



Grade

10

## SECOND TERM TEST - 2019

SUBJECT - Health and Physical Education

School : .....

Name of the Student/ Index No : .....

Time : 3 hrs.

### Paper I

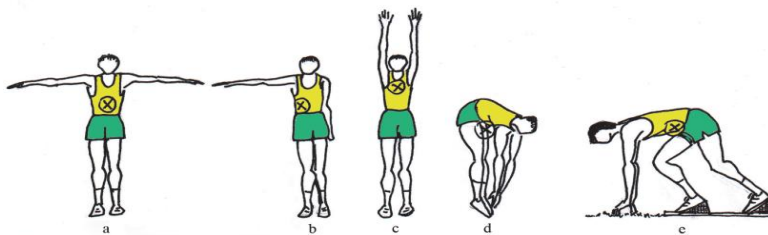
Answer all the questions.

Underline the most suitable answer.

- Having good relationships with the people around us is,  
a. Spiritual Health      b. Social Health      c. Mental Health      d. Physical Health
- Which aspect of health do the following factors represent?  
• Favourable weather, pure water, clean air, developed cities  
a. health services      c. physical environment  
b. physical and social background      d. behavior of a person
- In minor games, the boundary of the ground, rules and regulations, time can be decided by the people who engage in it. This statement is,  
a. True      c. False  
b. Cannot be stated whether true or false      d. Cannot say anything
- In this stage of the fetus, all the requirements are fulfilled by the mother. What is this stage of human being?  
a. pre childhood      b. neonatal      c. pre natal      d. post childhood
- The following picture shows,



- a dynamic position      b. a static position      c. open position      d. closed position
- The following figures show,



- a. The position of the centre of the gravity
  - b. Moving body parts to the opposite direction
  - c. Position of the supporting base
  - d. Bending the body towards an external force.
7. Which posture should be maintained on a horizontal, flat surface without blocking the airway and without interrupting the blood circulation and function of the body parts?
    - a. Sitting
    - b. standing
    - c. at attention
    - d. laying
  8. B12 vitamin is provided by,
    - a. Animal matter
    - b. Plant matter
    - c. Animal and plant matter
    - d. Not any of the above
  9. The libero player of the “Gemunu “ team spikes and sends the ball to the opponents’ court, which was lifted with finger tips in the front part of the court while it is completely above the level of the net. The judge reacts as follows in that situation.
    - a. Let the payers to continue as it was not a foul.
    - b. Advice the opponent team
    - c. Offer the ball with a score to the opponent team
    - d. Keep the libero player of the “Gemunu “ team out of the game.
  10. According to the classification of athletics, field events include,
    - a. Jumps, throws
    - b. Throws, running
    - c. Jumps, running
    - d. Jumps, walking
  11. Mahela Jayawardana earned “ ICC Spirit of Cricket” award at the ICC Awards held in
    - a. 2014
    - b. 2015
    - c. 2016
    - d. 2017
  12. We all face challenges in our life. Which of the following is not a main factor of creating challenges?
    - a. Ignorance
    - b. carelessness
    - c. safe environment
    - d. Drugs, alcohol
  13. Why should a married woman take Folic acid when expecting a baby?
    - a. To minimize the deforms in the nerves system of the baby.
    - b. To protect the baby from thelasemia.
    - c. To protect the baby from German measles.
    - d. To protect the baby from respiratory diseases.
  14. The following figure shows a signal shown by the line judge in volleyball. What is the situation?



- a. Reaching the ball beyond the net
- b. Ball in
- c. Ball out
- d. Ball touched an outside object.

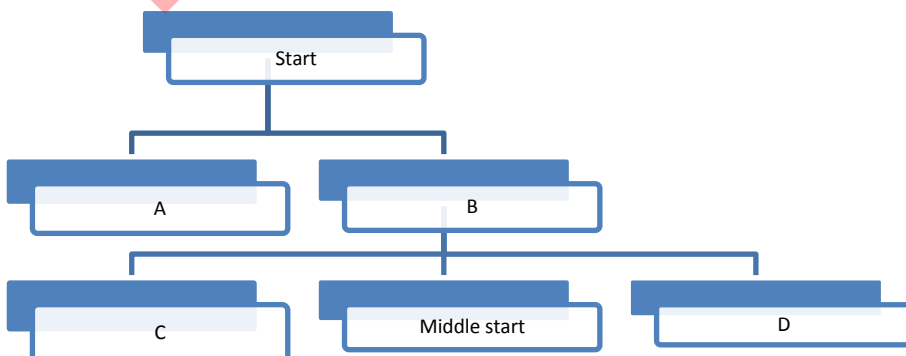
15. Which answer includes the skills of netball only?
- ball controlling, attacking, foot work,
  - ball controlling, foot w work, shooting
  - shooting, foot work, serving
  - defending, attacking, serving
16. According to the classification of track and field event chart, “ steeple chase” belongs to
- Short distance running
  - middle distance running
  - Long distance running
  - Jumping event
17. The following figure shows a skill of foot ball. What is it?



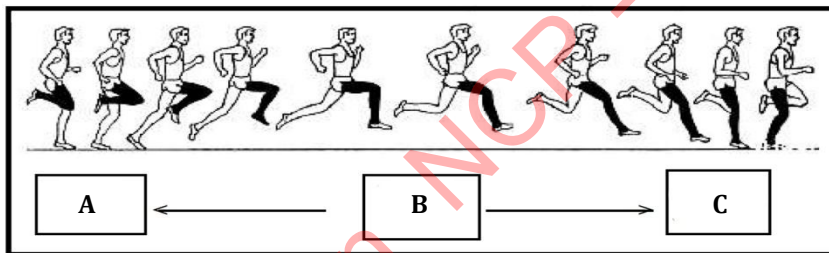
- Kicking the ball with the heel.
  - Stopping the ball with the thigh of the leg.
  - Keeping the foot on the ball to stop it.
  - Using the inner side of the foot to stop the ball.
18. If the pregnant mother takes nutritious food during the pregnancy the weight gain of her will be between,
- 2 ½ kg to 3 ½ kg.
  - 10kg to 12 kg
  - 15 kg to 20 kg
  - 2 ½ kg to 5 kg.
19. The following figures represent respectively,



- Main road (A) ,tunnel, irrigation canal, tank
  - Main road (B), other roads, irrigation canal, forests
  - Main road ( A ) , tunnel, foot path, pool
  - Main road under construction, tunnel, irrigation canal, pool
20. Which answer includes the correct words for A,B,C and D of the following chart?

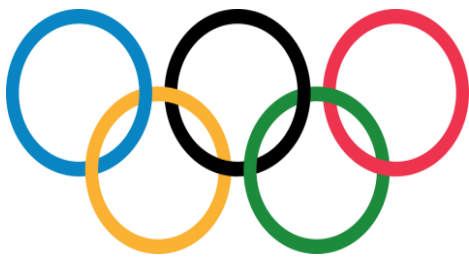


- a. Standing start, elongated start, crouch start, short start
  - b. Standing start, short start, crouch start, elongated start
  - c. Standing start, crouch start, short start, elongated start
  - d. crouch start, Standing start, short start, elongated start
21. In running events, running exercises, start and ending are very important. What is the correct statement out of the following?
- a. In Running B exercises, the knee is raised forward and a forward movement is made with alternative steps according to a rhythm.
  - b. Lean the body backward with the last step before the finishing line.
  - c. Keeping both arms close to the body at the on your mark stage.
  - d. 3 commands are given in standing start.
22. The first and the second athletes of the relay race of Labugama MV, held at Divisional sportsmeet, exchanged the baton out of the exchange zone. The team won the first place.
- a. The team was disqualified.
  - b. The relay race was held again.
  - c. They were assured the first place.
  - d. They were given advice.
23. What is the incorrect statement regarding the fulfilling the needs of childhood?
- a. Giving complementary food after 3 months to maintain the growth of the child.
  - b. 75% of the brain growth is completed at the child's first birthday.
  - c. Creating a balanced personality by giving protection, love and affection.
  - d. Developing the neurons of the child through stimulations and responding.
24. Which stages of short distance running are represented correctly by A,B and C in the following picture?

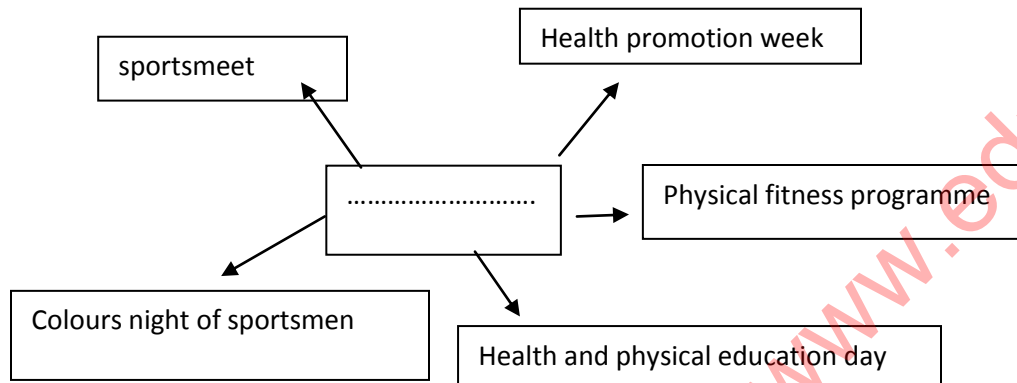


- a. Take off/landing/flight
  - b. Take off/flight/landing
  - c. Landing/flight/take off
  - d. Flight/take off/ landing
25. When the ball goes out of the court in netball,
- a. Free pass is given to the opposite team.
  - b. Throw in is given to the opposite team.
  - c. Toss up is done between two players.
  - d. Penalty pass is given to the opposite team.
26. Which of the following is open to both men and women?
- a. Pentathlon                      b. Heptathlon                      c. Decathlon                      d. Hectathlon
27. In the correct race walking ,
- a. The shoulders must be relaxed
  - b. The angle of the elbow should be 45°
  - c. First the toes, secondly the ball joint and thirdly the heel of the foot should be in contact with the ground
  - d. The toes of the front foot and the knee joint are directed to sides.

28. The following symbols can be seen in the,



- a. South Asian Games flag
  - b. SAARC Games flag
  - c. Asian Games flag
  - d. Olympic Games flag
29. Underline the most suitable word for the blank in the following diagram.



- a. The Health and physical education programmes conducted in a school
- b. Features of an organization
- c. The structure of a school
- d. Other sports activities

Following are the details of four girls (A,B,C,D) who were subjected to a test on nutrition. Answer question number 30 and 31 based on the information given about them.

- A- Has iron deficiency
- B- Has Iodine deficiency
- C- Has vitamin A deficiency
- D- Has Calcium deficiency

Piumi is suffering from goiter

Nishali is suffering from night vision

Hansali is suffering from anemia

Ganga is suffering from osteoporosis

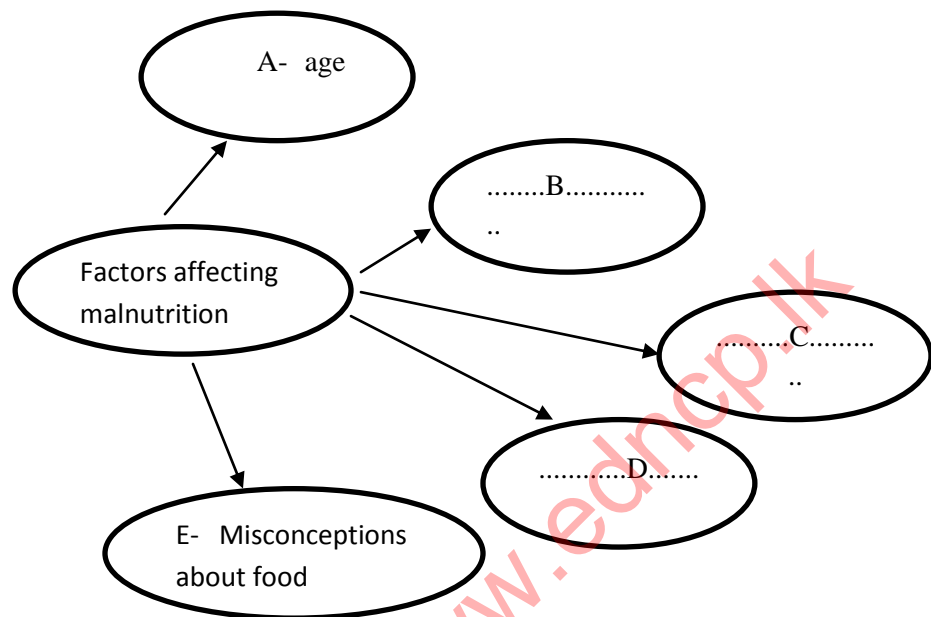
30. What is the name of the girl C?

- a. Piumi
- b. Nishali
- c. Hansali
- d. Ganga

31. Who shows the symptom of decrease of hemoglobin in blood to 12?

- a. A
- b. B
- c. C
- d. D

32. What are the most suitable words for the blanks B,C and D of the following figure?



- a. Health condition, malnutrition of mothers, environment
- b. Low weight births, food hygiene, age
- c. Food hygiene, health condition, environment
- d. Environment, diseases, age

33. Which equipment is not a must for a foot ball player?

- a. Numbered Jersey      b. short      c. stockings      d. shin guard

34. Food hygiene means “The cleanliness in preparation and consumption of food in such manner as to prevent diseases and that doesn’t develop any harmful effects to the health of an individual”. The above definition is,

- a. True      b. False      c. Cannot say whether true or false      d. Should be amended

35. Which of the techniques of blocking in volleyball is shown in the picture below?

- a. Approaching the ball
- b. Ready position
- c. Landing
- d. Take off and touching the ball



36. Following are some benefits of an activity.

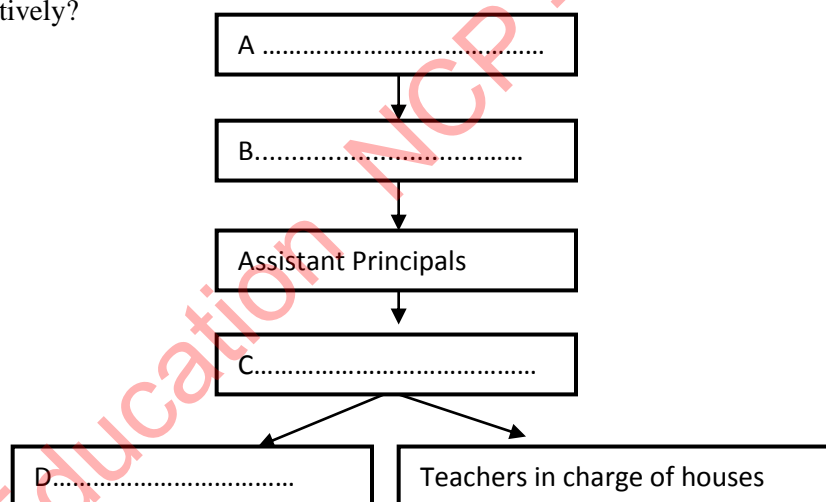
- Gain happiness and enjoyment
- Developing the capacity of exploration
- Practice using alternatives
- Develop the ability of making decisions.

These benefits can be gained by

- a. Engaging in outdoor education
  - b. Taking meals rich with nutrients
  - c. Obeying rules and regulations
  - d. Keeping correct posture
37. Using instant food and neglecting exercises cause the following diseases.
- a. Heart attacks, diabetes, stoke
  - b. Heart attacks, dengue, diarrhea
  - c. Diabetes, cold, diarrhea
  - d. Dengue, diabetes, stoke
38. Study the following food items.
- Red : beetroot, hibiscus flower
  - Blue :” katarolu” flower
  - Green : peel of the water melon
  - Yellow : mango, orange

The above food items can be used to,

- a. Make the food tastier
  - b. Make the food colourful
  - c. Make the food diverse
  - d. Make the food more nutritious
39. Following flow chart shows the organizing committee of a school sportsmeet. What should be A, B, C and D respectively?



- a. Sub committees, Physical education teacher, deputy principal, Principal.
  - b. deputy principal, Principal, Physical education teacher, Sub committees
  - c. Principal, deputy principal, Physical education teacher, Sub committees
  - d. Physical education teacher, Sub committees, Principal, deputy principal
40. An offence done by pedestrians,
- a. Walking on left
  - b. using breaks unnecessarily
  - c. drive drunk
  - d. using worn out tires.

## Paper II

The first question is compulsory.

Select two questions from part I and two questions from part II.

The total number of questions you should answer is five.

1. The students of Sandahiru Vidyalaya were taken as a sample to find out the reasons of nutrition problems among the student population in the country. A medical test was done with the students and it was revealed that some students are not at the proper height according to their age and the weight is not appropriate to the height and age. In the programme, the students were given milkrice with gram, “Helapa” and banana. The doctors advised that engaging in sports and regular exercises are important and that all of us must engage in activities together.
  - (I) According to the findings of the medical test above, what nutrition problem has affected those students?
  - (II) Name 2 effects of the above mentioned nutrition problem.
  - (III) Write 2 steps that can be taken to minimize the above effects.
  - (IV) Name the nutrients contained in a balanced diet.
  - (V) What is the step taken in the above programme to promote nutritious food?
  - (VI) Name 4 team games that can be done by the students of the school.
  - (VII) Write 4 advantages of engaging in sports.
  - (VIII) Name 4 communicable diseases we get due to less attention of nutrition and personal hygiene.
  - (IX) Write 2 misconceptions prevailing in the society about nutrition.
  - (X) Write 2 ways that you can contribute as a student to minimize the nutrition problems.

(2x10= 20 marks)

### Part I

Answer only two questions.

2.
  - (I) Explain briefly “ rules and regulation of sports” (2 marks)
  - (II) Explain 2 reasons why we should obey the rules and regulations of sports. (3 marks)
  - (III)
    - (A) Name 4 effects of using anti doping drugs ( 2 marks)
    - (B) Describe briefly 3 objectives of conducting sportsmeet in schools (3 marks)
3. “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”
  - (I) What is the above paragraph about? ( 2 marks)
  - (II) Write 3 factors affecting the keeping of body balance in different postures. ( 3marks)
  - (III) (A) The figure below shows the correct posture of sitting. Name 3 factors that we should be attentive in keeping the correct posture. ( 3 marks)





(B) Describe briefly 2 situations where we should use the correct posture of sitting in day to day life.  
( 2 marks)

4. Describe how you face the following situations.

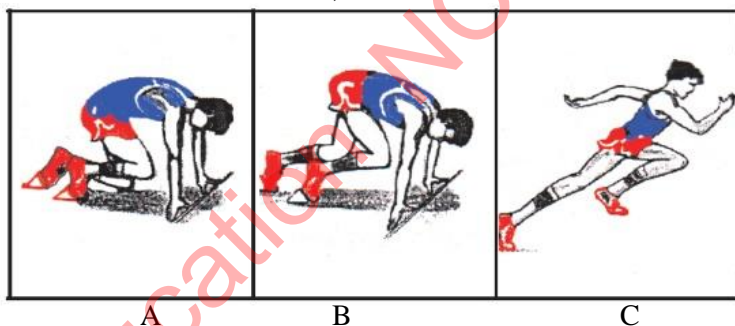
- (I) You frequently see one of your friends goes to the canteen after taking money by force from the younger students by threatening them.
- (II) One of the younger students (girl/boy) of your school hangs around the bus stop talking with unnecessary people.
- (III) You did not obey the school bell one day. You are punished by the principal.
- (IV) You are a good sportsman in the school. You notice that some of the friends of your class are not very active and they are overweight and suffering from obesity.
- (V) At the time of school close every day, you see a gang of unknown young boys hanging around near the school.

## Part II

Answer only two questions.

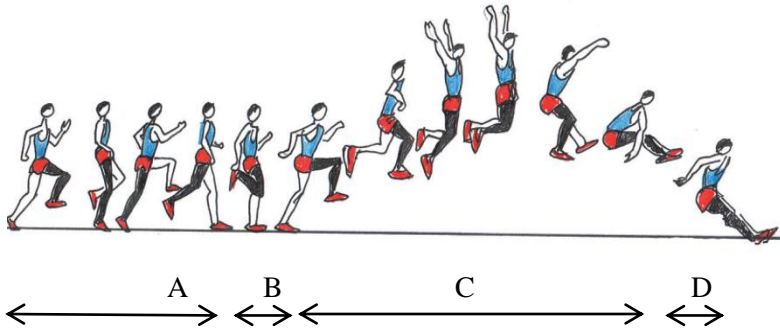
5. The start of a short distance running is very important. The slight delay of the start can lead to defeat in the race.

- (I) Name the illustrations A,B and C below. ( 3 marks)



- (II) Name four running events that uses the above A,B,C methods. ( 2 marks)
- (III) (a) Describe using pictures the inside and outside passing techniques of baton change in a relay race. ( 3 marks)
- (b) Write 2 features separately that the first and the second runners of a relay race should have.

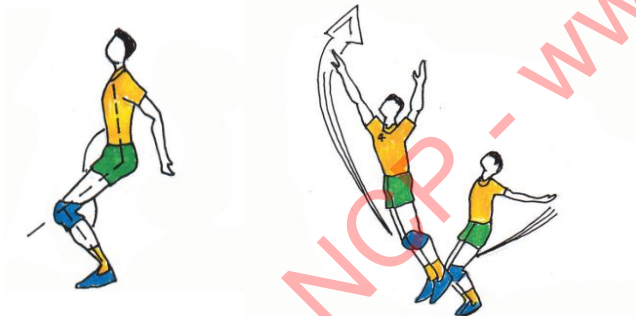
6. The following figure shows the technique of high jump.



- (I) Name the stages A,B,C and D. ( 2 marks)
- (II) Name the 3 techniques used in long jump ( 3 marks)
- (III) (a) Write 2 rules and regulations of long jump ( 2 marks)
- (b) Draw a sketch of the ground used for long jump ( 3 marks)

7. Select one question from A, B or C.

- A. (I) What is the technique of volleyball shown in the picture below? ( 2 marks)



- (II) a. In a volleyball game between team A and team B, the front players of the team A did a triple blocking and the ball fell in the team A side. If you are a judge, what is the decision you take? ( 2 marks)
- b. Name the panel of judges of a volleyball tournament ( 2 marks)

- (III) Describe with pictures how you are going to train the new players of your volleyball team, the skill of “Blocking”. ( 5 marks)

- B. (I) What is the skill of netball shown in the picture below? ( 2 marks)



- (II) a. In a game between the teams X and Y, the Centre player of the team X grabs the ball from the Centre player of the team Y by pulling her. If you are a judge, what is your decision? ( 1 mark)  
b. Name the judges of a netball tournament. ( 2 marks)

(III) Describe using pictures 2 activities that you use to train the skill of attacking in netball to the new players of the netball team of your school. ( 5 marks)

- C. (I) What is the skill of football shown in the picture below?



(II ) a. In a game of football between team A and team Z, the ball touched the hand of a player of team A. If you are a judge, what is your decision? ( 1 mark)

b. Name the panel of judges of a foot ball tournament. ( 2 marks)

(III) If you are assigned to train the new students of the school football team on the skill shown in the above picture, describe how you are going to do it with 2 activities. You should use pictures.

( 5 marks)



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