



PROVINCIAL DEPARTMENT OF EDUCATION-NORTH WESTERN PROVINCE

## THIRD TERM TEST 2022

### Grade 10 Health and Physical Education – I

02 hours

Name / Index No -

- Answer all the Questions.
- In each of the Questions 1 - 40 pick one of the alternatives (1), (2), (3), (4) which you consider as correct or most appropriate.
- Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.

- 
01. Total health means,
- Physical wellbeing.
  - Mental wellbeing.
  - Social and spiritual well-being
  - All of the above
02. Rita is meditating as a habit and maintaining good interpersonal relationship with others. she is very interested in music too. So that Rita is better to be developed in
- Physical health
  - Mental health
  - Social health
  - Spiritual health
03. Naduni studies in a pre-school and after finishing pre-school her mother keeps her in day care with the intention of engaging sports and aesthetic activities with other children so, she needs to,
- Provide experience for physical development.
  - Provide experience for mental development.
  - Provide experience for social development.
  - Provide experience to develop all above mentioned.
04. In the speech delivered by the principal at the beginning of the new year class he emphasized.
- "Crying, getting angry, scribbling, stubbornness are common characteristics of children in this stage and as the elders we must identify those emotions" Accordingly this stage is called,
- Pre-childhood
  - Childhood
  - Neonatal
  - Post - Childhood

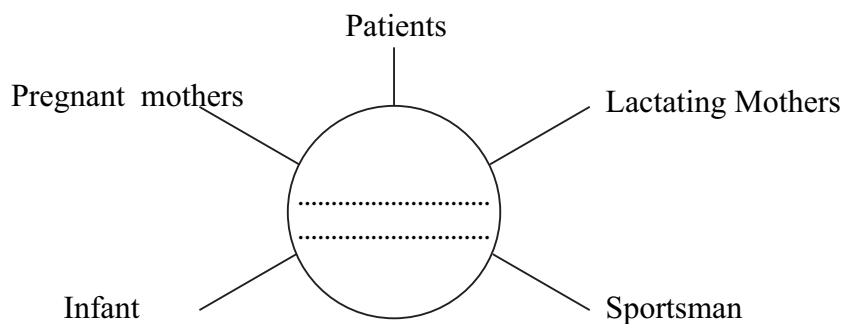
05.

| Age       | Name    |
|-----------|---------|
| 20 days   | Sithija |
| 08 years  | Nadun   |
| 04 years  | Naduni  |
| 07 months | Nelum   |

According to the above table who is belong to the neonatal stage.

- (1) Naduni (2) Nadun & Naduni (3) Sithija (4) Sithija & Nelum

06.



The most suitable answer to the above blank is,

- (1) Different life stages  
 (2) Groups with special nutritional needs.  
 (3) Life stages with risks.  
 (4) People who are easily subjected to diseases

07. Amal get excited after observing the rolling stones from the slopes of the hills and instant mud fountains near his home with the recent rains. The disaster situation relevant to this is,

- (1) Flood (2) Landslide (3) Earthquake (4) Storm

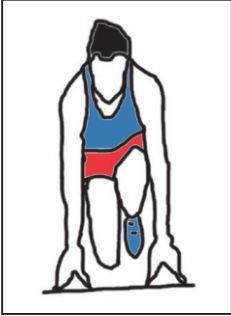
08. Choose the incorrect statement from the following statements.

- (1) Leadership qualities can develop by engaging inter house sports meet.  
 (2) School is not an organization.  
 (3) Olympic games improve international peace.  
 (4) Awareness of blood relationships leads to reduction of thalassemia.

09. Which of the following foods has the least nutritional value ?

- (1) Fried potato chips (2) Seven meal curry  
 (3) Fruit salad (4) Sambar



16. An example for short distance fast running event,
- (1) 400 m
  - (2) 400m hurdle
  - (3) 110m hurdle
  - (4) 4 x 400m relay
17. 800m event is a,
- (1) Short medium running event.
  - (2) Long distance running event.
  - (3) Medium distance Running event
  - (4) Short distance running event.
18. An example of a vertical jumping events are,
- (1) Long jump, Tripple jump
  - (2) Long jump, High jump
  - (3) Tripple jump, pole vault
  - (4) High jump, pole vault.
19. Technique can used to showing high performance in discus throw is,
- (1) Linear technique
  - (2) Rotational technique
  - (3) Perio-Bryan Technique
  - (4) Sail technique
20.  The answer includes the category of event starting from the position shown in the figure is,
- (1) 100m, 200m, 400m, 800m
  - (2) 100m, 400m, 800m, 100m Hurdle.
  - (3) 800m, 1500m, 3000m, 5000m
  - (4) 100m, 200m, 400m, 400m Hurdle.
21. Speed of running = Length of a step x .....

The most suitable answer to the above space is

- (1) Width of a step
  - (2) Step frequency
  - (3) Length of take off
  - (4) Length of landing
22. Techniques to be used by a competitor in long jump and high jump events respectively,
- (1) Hang technique, Straddle technique
  - (2) Sail technique, Rotation technique
  - (3) Flop technique, Hitch - kick technique
  - (4) Western role, Scissor technique.
23. An advice given by the coach to Prabath, who is going to participating in the race walking
- (1) When the supporting leg is in vertical position do not bent at the knees.
  - (2) When the supporting leg is in vertical position bent your leg at the knees.
  - (3) When the supporting leg is horizontally do not bent at the knees.
  - (4) When the supporting leg is horizontally bent your leg at the knees.

**Grade 10****Health & Physical Education - I - continuation**

24. The ideal baton change technique can be used for the 4 x 100m relay race is,
- (1) The visual underarm method (2) The non- visual method  
(3) The visual over arm method (4) None of the above
25. Among the athlete who can run the longest distance (120M) with the baton in a 4 x 100 m relay race is,
- (1) First or second runner (2) Second or third runner  
(3) Third or fourth runner (4) First or fourth runner
26. The point at which the weight of any object or human body acts is,
- (1) Load (2) Center of gravity  
(3) Gravity (4) Effort
27. Which is the incorrect statement regarding maintaining the body balance.
- (1) The center of gravity is located below the supporting base.  
(2) Widening the supporting base.  
(3) The center of gravity is located above the supporting base.  
(4) The height from the ground to the center of gravity is low.
28. An example for dynamic posture,
- (1) Stand at ease (2) Lying  
(3) Running (4) Stand at attention
29. A skill that can be performed alone, with two or three people in volleyball.
- (1) Service (2) Receiving  
(3) Spiking (4) Blocking
30. In the netball game, the players who can score a point for their team by shooting
- (1) GD and GK (2) GS and GA (3) WA and WD (4) WA and C
31. The minimum length and width of the foot ball court in an international match is,
- (1) 100m and 64 m (2) 90m and 45 m  
(3) 110 m and 75 m (4) 80m and 64 m
32. By following rules, regulations and ethics in sports
- (1) Decrease the enthusiasm of players (2) Protect the concept of fair play in sport  
(3) Minimize the competitiveness of the game (4) Player safety is minimized

33. An organ which help to prevent food from entering the trachea is,
- (1) Pharynx
  - (2) Epiglottis
  - (3) Larynx
  - (4) Esophagus
34. Two systems that can cause the disease, cirrhosis and tuberculosis respectively.
- (1) Digestive system and excretory system.
  - (2) Respiratory system and Reproductive system.
  - (3) Excretory system and Reproductive system.
  - (4) Digestive system and Respiratory system.
35. An egg (ova) is fertilized with a sperm is take place inside the,
- (1) Vagina
  - (2) Fallopian tube
  - (3) Uterus
  - (4) Bladder
36. \* Syphilis                      \* Gonorrhea                      \* Herpes                      \* AIDS
- Above are the diseased conditions that can be associated with one system. that system is,
- (1) Reproductive system
  - (2) Respiratory system
  - (3) Blood circulatory system
  - (4) Excretory system
37. The body parts that has the ability to destroy germs that enter the body from outside is,
- (1) White blood cells
  - (2) Red blood cells
  - (3) Blood platelets
  - (4) Hormones
38. The ability of a muscle or group of muscles to function longer period of time without getting tired is knows as,
- (1) Muscular endurance
  - (2) Muscular strength
  - (3) Body composition
  - (4) Cardio vascular endurance
39. A minimum time duration of a person should exercise at least daily to maintain good physical fitness is,
- (1) About 20 minutes
  - (2) About 30 minutes
  - (3) About 45 minutes
  - (4) About 60 minutes
40. Sports festival that the Nethmi Ahinsa recently won the meddle for wrestling is,
- (1) South Asian games
  - (2) Commonwealth games
  - (3) Olympic games
  - (4) Para Olympic games



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

## THIRD TERM TEST 2022

Grade 10

## Health & Physical Education - II

Two Hours

Name / Index No. :

- Answer five question only. first question is compulsory. Selecting two questions from part I and to two questions from part II.

(01) A health campaign was organized in the school by prefect board of the school to improve the health condition of students of Rideethenna Maha Vidyalaya. Every one praised the "sayings" mentioned below, which were displayed at the school premises by the prefects.

- \* Nutritious food, exercise and an active life style make for good health.
- \* Engaging sports individually or as groups can reduce stress.
- \* Lack of preparation in sports caused to many sports injuries.
- \* Being smart rather than giving into emotions leads to academic success.

During this time, lunch was provided with some vegetables rice and curries with the contribution of parents and a fruit salad was also provided as dessert.

In the evening students were divided in to groups and had fun by participating in organized games and lead-up games. Amal had to leave the game due to muscle cramp in the leg and was referred to the school First - Aid unit.

- (1) Name four fields that the school's Prefect's board has focused on in order to build a healthy life style among the students of Rideethenna Vidyalaya ?
- (2) Write two co-curricular programmes that can be organized in the school except the health week.
- (3) Write two skills that can be developed by the students of Rideethenna Vidyalaya through participating in sports activities ?
- (4) Name four nutrients that should be included in a balanced diet ?
- (5) Write two simple sports activities that student can do alone to relieve stress ?
- (6) Write two factor that can cause a child to become stressed in classroom ?
- (7) What does the letters **P** and **R** means according to the PRICE procedure followed in giving first-aid to a patient.
- (8) According to the classification of sports injuries to which type of injury that muscle cramp belongs to ?
- (9) Mention two advantages of maintaining proper BMI value ?
- (10) Write 02 ways that you contribute to build up healthy life.

( 2 x 10 = 20 marks)

### Part - I

- (02) There was a very valuable (rich) local food culture in Sri Lanka. but due to the various crisis situations that occurred in recent times, many nutritional problems had to be faced.
- (1) Write two common nutritional problems in Sri Lanka. (02 marks)
  - (2) According to a recent survey, some of the symptoms found in school children are listed below. Mention the deficiency relating to those symptoms ? (03 marks)
    - (a) Goitre
    - (b) Anaemia
    - (c) Night blindness (03 marks)
  - (3) Write three ways of your contribution to minimize the nutritional Problems ? (03 marks)
  - (4) Mention two measures taken by the Government of Sri Lanka to minimize nutritional problems ? (02 marks)
- (03) Maintaining physical fitness in very helpful in sports activities as well as in daily activities we should also make sure to protect ourselves from minor and sudden accidents that occur daily.
- (1) What do you mean as physical fitness ? (02 marks)
  - (2) Name the health related physical fitness Factors ? (03 marks)
  - (3) \* Swimming  
\* Cycling  
Mention the health related fitness factors that can be improved by the above activities. (02 marks)
  - (4) Mention two possible "House hold accidents" and state an appropriate first aid method that can be given in such an accident ? (03 marks)
- (04) Briefly explain the actions that can be taken to overcome the following challenges successfully.
- (1) Achala's father comes home drunk at every night and tells you that the mother and the younger brother had to stay awake until the early hours of the morning.
  - (2) Ramani's father, who does morning exercise every day, has stopped exercising for a few days and he says that he has stopped doing the same exercises because of frequent thirst.
  - (3) A friend of yours who is studying in grade 10 in another school asks you for help in organizing a hike on the instruction of the principal.
  - (4) You see a person carelessly throw the peel on the road after eating a banana.
  - (5) One of your friends tells you that his phone is receiving frequent calls from an unknown person. (2 x 5 = 10 marks)



## Part - II

(05) The role played by systems in maintaining the wonder of the body and leading an efficient life is immense.

(1) Complete the following table using your knowledge of systems. (04 marks)

| Name of the system | Organ               | Main function            |
|--------------------|---------------------|--------------------------|
| Digestive system   | 1. ....             | Absorption of nutrients. |
| 2. ....            | Kidney              | Production of urine.     |
| Respiratory system | 3. ....             | Voice production.        |
| 4. ....            | Ovaries / Testicles | Producing gametes.       |

(2) Write two disease conditions related to blood circulatory system ? (02 marks)

(3) Write four good common habits that can be followed to maintain proper functioning of systems ? (04 marks)

(06) (1) According to the international classification of athletics, athletics can be divided into five main categories, Name 04 of them. (02 marks)

(2) Name the two main starting methods of running events and give two examples for each ? (02 marks)

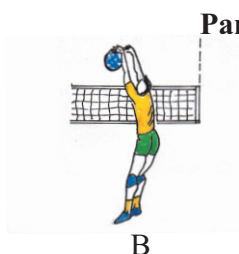
(3) Write two suitable activities for developing reaction speed which would help an athlete to have a correct start of a race ? (04 marks)

(4) Write two faults that can be committed by an athlete at the start of a race ? (02 marks)

(07) Answer only one question out of the questions A, B and C.



A



B

### Part - A

(1) Which skills of the volleyball is shown in the above diagram ? (02 marks)

(2) Write two common faults that can be committed by a player when performing the skill depicted in (a) diagram ? (02 marks)

(3) Describe an activity suitable for training a beginner the skill which shown in the "B" diagram. (03 marks)

(4)



(a)



(b)



(c)

Explain the following hand signals briefly.

(03 marks)

### Part - B



A



B

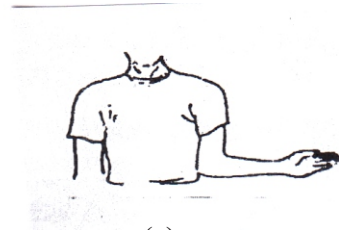
- (1) Name the two skills of netball game which shown in the above diagram ? (02 marks)
- (2) Describe an activity suitable for training a beginner of netball game, the skill which shown in the diagram (B). (03 marks)
- (3) Write two foot work fouls in netball ? (02 marks)
- (4)



(a)



(b)



(c)

Explain the following hand signals briefly.

(03 marks)

### Part - C



A



B

- (1) Name the two skills of foot ball which shown in the above diagram ? (02 marks)
- (2) Name the three main methods in which the skill (a) can be performed. (03 marks)
- (3) Describe an activity suitable for training a beginner of football, the skill which shown in the diagram (B). (02 marks)
- (4)



(a)



(b)



(c)

Explain the following hand signals.

(03 marks)

**Grade 10**
**Health & Physical Education**
**Answer sheet - Part I**

|          |          |          |          |
|----------|----------|----------|----------|
| 1 - (4)  | 11 - (3) | 21 - (2) | 31 - (1) |
| 2 - (2)  | 12 - (2) | 22 - (1) | 32 - (2) |
| 3 - (4)  | 13 - (3) | 23 - (1) | 33 - (2) |
| 4 - (4)  | 14 - (1) | 24 - (2) | 34 - (4) |
| 5 - (3)  | 15 - (2) | 25 - (2) | 35 - (2) |
| 6 - (2)  | 16 - (3) | 26 - (2) | 36 - (1) |
| 7 - (2)  | 17 - (3) | 27 - (1) | 37 - (1) |
| 8 - (2)  | 18 - (4) | 28 - (3) | 38 - (1) |
| 9 - (1)  | 19 - (2) | 29 - (4) | 39 - (2) |
| 10 - (4) | 20 - (4) | 30 - (2) | 40 - (2) |

- (01) (1) Physical, mental, social, spiritual areas.  
 (2) Hiking, Night camp, physical education day.....  
 (3) Critical thinking, Logical thinking, correct divisions making, self understand .....
- (4) Carbohydrate, protein, lipids, vitamins, minerals
- (5) \* Toss-up the ball and catch it again.  
 \* Bouncing the ball and catch it again.  
 \* Hitting a ball to blind wall and catch it...
- (6) High competitiveness / Physical disorders / Economical problem / Lonliness....
- (7) \* P Prevention of Father injury (protection)  
 \* R REST
- (8) Internal injuries to the body.
- (9) Prevention of low birth weigh / Reducing the vicious cycle of malnutrition / Appearance, Efficiency .....
- (10) 1. Leading a simple life style.  
 2. Following correct food habits.  
 3. Have an adequate rest and sleep.  
 4. Reducing the mental stress (2 x 10 = 20 marks)
- (02) (1) Under nutrition, Over nutrition. Nutritional deficiency. (02 marks)  
 (2) (a) Iodine deficiency  
 (b) Iron deficiency  
 (c) Vitamin A deficiency (03 marks)
- (3) \* Correct food habits.  
 \* Consuming healthy food.  
 \* Have meal in correct time.  
 \* Consuming natural food... (03 marks)
- (4) \* conducting nutritional programmes.....  
 \* Providing free meals to school children  
 \* Free provision of nutritional supplements  
 \* Giving "Thiposha" to pregnant mothers and babies .... (02 marks)
- (03) (1) A combination of several factors that can be improved by a person to perform physical activities efficiently and at a maximum level. (02 marks)  
 (2) \* Cardio vascular endurance.  
 \* Muscular endurance.  
 \* Flexibility  
 \* Body composition (03 marks)

**Grade 10**
**Health & Physical Education**

- (3) Cardio vascular endurance (02 marks)
- (4) ★ PRICES method  
★ RICE method  
★ A B C E method (03 marks)
- (04) Marks as appropriate. (2 x 5 = 10 marks)
- (05) (1) 1. Small intestines  
2. Excretory system  
3. Larynx  
4. Reproductive system. (04 marks)
- (2) High blood pressure / Heart diseases, (02 marks)
- (3) \* Consuming a healthy food.  
\* Drinking pure clean water.  
\* Have an adequate rest and sleep.  
\* Prevent from liquor and smoking.  
\* Maintaining personal hygiene. (04 mark)
- (06) (1) Track and field / Race walking / Road running / Cross country running / mountain Running (½ x 4 = 02 mark )
- (2) Standing start  
Crouch start  
Standing start - 800 m, 1500 m, 5000 m  
Crouch start - 100, 200m, 400 m (½ x 4 = 02 mark)
- (3) \* Mark as appropriate. (2 x 2 = 04 mark)
- (4) \* Taking unnecessary time to complete the on your mark or set stage.  
\* Changing his / her position and making movements before the sound of gun.  
\* Disturbing other players with noise or any other way (02 mark)
- (07) **Part - A**
- (1) A Setting  
B Blocking (02 marks)
- (2) Catching or throwing the ball  
Contact with the ball more than once (dabble touch) (02 marks)
- (3) Mark as appropriate (03 marks)
- (4) (a) Ball is out  
(b) Double contact  
(c) Catch or rest in the hand (03 marks)

**Grade 10****Health & Physical Education****Part - B**

- (1) A Shooting  
B Defending (02 marks)
- (2) Marks and appropriate (03 marks)
- (3) Foot work / Run with the ball / hopping in a landing foot ..... (02 marks)
- (4) (a) Physical contact  
(b) Short distance.  
(c) Direction of the ball (03 marks)

**Part - C**

- (1) A Heading the ball.  
B Stopping the ball (02 marks)
- (2) \* Heading the ball on the spot  
\* Jump up and heading the ball  
\* Jumping forward (dive) and heading the ball (03 marks)
- (3) Mark as appropriate (02 marks)
- (4) (a) direct free kick  
(b) Advantage  
(c) Substitution (03 marks)

