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Grade 10 | **Second Term Test 2024** | **86 E I,II**

Health & Physical Education I

Time : 03 Hours

★ **Answer all question.**
★ **Select the correct answer from (1) (2) (3) (4) and mark the correct answer in the provided paper.**

01) Maintaining heathy relation with others is,
01. Physical well being. 02. Mental well being.
03. Social well being. 04. Spiritual well being.

02) This is not a factor affect the social well being,
01. simple life style. 02. being happy 03. engage in a hobby. 04. selflessness.

★ This is the advice given by a doctor after examining Thisara. Answer the 3rd & 4th questions by reading it,
"As Thisara is suffering from under nutrition (stunting) he should consume more energy giving food."

03) According to the doctor's advice, Thisara is in the .....range of the B M I chart.
01. 18.5-24.9. 02.below 18.5. 03. 25-29.9. 04.over 30.

04) The colour in which Thisara's nutritional status in the B M I chart,
01. Orange. 02.Green. 03. Light purple. 04. Dark purple.

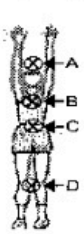
05) A- Avoid starving more than 10 hours. B- Having 6-8 hrs sleep.
C- Time management. D- Avoid starving less than 10 hours.
select the incorrect statements from the above,
01. A. 02. B. 03. C. 04. D.

06) Childhood is the most fantastic period in our life. How many stages are there in childhood.
01. 2 02. 3 03. 4 04. 5.

07) The age limit of late childhood is,
01. 6-10 yrs. 02. 01-05yrs. 03. 3-5 yrs. 04. 5-08 yrs.

08) A → Good qualities.
A → Developing motar skills.
A → Expressing ideas.
The most suitable topic for A is,
01. Neo natal stage. 02. Infant stage. 03. Early childhood. 04. Late childhood.

09) Proper guidance and healthcare should be given during childhood, a step taken in this regard is,
01. Immunization. 02. Providing love and affection.
03. Expressing ideas. 04. allowing to play.

10. 

According to the diagram. The center of gravity is located at,
01. A. 02. B. 03. C. 04. D.

11) Select the answer that has only dynamic postures,
01. Walking-Running-lying down.
02. Walking-jumping-sitting.
03. Walking-throwing-jumping.
04. walking-running-standing.

12) Correct posture that you should maintain when using the computer.
01. keeping the spine straight and leaning the head foward.
02. Using a chair that is one inch higher than an ordinary one.
03. Changing the posture every 2 hours.
04. All above.

13) The answer that contain only external injuries,
01. Bruises-lacerations-blisters.
02. Bruises-cuts-Fractures.
03. Bruises-laccrations.-piercing.
04. piercing-nerve damages- lacerations.

14) A personal factor related to accidents.
01. high temperature.
02. improper training.
03. not wearing safety gears.
04. not following rules and regulations.

15) What is the letter " E" denotes in PRICES method,
01. Elevation. 02. Rest. 03. Energy. 04. Support.

A-Rest
B- Washing the attacked area
C- Indentifying the creature.
D- Giving a painkiller and taking to the hospital.

16) The above steps are the first aid given during a snake bite, the correct procedure is,
01. C A B E D. 02. D C A B E. 03. C B A D E. 04. B C A D E.

17) The first Olympic was started in,
01. 756 BC. 02. 776 BC. 03. 876 BC. 04.1896 BC.

18) Select the incorrect statement regarding the Olympic Flag,
01. Consists of five rings.
02. The rings are entangled .
03. The back round is white.
04. The rings indicate the religions & races in the world

19) This is not an objective in organizing inter house sports meet,
01. creating conflicts among students.
02. Providing opportunities for every students.
03. encouraging to face challenges.
04. developing personality.

20) Select the answer that contain only macro-nutrients,
01. fat-protein-vitamins.
02. minerals-fat-protein.
03. carbohydrates-fat-protein.
04. carbohydrates-fat-vitamins.

21) The doctor diagnosed that Ravi was suffering from vitamin A deficiency .the deficiency disease is,
01. Anemia 02. Night blindness. 03. Bone issues. 04. Goiter.

22) Thamara is suffering from a deficiency disease ,She was adviced to have small fish ,and sea food. She avoided having cabbage-raddish...ect.her deficiency was,
01. Iron. 02.Iodine. 03. Vitamin A 04.Calcium.

23) A patient suffering from stunting should consume much and less food item respectively,
01. Iron rich food-junk food.
02. Cereals-pulses.
03. Vegetables- Iron rich food.
04. yams-pulses.

24) Dehemi said, that there was sand in the Rotti she bought from the canteen. To which category does this incident related to food safety.
01. Chemical factor. 02. Biological factor. 03. Natural factor. 04. physical factor.

25) Special Nutritional need Category → Sportsman. / lactating mothers. / ..... / vegans.

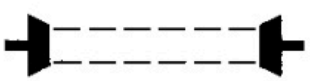
The suitable answer for A is,
01. Elders. 02. Middle aged people. 03. Pregnant mothers. 04. Adolescents.

26) Food spoilage is a factor that affect the food safety, A factor that affect for food spoilage is,
01. Contamination by files. 02. utensils using unclean.
03. exposing food to the environment. 04. All above.

27) Food poisoning may cause death. An example for such incident is ,
01. washing vegetables and fruits after cutting. 02. Consuming potatoes when they are green.
03. adding lime juice to green leaves. 04. Making salad using different vegetables.

28) An out door activity that needs a compos.
01. jungle exploration. 02. boat riding. 03. cycling. 04. all above.

29) The following symbol, is used in maps.what does this symbolize?



01. Tunnel 02. Foot path.
03. Road under construction. 04. Bridge.

30) The answer that consists of the events started by crouched start,
01. 100m-400m hurdes,800m. 03.800m,1500m,5000m.
02. 800m-400m-200m. 04. 200m, 400m,800m.

31) The diagram shows a running drill. what is it?



01. Running drill A. 02. Running drill B.
03. Running drill C. 04. Runinng drill D.

32) The events that belong to pentathlon.
01. Long jump-High jump-puthot 02. 100m ,200m,javelin.
03. 400m,javelin,long jump. 04. long jump-200m-javelin.

33) Number of rules related to race walking is,
01. 2 02. 3 03. 4 04. 5

★ Answer the Question 34,35 based on the following table.

Athlete	event
A	long jump
B	100m
C	1500m

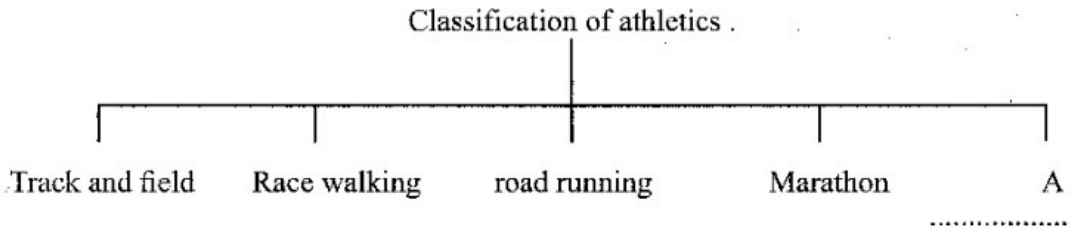
34) The athlete who does short distance running,
01. A. 02. B. 03. C. 04. B& C.

35) The athlete who stars the event by the comand " Get set ' go (pistel sound)
01. A. 02. B. 03. C. 04. B&C.

36) Among the baton changing methods the non visual method is suitable for,
01. 100m× 4. 02. 400m × 4. 03. 800m×4. 04. all above.

37) The number of stages in long jump is,
01.2. 02.3. 03.4. 04.5.

38)



.....

The most suitable answer for A is,
01. Jumping. 02. Throwing. 03. Mountain running. 04. Running.

39) According to the following rules ,An unsuccessful jump is,
01. stepping on the take off board. 02. Using sumer sault in jumping.
03. Leaving the area, just beyond the landing point. 04. All above.

40) The country that won the T20 cricket tournament 2024 is,
01. South Africa. 02. England. 03. Australia. 04. India.

(40x1=40 mark)

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Health & Physical Education II

Index no .....

- **First question is compulsory. Answer all together 5 questions selecting 2 questions from part I and two from part II.**

01. Mihindupura Maha Vidyalaya organizes many events annually within the school, Health day program was held in a grand scale.
    - The importance of total Health
    - Avoiding nutritional problems
    - Accident free tomorrow

    Under the above topics lectures were held by different persons. Friendly volleyball matches were held in the school and medical clinics were held for teachers and parents. There were many benefits for school children by having such programs.

    1. What is total Health?
    2. Write 2 suitable lifestyle to maintain total health.
    3. Write 2 challenges you face when maintaining total health.
    4. Write 2 benefits of having proper nutrition for a child.
    5. Write 2 factors that affect nutritional deficiency.
    6. What are the two categories of accidents in sports.
    7. Write 2 accidents we face in our daily life.
    8. Write 2 organized games a part from volleyball.
    9. Write 2 benefits a child gain by participating in such events, in school
    10. Write 2 non communicable disease.

    (2x10=20marks)

02. We perform deferent postures in our daily life.
    1. Write 2 bio mechanical factors that affect our posture. (2mark)
    2. Write 2 static and 2 dynamic postures in our daily life. (4mark)
    3. Write 4 factors that we have to consider when correct standing (4mark)

03. Nutrition is essential for functioning of our body.
    1. Write 2 categories of malnutrition. (2mark)
    2. State 3 myths about nutrition. (3mark)
    3. Write 5 ways to overcome nutritional problems as a student. (5mark)

04. How do you face the following challenges successfully.
    1. Your friend who comes to school on a motor bike, used to ride in high speed.
    2. Your sister says that she is going to purchase a whitening cream after school which she has seen in an advertisement.
    3. One of your friends plan to attack a student after school who has engaged in a conflict in the school.
    4. Your friend always consume deep fried snacks for breakfast.
    5. A stranger comes to your place while you are all alone at home.

    (2x5=10mark)

PAST PAPERS WIKI

Part II

05. A law abiding athlete would become a great citizen to a country.
    1. Write 2 importance of rules and regulations in sports. (2mark)
    2. Write 3 unfavorable effects on a sportsman who uses performance enhancing drug.(3mark)
    3. Write 5 Health and physical education programs conducted in a school. (5mark)

06. School children love to engage in athletics.
    1. Categorize the jumps as horizontal and vertical with examples (2mark)
    2. Write 3 rules in baton changing. (3mark)
    3. Write 2 activities to practice baton changing with diagrams. (5mark)

07. Select one part from A, B, C

A - 1. Write two other skills in Volleyball apart from blocking. (2mark)
    2. What are the decision you take during the following instance as a referee.
        a) A front row player sends the ball back to the other team when the ball was completely over the net. (2mark)
        b) A front row player of Thisara team blocks the ball which was sent by the Mayura team. (2mark)
    3. Write two activities to train blocking to a new volley player with diagrams. (4mark)

B - 1. Write 2 skills in Netball (2mark)
    2. What are the decisions you take during the following instance as a referee.
        a) The ball goes out of the goal circle by touching the goal shooter of the A team. (2mark)
        b) While the center player of team B having the ball in her hand the centre player of team A defend by being less than 3 feet. (2mark)
    3. Write 2 activities to train shooting to a new netball player with diagrams. (4mark)

C - 1. Write 2 skills in Football. (2mark)
    2. What are the decisions you take as a referee in the following instances.
        a) During the match between Mahaweli and Nilwala teams, A player from Mahaweli team touched the ball. (2mark)
        b) During the match between, Shakthi and Yukthi teams A player from Yukthi team, defended the goal keeper. (2mark)
    3. Write two activities to train inside kick to a fresh player with diagrams. (4mark)

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