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Department of Education, Southern Province
Department of Education, Southern Province

Third Term Test – 2022 (2023)

Grade 10 Health and Physical Education I One hour

Note :

- Answer all questions.
- In each of the questions from 1 to 40 , pick one of the alternatives which is correct or most appropriate.
- Mark a (x) on the number corresponding to your choice in the answer sheet provided.

01) The most suitable answer that describes 'Total Health' is,

- 1] A method that consumes medication for diseases related to physical, mental and social health
- 2] Taking medical treatments for diseases that are related to physical, mental and social health.
- 3] Being inquired about diseases related to physical, mental and social health.
- 4] Well being of physical, mental and social health.

02) The most appropriate answer for describing personal hygiene.

- 1] Consumption of nutritious food and development of personal hygiene
- 2] The status of individuals according to his/her health status.
- 3] Behaviour of individuals and life styles help personal hygiene.
- 4] Consumption of only vegetarian diet and maintaining health condition

03) When improving proper disciplined pattern and qualities which of the following can be improved ?

- 1] physical 2] mental 3] social 4] social and spiritual

04) There are many obese persons in the society today. The reduction of which of the following fact affects the obesity in the present society.

- 1] rest and sleep
- 2] active life style and exercises
- 3] Consumption of nutritious food
- 4] Use of liquor and drugs

05) The time duration an adult and a child should engage in daily physical exercises respectively are,

1] 30 minutes and 60 minutes

2] 60 minutes and 30 minutes

3] 40 minutes and 20 minutes

4] 15 minutes and 40 minutes

06) According to the international measurement, the BMI range of an adult having optimum weight is

1] 18.5

2] 18.5 – 24.9

3] 23 – 26.9

4] 18.5 – 22.9

07) Which of the following is correct

X – Rubella and MMR vaccines should be taken three months before a married woman becomes pregnant.

Y – It is important to prevent marriages between blood relatives as it could lead to some genetic disorders of off springs.

1] X

2] Y

3] X and Y

4] Both X and Y are wrong

08) The first 12 months of life belongs to

1] Infant stage

2] Early childhood

3] Neonatal stage

4] Late childhood

09) **P** – After the completion of 6 months complementary food should be given to an infant

Q – During the first year of life, salt and sugar should be avoided for an infant

R – By the end of the first year the baby should be accustomed to food taken by other family members.

Out of the above P, Q, R statements , the correct ones are

1] P

2] Q

3] All P, Q, R

4] P and Q

10) The expected birth weight of a healthy baby is between ,

1] 2-3 kg

2] 3.8-4.8 kg

3] 2.5-4 kg

4] 2.5-3.5 kg

11) Which of the following is mostly required for the psychological needs of an infant.

1] Proper nutrition

2] Love and protection of parents

3] Protection of parents

4] Proper nutrition and protection of children

12) There is a great tendency in the present society that children are inclined to engage in wrong deeds. Which of the following is mostly suitable for getting those children to the correct path?

1] Not allowing children to play and associate other children.

2] Children should be isolated in the society

3] Educating children properly giving them an idea on good and bad in the society

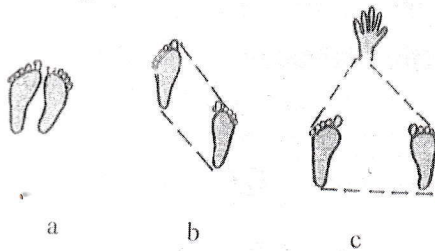
4] Following all the above methods.

13) Which of the following is a static posture in sports.

- | | |
|--|-----------------------------------|
| 1] Hand stand in gymnastics | 2] Shooting in netball |
| 3] Taking the ball forward in football | 4] Serving the ball in volleyball |

14) The point where the whole weight of an object/body is concentrated

- 1] Centre of gravity 2] Resultant force 3] balance 4] line of gravity



15.) Above diagram shows the foot steps of a person. According to it the ascending order of the equilibrium (balance) is in which of the foot steps ?

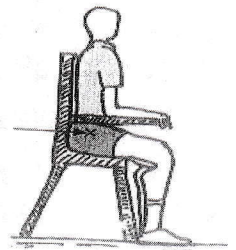
- 1] b a c 2] c b a 3] a b c 4] c b a

16) Which of the following is not a correct posture in lying ?

- | | |
|---------------------------------|------------------------|
| 1] Lying straight and face up | 3] Lying turn to left |
| 2] Lying straight and face down | 4] Lying turn to right |

17) Select the incorrect statement related to the picture given.

- 1] This is a static posture
2] The body weight acts on the pelvis
3] Centre of gravity is placed at a little higher position than standing
4] Body is balanced well



18) A skill in volleyball

- 1] foot work 2] receiving the ball 3] shooting 4] kicking the ball

19) Which of the following statements are correct?

- A – In volleyball a player playing in front zone can hit the ball in any place of the court
B – Players in the back can move to the front area and hit the ball
C – After blocking the first spiking can be done by any player

- 1] A, B and C 2] A and B 3] B and C 4] A and C

20) A skill in netball is

- 1] serving 2] goal keeping 3] ball controlling 4] Lifting the ball

21) An instance in netball where penalty shot or penalty pass is given

- 1] Defending by stretching the hands sideways
- 2] Keeping the ball in hand more than 3 seconds
- 3] Passing the ball while lying
- 4] Rolling the ball on the ground

22) Which of the following is not a skill in football?

- 1] Stopping the ball 2] Throw in 3] Goal defending 4] foot work

23) The following referee's signal shows

- 1] Direct free kick 2] advantage 3] Goal kick 4] Corner kick



24) Supun and his friends did the following activities during the weekends in last month.

1st week – Playing cricket in the Galle stadium

2nd week – Camping in Sinharaja forest and enjoyed the natural beauty

3rd week – Playing volleyball in Matara beach

4th week – Observing animals in Yala National park

They engaged in an outdoor activity in

1] 1st and 2nd weekends.

2] 2nd and 3rd weekends

3] 2nd and 4th weekends

4] 3rd and 4th weekends

25) Which of the following is not a jumping event?

1] long jump

2] triple jump

3] hurdles

4] pole vault

26) Which of the following is not a technique used in long jump ?

1] straddle technique

2] hang technique

3] sail technique

4] hitch kick technique

27) Parry O'Brien technique or linear technique is used in

1] Javelin throw

2] Discus throw

3] Hammer throw

4] Shot put

28) The combined event that gets over by one day is

1] Heptathlon

2] Decathlon

3] Pentathlon

4] Pentathlon and Heptathlon

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Third Term Test – 2022 (2023)		
Grade 10	Health and Physical Education II	Two hour

Answer five questions only , selecting question No : 1 , two questions from Part I and two questions from Part II

1). Due to Covid disease condition for about two years of time no sports meet were conducted in schools. This condition negatively affects the balanced personality of students. By understanding this Minipura Vidyalaya organized a sports meet . The school community participation given for that event was highly appreciated. And they gave the fullest cooperation too for the event. During this period students were offered natural fruits , snacks and beverages by the community. By the efforts and dedication of both the students and teachers the house ‘ Shoora ‘ got first at the end of the event. The leadership qualities of captains in group games and other events were highly appreciated by all. Guiding students to involve in different events , providing first aid to the injured etc were some of the leadership qualities depicted by the captains .

- Write two areas of students that got developed by organizing a sports meet .
- Write two objectives of organizing an Inter – House Sports meet .
- Name two committees formed during the time of a sports meet for its proper organization .
- Name two short distance running events students can participate.
- What are the commands given in the start of above short distance running events ?
- Write a horizontal jump and a vertical jump students can participate .
- Name two healthy snacks or beverages that can be given to students .
- Name two group games for which 11 members can participate in the sportsmeet .
- Name 4 items that can be put into a first aid box .
- What is the first aid given to a student who faces a muscle injury ?

(2 x 10 = 20 marks)

Part – I

2). Total health is essential for building a healthy society. And proper nutrition is needed for a healthy life.

- i. Write two of your behavior and life style patterns to achieve total health.
- ii. a. Write two challenges to maintain total health .
b. Write a measure that can be taken to face one of the challenges you mentioned above
- iii. Write two ill-effects of malnutrition .
- iv. Write two food items rich in iron .
- v. Write two strategies you can adapt at home to maintain food safety.

(2 x 5 = 10 marks)

3). A – My duty is to obtain oxygen from the atmosphere and provide it to lungs. Then obtain carbondioxide from lungs and release it to atmosphere.

B – My duty is to provide oxygen obtained by lungs to cells and tissues and provide carbondioxide released by tissues and cells to lungs.

- i. Identify A and B body systems .
- ii. Name 2 organs in the A body system .
- iii. a. Name 2 disease conditions that the body system A can get .
b. Name 2 disease conditions that the body system B can get .
- iv. Write 3 measures to be taken to keep A and B body systems healthy.

(2 + 1 + 2 + 2 + 3 = 10 marks)

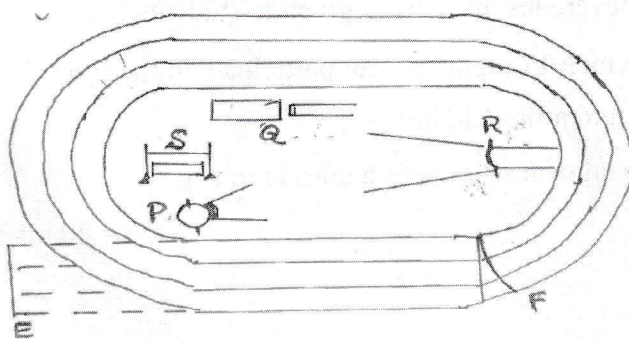
4). Describe how you face the following challenging situations.

- i. You are requested to get a selfie on a mountain peak in a trip with your friends.
- ii. Your friend is addicted to the mobile phone and now he/she is not interested in studies.
- iii. When your younger sister is watching television all of a sudden it starts to rain with thunder and lightning.
- iv. After your tuition class when you come to the bus stand you heard that the last bus to your village is suddenly cancelled.
- v. When you are alone at home a stranger came in search of collecting aids and tapping your gate.

(2 x 5 = 10 marks)

Part II

5) Identify the playing fields the following athlete should report for their events.



(i) A – The athlete who employs the straddle technique

B – The athlete who employs Hang technique

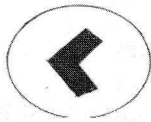
C – The athlete who employs rotational method to throw the equipment

D – The athlete who takes the crouch start

($\frac{1}{2} \times 4 = 2$ marks)

(ii) a. For what event the following signal is given?

(1 mark)



b. What is the fault indicated by the above signal?

(1 mark)

(iii) Give two running exercises you practiced.

(2 marks)

(iv) a. Write two rules related to relay races.

(2 marks)

b. Write an activity to practice relay races for a new runner.

(2 marks)

6) To lead a healthy life, we need to maintain good physical, social and mental fitness.

(i) a. Define muscular endurance.

b. Write an activity that can be done to improve muscular endurance.

(ii) Write two benefits we obtain by developing flexibility.

(iii) Write two activities that can be done to improve body composition.

(iv) Write two activities that can be done to reduce mental stress. (2+2+2+2+2= 10 marks)

7) Answer only one part from A, B and C parts.

A – Volleyball

Volleyball is the national game in Sri Lanka. It can be done by less expenditure as well as less space.

(i) Write two other unique features of volleyball that are not mentioned in the above.

(ii) Write the four stages of blocking in volleyball.

(iii) Write briefly the decision taken by the judges in the following instances.

a). The ball served by X team hits the upper edge of the net and falls on the Y side.

b). The ball served by Y team falls on the back line of X side.

(iv) What are indicated by the following official hand signals of the referees.



1

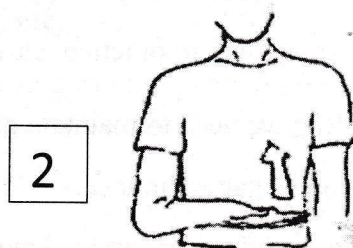
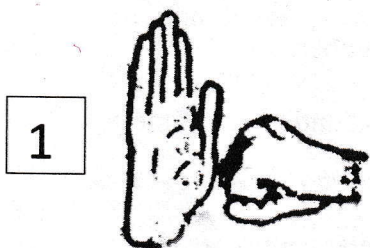


2

B - Netball

Netball was originated in United States of America and it was introduced to our country by Ms. Jenny Green.

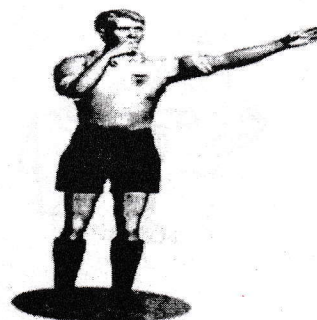
- (i) Write two other special features of netball that are not mentioned above.
- (ii) Write two activities that are useful in developing attacking skill in netball.
- (iii) Write briefly the decisions taken by the judges in the following instances.
 - a. A member in Red team passes the ball crossing two goal circles.
 - b. When the ball shot by Goal shooter (GS) of Red team hit the Goal post and falls down. Goal attack (GA) of the same team took the ball and shoots it.
- (iv) What are indicated by the following hand signals used by a netball umpire .



C - Football

Football is played for a duration of 90 minutes and today not only men, woman also play the game.

- (i) Write two other special features of football that are not mentioned above.
- (ii) Write 4 ways of stopping the ball in football.
- (iii) Write briefly the decisions taken by the judges in the following instances.
 - a. The ball kicked by a player in attacking team hit the corner post and came towards the playground. At that time another player in the same team kicked the ball to the goal.
 - b. The ball kicked by a player in defending team moves across the Goal line while moving along the ground.
- (iv) What are indicated by the following hand signals of the judges.



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29) The group of events that are started by standing start is,

- 1] 400 m / 800 m / 2000 m / steeple chase
- 2] 800 m / 1500 m / 10 000m
- 3] 1500 m / 3000 steeple chase / 400m
- 4] 400 x 4 m relay / 800 m / 5000 m

30) In a running event the winner is decided by touching which of the following parts of the runners body on the vertical plane of the inner edge of the finishing line?

- 1] head 2] legs 3] torso 4] hands

31) Which of the following is considered as fair in games ?

- 1] Giving the opportunity for the opposing team to win
- 2] Indirectly involve in getting the victory for opponents
- 3] Playing the game according to rules and regulations and sportsmanship qualities
- 4] Getting the victory somehow

32) Some of the physical characteristics of a student is given below.

- Being lethargic - Being pale
- Wheezing - Getting tired easily
- Slow growth in the body

According to the above, he may be suffering from

- 1] Iron deficiency 2] Iodine deficiency 3] vitamin deficiency 4] calcium deficiency

33) A doctor has advised a girl who participated in a medical clinic to consume more sea food and marine fish. She may be prone to the disease

- 1] Diabetes 2] Anaemia 3] Rabies 4] Goitre

34) Nutrients in food can be grouped into two categories as macro nutrients and micro nutrients. Macro nutrients category is

- 1] proteins / vitamins / minerals
- 2] carbohydrates / proteins / vitamins
- 3] carbohydrates / proteins / fats
- 4] carbohydrates / proteins / minerals

35) A disease condition due to iron deficiency

- 1] Osteoporosis 2] Anaemia 3] Night blindness 4] Goiter

- 36) – Maintenance of equilibrium in the body by elimination of waste matter
- Producing hormones needed for red blood cells production
- Contributing vitamin D metabolism

The organ mainly responsible for above functions is

- 1] Uterus 2] kidney 3] lungs 4] heart

37) An activity that helps in developing cardiovascular fitness is

- 1] mountain climbing 2] Dips
3] throwing heavy objects 4] Brisk walking

38) A game for which muscular strength is needed mostly

- 1] shot put 2] long distance running 3] race walking 4] bicycling

39) When providing first aid to a person who has become a victim of a certain accident , first the affected area is allowed to keep under flowing water or pour water onto the area. This person has been suffering from

- 1] a dog's bite 2] bleeding 3] burnt injuries 4] electrocution

40) Which of the following is a non –communicable disease among adults in the present society ?

- 1] Rabies 2] Diabetes 3] Dengue 4] AIDS



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