

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.

3. Breast Milk

4. Smashed fruits.

9) Given below is an advice which family health adviser gave to a mother,

"Now you are responsible for the better health of your own child. Therefore you should not miss taking health assistance regularly, nutritional food and regular exercise and be happy."

This is a,

1. Pregnant Mother

2. Feeding Mother

3. Mother of an Infant

4. Mother of Neonatal.

10) An example for micro nutrient is,

1. Protein

2. Lipid

3. Carbohydrate

4. Iron

11) The biological factors which affects the nutritional secure of food is,

1. The micro-organism which contains in the food that affects our body.

2. The chemicals contains in the food.

3. Sand or small stones which contain in the food.

4. Non of the above.

Answer the questions no. 12, 13 and 14 using the information given below, which has been taken from a medical test done at a school.

Student	Nutritional deficiency
A	Iron
B	Vitamin A
C	Iodine

12) Of the supplied data who do you think suffers due to Thyroid?

1. A

2. B

3. C

4. All

13) Here A student called Sara does not see properly at night Sara can be indicated here by the letter,

1. A

2. B

3. C

4. All

14) Who suffers due to Anemia?

1. A

2. B

3. C

4. All

Answer the questions no 15 and 16 using the facts in the given story.

❖ We were very happy for obtaining very good marks for the 1st term test so that we would be able to face O/L examination without any fear. Suddenly we noticed Chamal crying at a side due to obtaining very less marks for Mathematics. We all went near Chamal to conceal him. We help him to improve his knowledge to get best marks at the next term test.

15) We behaved in such a manner due to our,

1. Sensitivities

2. Sympathetic Nature towards him

3. Pathetic feelings

4. Kindness

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.

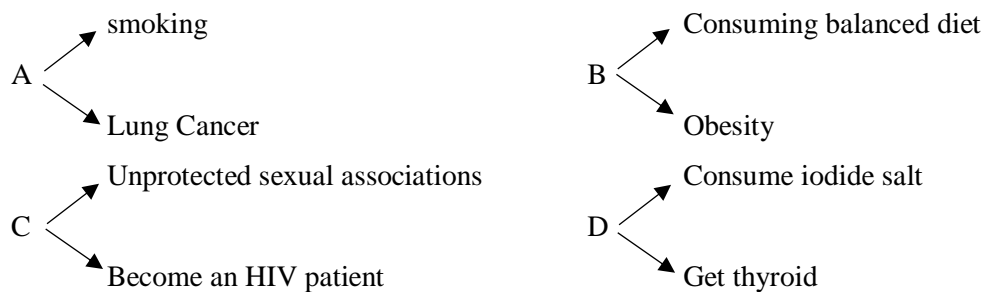
17) A food item which get high nutritional value is,

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?

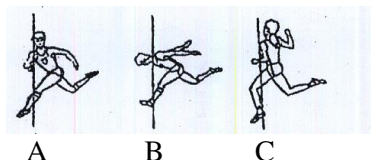
1. Mass
2. Supportive bottom
3. Level of the gravity low
4. Bend the body towards an outer force

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?



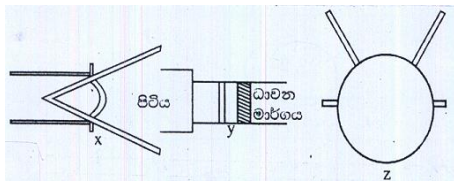
1. Normal walking

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 or 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?

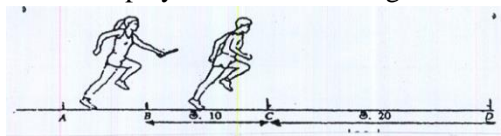
1. Y area only

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,

- | | |
|------------------------|--------------------|
| 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,

- | | |
|-------------------------|--------------------------|
| 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,

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

35) Due to rules and regulations of sports,

- | | |
|------------------------------------------|--------------------------------------------------|
| 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,

- | | | | |
|------------|------------|------------|------------|
| 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,

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



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.
- According to the above mentioned information, give 2 examples for extra curricular activities which the students can show their skills. (2 marks)
 - Give 2 examples for short distance running events which Sithum can participate. (2 marks)
 - Do you agree with the proposal of contributing a nutritional pack monthly to Sithum? Give a reason. (2 marks)
 - Name 2 Macro nutrients which should contained in the nutritional pack for Sithum. (2 marks)
 - Name 2 Micro nutrients which should contained in the nutritional pack for Sithum. (2 marks)
 - Name the 2 types of mosquitoes who spread Dengue? (2 marks)
 - Give 2 examples and Write the way how the Dengue Irradiation Program works in the school. (2 marks)
 - Mention the names of 2 Institutions you can get help for the Health Promotion Program in your school. (2 marks)
 - Name 2 mixed food which were not included in the above passage. (2 marks)
 - 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.
- If you need to maintain a totally healthy life give 3 examples for life styles you should maintain. (3 marks)
 - Write the formula for for the BMI (Body Mass Index) (3 marks)
 - 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

