, Road running, Track events
 (4) Track and field events, Race walking, Road running, cross country running, Mountain climbing

- (23) The five inter connected rings of the Olympic flag represents

- (1) All the participants participate in the game
 (2) The number of events in the game as five
 (3) The five continents devoid of nationality concept
 (4) Colours of all the national flags in the world

- (24) Race walking is one of the events in our sportsmeet this years. I saw one of the referees showed the following symbol to the participants. That symbol indicates

- (1) Lack of contact with the ground (2) Avoid the hand movement
 (3) Wrong foot work (4) Bending the knee

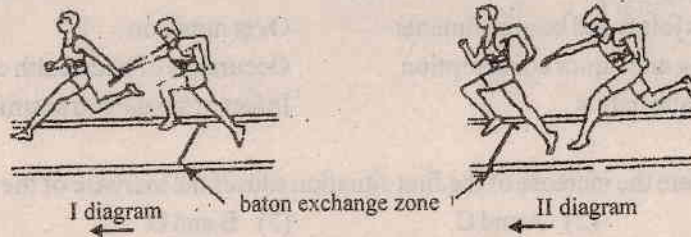


- (25) Select the incorrect statement related to the event 4 x 100m relay in 400m standard track.

- (1) Baton should be exchanged within the 20m exchange zone.
 (2) Second runner should have the ability to run in a circular path
 (3) First runner should take the crouch start
 (4) Fourth runner should run a longer distance than the third runner

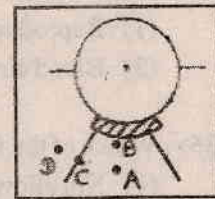
- (26) A student participated in the following events in the Inter House sports meet. The events are 400m 200m and 100m races. The type of start he/she should use is
 (1) crouch start (2) standing start (3) Medium start (4) stationary start

- (27) The following diagram shows two different baton exchange methods. Select the correct statement related to in.



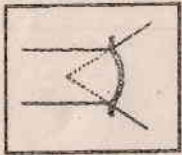
- (1) The first method is wrong and the second method is correct
 (2) The exchange in the first diagram is correct and the exchange in the second diagram is wrong.
 (3) Both exchanges in the first and second diagrams are correct
 (4) Both exchanges in the first and second diagrams are incorrect

- (28) The diagram below shows, four places where shot is put by a competitor. Out of them the correct places of the put are



- (1) A, B and C places (2) D, B and A places
 (3) A and C places (4) A and B places

- (29) The competitor who should go to the below given playing area is



- (1) A and C only
 (2) B and C only
 (3) A only
 (4) C only



- ♦ A result sheet of under 15 shot-put event is given below. Use it to answer question No. 30 and 31.

Name of the competitor	1	2	3	4	5	6	maximum height
Sanduni	4.68	4.60	4.50	4.44	4.72	4.30	4.72
Naduni	4.33	4.62	4.70	4.72	4.35	4.58	4.72
Janani	4.45	4.72	4.56	4.69	4.47	4.65	4.72
Dasuni	4.40	4.42	4.46	4.28	4.25	x	4.46

- (30) The winner of the event is
 (1) Sanduni (2) Naduni (3) Janani (4) Dasuni

- (31) The one who got the third place is
 (1) Janani (2) Sanduni (3) Dasuni (4) Naduni

- (32) 'A Health and physical Education Day' has been organized in Anura Maha Vidyalaya. Which of the following could not be seen there.

- (1) Measuring the BMI of all the students and conducting programmes to improve the health condition of students
 (2) Organizing friendly matches for different games.
 (3) Not directing students in making new minor and lead up games.
 (4) Preparing tournament plans for games.

- ♦ Study the below given pairs of situation and answer question number 33 and 34.

First situation

Second situation

- | | | |
|---|---|---|
| A | Not increasing the weight of the mother sufficiently during pregnancy | Pregnancy malnutrition |
| B | Occurance of various joints and bones ailments | Over nutrition |
| C | Prevent from smoking and liquor consumption | Occurance of bad health conditions |
| D | Following correct health habits | Infect of sexually transmitted diseases |

- (33) Pair of situations, where the increase of the first situation causes the increase of the second situation.
 (1) A and B (2) A and C (3) B and D (4) C and D

- (34) Pair of situations, where the increase of the first one causes the decrease in the second one.
 (1) A and C (2) A and B (3) B and D (4) C and D

- (35) Our body is made up of different body systems. The body system that differs from male to female is
 (1) Reproductive system (2) Food digestive system
 (3) Blood circulatory (4) Excretory system

- (36) Which of the following should not be done to protect from sexual abuse and sexual exploitation
 (1) Not allowing any one to touch the body unnecessarily
 (2) If any outsider tries to touch your body physically ignore him/her tactfully
 (3) Try to walk or being in lonely places
 (4) Pay attention to the people who unnecessarily pay attention to you

- (37) ♦ Walking briskly ♦ Jogging
 ♦ Cycling ♦ Aerobics
 ♦ Swimming

The physical fitness that can be developed by engaging in the above activities are

- (1) Muscular endurance (2) Cardio vascular fitness
 (3) Muscular strength (4) Body composition

- (38) We have to face various types of problems and challenges in day to day life. Some people suffer from health issues such as mental stress due to such conditions. To avoid from such situations we can
 (1) engage in yoga exercises (2) postponing work
 (3) Use of liquor and drugs (4) Take less amount of food

- (39) ♦ Not following road rules and regulations
 ♦ Walking in the darkness
 ♦ Walking in groups on the road
 ♦ Walking on the left side of the road
 ♦ Dumping waste along road side while walking

The above given faults are done by

- (1) Drivers (2) Defects in vehicles
 (3) Defects on roads (4) Pedestrians

- (40) The country in which Asian Netball Tournament is held
 (1) Sri Lanka (2) Singapore
 (3) Maldives (4) United Arab Emirates (UAE)

Southern Provincial Department of Education

Year End Test - 2018

Grade 10

Health and Physical Education - II

Name / Index No.

Time - 02 hour

Instructions:

Answer the first question, Two questions from Part I and two questions from Part II.

(01) Sanuli who studies in Grade 10 shows gradual decrease in school attendance. When inquired her mother has told that she suffers from cold frequently and due to that her school attendance is affected. Some students in Sanuli's class crack jokes on her related to the frequent absence from school.

Her term test performance too shows a decline and she has lower marks in this term compared to the previous term. When she attends school she has the habit of consuming biscuits, rolls, pattis etc and a soft drink bottle during the interval.

When she participated in 400m race and 800m race in the last sportsmeet. She got fainted in the play ground.

When she measured the body mass index on the Health and Physical Education Day of the school the leader pointed out that her BMI value is also not good. On the same day Public Health Inspector delivered a speech on the importance of balanced diet as well as a compulsory vaccine that should be given to the girls of over 15 years of age.

- (i) Write two areas of health that has not developed in Sanuli.
- (ii) Mention two programmes carried out in schools in relation to health and physical education subjects.
- (iii) Write two benefits we get by consumption of a nutritional meal.
- (iv) Name two nutrients in a balanced meal.
- (v) Write two diseases Sanuli may get in future due to her food pattern.
- (vi) Write two measures she can take to reduce her nutritional problems.
- (vii) Write two ways of getting rid of her mental stress
- (viii) Name the starting methods she might have used in 400m and 800m races.
- (ix) Write two first aid methods that can be given to her at the time of fainting.
- (x) What is the compulsory vaccine that can be given to girl? And to prevent which disease is it given?

(2 x 10 = 20 marks)

Part I

♦ Answer only two questions.

(02) To lead a healthy life, we need to balance our needs in various stages in life.

- (i) Give two conditions that can be faced when a pregnant mother does not take proper nutrition.
- (ii) The best food that can be given to an infant is breast milk. Write two points to show the importance of breast milk.
- (iii) Write two stimulants that can be used to improve the mental development of infants.
- (iv) Write two contributions of school to develop the character of a child in late childhood.
- (v) Mention two factors to maintain the balance at different body postures. (2 x 5 = 10 marks)

(03) Below given P and Q are two details of body systems. Read it and answer the questions that follow.

P - Take oxygen from air outside and provide it to lungs and take carbon dioxide from lungs and release it to the outside.

Q - Oxygen obtained from lungs is given to muscle cells out carbon dioxide released from muscle cells are taken to the lungs.

- (i) Identity the body systems relevant to P and Q.
- (ii) Write two organs related to Q.
- (iii) Name two other systems other than P and Q.
- (iv) Give two disease conditions that directly affect the functioning of P body system and two disease conditions that directly affect the functioning of Q body system.
- (v) Write four strategies to follow to maintain proper functioning of the above two body systems. Write two for each system. (2 x 5 = 10 marks)

(04) Explain briefly how you contribute to solve the below given situations.

- (i) One of your friends uses a particular fairness cream available in the market with the intention of getting fairer.
- (ii) A friend of yours says that once he consumes a type of toffee available at a boutique near your school gives a certain different feeling, to the body.
- (iii) You are invited by a friend of yours to watch a video film when his/her parents are away from home.
- (iv) A wealthy businessman in the area gives patronage to the cricket tournament in your school by financial support. He needs to advertise cigarette and liquor advertisements in the event.
- (v) Your sister makes a habit of ignoring her breakfast everyday.

(2 x 5 = 10 marks)

Part II

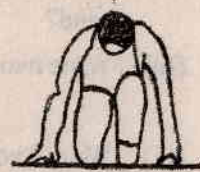
♦ Answer only two questions.

- (05) The given below are some events done in Inter-House sports meet. Omal who participated in some events of the sports meet faced an accident by tearing a muscle tissue. Omal should be given first aid.

No: of the Competitor	Events participated
20	400m, 4x100m relay
32	110m hurdles, Long jump
45	1500m, 3000m
53	Pole vault

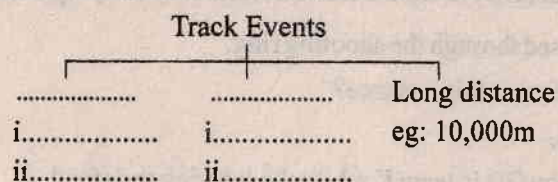


(a)



(b)

- (i) Write the types of starts used in above (a) and (b) instances. Write the number of competitor separately.
- (ii) Apart from the jumping events given above give one examples for horizontal and vertical jumps.
- (iii)



Fill the blanks of the above with suitable words.

- (iv) What is the first-aid method you use to give first-aid to Omal?
- (v) In a relay, the baton was dropped by the third runner in the exchange zone. It was picked up by the fourth runner and finished the relay obtaining the first place. If you are the judge of this, what would be your decision?

- (06) Sayara and Ruvina are two friends. They are good looking and take responsibilities. They very actively participate in the physical education programme in the morning. Not only in studies they are very good at sports, too. Sayara is very popular among the teachers who teach in the class. Ruvina is very popular in the whole school and she maintains cordial relationships with other.

- (i) Write two benefits of engaging in physical fitness programme in the morning.
- (ii) According to the above description who will be the most suitable girl for the school head prefect? Give reasons for your answer.
- (iii) Write two activities to improve the muscular strength of Sayara.
- (iv) What benefits do they enjoy by developing flexibility? Write two.
- (v) Write one activity they can do to maintain body composition in the correct way.

(2 x 5 = 10 marks)

♦ **Answer only A or B or C part of the following.**

(07) (A) There was a volleyball match between 'Pahan' team and 'Malmi' teams. The ball spiked by No. 15 player in 'Pahan' team was tried to block by No. 08 player in 'Malmi' team. In this instance he touched the ball which was already in contact with his hand and passed it to the other team.

(i) What is the decision given by you as a judge in this instance? (01 mark)

(ii) What is your idea about No. 08 player who touched the ball which was already in contact with his hand? (02 marks)

(iii) Write two, faults that can be done by the player in 'Malmi' team as he is going to block the ball. (02 marks)

(iv) Write 2 volleyball skills. (02 marks)

(v) Write 3 activities to practice the blocking skill of volleyball, with diagrams. (03 marks)

(B) In the netball match between H and K teams, Goal Attack (GA) of H team made a shot in the goal area. At this instance Goal Defend (GD) in team tried to defend it by keeping 3 feet distance. But the ball touched her hand and passed through the shooting ring.

(i) (a) What is the decision of the referee at this instance? (1 mark)

(b) Give reasons for the decision. (02 marks)

(ii) Write two faults that can be done by GD in team K while she is trying to defend. (02 marks)

(iii) Write two skills of netball. (02 marks)

(iv) Write three activities to be done by these players, when they are trained to shoot the ball. (03 marks)

(C) In the football match between Nimal and Kamal teams No. 10 of Nimal team hit the ball to the Goal area. That kick was tried to defend to defend by No. 14 of Kamal team but the ball touched his feet and after that it touched the hands of the goal keeper in the same team and passed the ball into the goal.

(i) (a) What is the decision of the referee at this instance? (01 mark)

(b) Give reasons for your answer. (02 marks)

(ii) Write two skills of football. (02 marks)

(iii) Name two kicks of football that you know. (02 marks)

(iv) Write two activities to improve the skills of football players. (03 marks)