

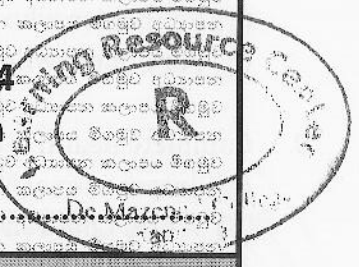
2024-09



Negombo Education Zone

Second Term Examination 2024

Health and Physical Education



Grade 10

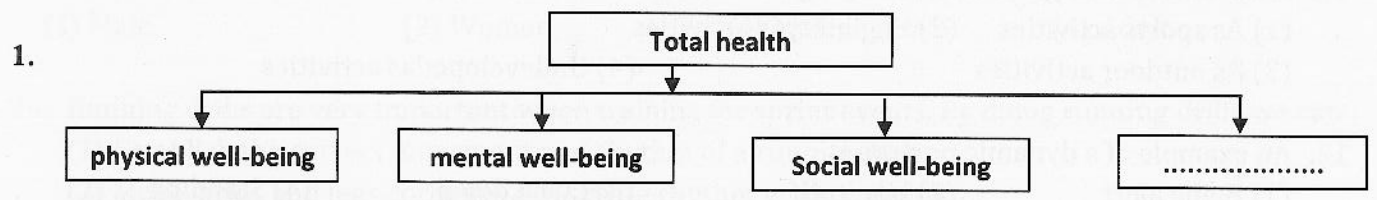
Paper I

Time 01 hour

Advice

Answer all the questions.

Choose the most suitable answer from the answers given in questions number 1 to 40 and underline it.



Choose the appropriate answer to complete the above diagram.

- (1) Player Wellbeing

(3) Social well-being

(2) Life well-being

(4) Spiritualwell-being
2. A challenge to maintain total health is,
- (1) Tourism

(3) Social injustice

(2) Commodity pricerising up

(4) Heavy traffic
3. By studying the subject of physical education,
- (1) Cooperation and harmony will be developed

(3) Self-esteem will be developed

(2) Enjoyment andHappiness is obtained

(4) All of above are fulfilled
4. By maintaining proper body mass index,
- (1) Low birth weight can be prevented

(3) Individual efficacy is reduced

(2) Vicious cycle of under-nutrition can be maintained

(4) The risk of communicable disease will be increased.
5. According to Sri Lanka's immunization program, the vaccination given within 24 hours of a child's birth is,
- (1) Tetanus

(2) B. C. G.

(3) Polio

(4) Measles
6. What is the main expectation of engaging in chess after school ?
- (1) Physical development

(3) Social development

(2) Mental development

(4) Adding marks to the report card
7. The period from 1 to 5 years of a child's life, is called
- (1) Late childhood

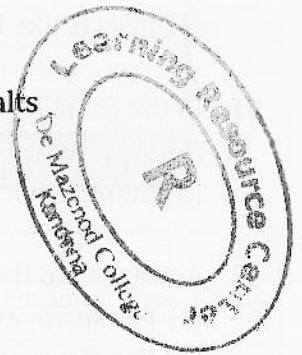
(2) Infancy

(3) Pre-childhood

(4) Early childhood

8. 18-20 hours of sleep per day is required for babies from birth.
 (1) For babies who passed 8 months old (2) 06 months after birth
 (3) For infants who pass their first year of birth (4) neonates
9. Complete health is defined as,
 (1) International Nutrition Fund (2) World Health Organization
 (3) World Children's Organization (4) International Financial Monetary Fund
10. The point at which the weight of any object or human body acts is called,
 (1) as the center of gravity (2) As power
 (3) as pressure (4) As energy
11. Mountain climbing, bonfires, camping etc. are called,
 (1) As sports activities (2) Eligibility activities
 (3) As outdoor activities (4) Undeveloped activities
12. An example of a dynamic posture is,
 (1) Being alert (2) Life itself (3) Lying down (4) Standing
13. If the net effect of all forces acting on an object is zero, then that object,
 (1) moving fast (2) goes down (3) Moves slowly (4) remain still
14. The answer that only includes skills of netball is,
 (1) ball controlling, spiking, footwork, attacking (2) Balls, controlling, footwork, attacking
 (3) shooting, attacking, setting (4) defending, attacking, spiking
15. The state of not getting enough nutrients from food (decrease or increase) is called,
 (1) under-nutrition (2) Micro-nutrients deficiency
 (3) over - nutrition (4) Micronutrients deficiency
16. In volleyball, the maximum number of players who can take part in blocking at a time is,
 (1) 5 (2) 4 (3) 3 (4) 2
17. Understanding of star patterns is also important in understanding outdoor activities. The Great Bear or Plow star pattern The visible months are,
 (1) February - March (2) August - September
 (3) May - June (4) June - July
18. The maximum number of players that can be played in football is 11. One of them must be the goat keeper.
 (1) incorrect (2) incorrect In some cases
 (3) accurate in some cases (4) correct
19. Keeping one foot in contact with the ground at all times and keeping the back foot straight until the front foot touches on the ground includes,
 (1) For race walking (2) For high jump (3) For long jump (4) For running

20. Events like 800 and 1500 meters belong to,
 (1) Short distance events (2) Road running
 (3) To run long distances (4) middle distance events
21. It is necessary for the growth and protection of the body.
 (1) Carbohydrates and Fats (2) Vitamins and proteins
 (3) Fat and minerals (4) Vitamins and mineral salts
22. A mistake made by pedestrians can be defined as,
 (1) travelling on the left side of the road (2) Brake off
 (3) Use of worn tires (4) Driving drunk
23. Who can participate in a heptathlon event?
 (1) Male (2) Woman (3) Male/Female (4) Adult
24. Running drills are very important when training for sprint events. By doing running drills we can
 (1) Establish the correct movement and rhythm of a running step
 (2) Move arms and legs correctly and create rhythm while running
 (3) Develop the reaction speed required for starting matches
 (4) All of the above are correct
25. The leading organization for conducting inter-house sports meet matches in a school is,
 (1) Principal (2) Assistant Principal
 (3) Deputy Principal (4) Teacher in charge of sports
26. By engaging in activities such as spinning a bicycle tire while standing still, you have tried,
 (1) Javelin practice and throwing practice (2) discus throw
 (3) Training for fireworks (4) Practice throwing to a target
27. The group of diseases that a person can develop due to conditions such as the usage of fast food and not maintaining a healthy lifestyle are,
 (1) Heart disease, cold, diabetes
 (2) Diabetes, paralysis, diarrhea
 (3) Heart disease, diabetes, high blood pressure dengue
 (4) paralysis, diabetes
28. The founder of the modern Olympics is considered to be,
 (1) Mr. Robert Walter Camac (2) Mr. Jean piaget
 (3) Mr. Pierre de Coubertin (4) Mr. MorganWilliam G
29. What should you do to increase absorption of iron?
 (1) Wash vegetables thoroughly before cooking
 (2) Boiling food too long
 (3) Drinking a cup of tea immediately after eating
 (4) Eat a fruit containing vitamin C after main mealsto take



30. A factor that can affect the food spoilage is,
 (1) Safe storage of food
 (2) Keep cooked food well covered
 (3) Cleaning hands thoroughly while cooking
 (4) Insects like flies, cockroaches shower on food
31. In the game of football, the decision given by the referees by showing the yellow card is,
 (1) Warning (2) Direct free kick
 (3) Elimination from the competition (4) Player Substitution
32. According to the classification chart of athletics, the event of steeplechase belongs to,
 (1) For sprint events (2) To Middle distance running events
 (3) For distance running events (4) To Jumping events
33. What is athletic event of an athlete uses the linear method as his technique?
 (1) Javelin throw (2) Hammer throw
 (3) Throwing the discus (4) Shot put
34. A technique that can be used by an athlete participating in the high jump event is,
 (1) Rotation method (2) Floating method (3) Straddle method (4) American method
35. The first aid method to be given in an accident involving muscles is,
 (1) SMART (2) PRICES (3) WASH (4) 3R
36. Things not to do in case of poisoning are,
 (1) Eliminating the fear of the patient (2) Ingested poisons Awareness of materials
 (3) Giving fluids to drink (4) immediately moving to a doctor
37. By engaging in physical fitness exercises that involve rhythmic muscular activity, we will develop
 (1) A healthy life does not cause activity (2) Not being active
 (3) The freshness of the mind is not lost (4) A strain on the body
38. Adverse effect of media on mental and physical health of children is,
 (1) Adopting good eating habits
 (2) Getting used to fast food
 (3) Not engaging in strenuous activities
 (4) Focusing on computer and television most of the day
39. In relay races, a 30 meter relay zone within the field of play is marked,
 (1) To change the baton (2) gain speed
 (3) For Player Transfer (4) For Taking initiation
40. This year (2024) 2020 World Cup cricket tournament was won by,
 (1) South Africa (2) England (3) India (4) America

	Negombo Education Zone Second Term Examination 2024 Health and Physical Education index number: Name:
Grade 10	Paper II
Time 02 hours	

Advice

- The first question is compulsory and answer five questions choosing two questions from Part I and two questions from Part II.

01. Pasindu who studied in grade 11 and was the best under-18 player in the inter-house sports this year. He also participated in 100m, long jump, high jump and 100m 4 relay. He also participated in volleyball and cricket team games and was the captain of the cricket team. He thought that his daily training activities and good nutrition helped him in these skills.
- (1) What is the starting method used in the 100 meter race ?
 - (2) Write down commanding of the starting method you mentioned .
 - (3) Write two sprint events which are not mentioned in the incident.
 - (4) Mention two techniques that Pasindu could have used for the long jump.
 - (5) Mention the high jump event category according to athletics classification.
 - (6) Write two other jumping events belonging to two categories of high and long jump events.
 - (7) Write two factors that helped Pasindu to improve his sports skills.
 - (8) Write two leadership qualities that Pasindu should possess.
 - (9) Write two organized games that can be played in pairs which are not mentioned in the context
 - (10) Name two macronutrients that are included in a diet of Pasindu.

(Marks 2 x 10)

Part I

02. These days, the spread of infectious diseases is increasing with the rain. The emergence of a mosquito-borne disease has become a major problem due to human carelessness.
- (1) Name the disease. (mark 1)
 - (2) Name the causative agent and mosquito species. (marks 2)
 - (3) Write 03 symptoms of this disease. (marks 3)
 - (4) Write 04 suggestions you can do to prevent the spread of this disease. (marks 4)

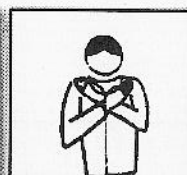
03. Food is essential for us to live a healthy life. Problems can be arisen from not getting enough food.
- (1) Write 03 factors affecting nutritional deficiency. (marks 3)
 - (2) Write the 02 parts into which nutrients in food are divided. (marks 3)
 - (3) Write 02 measures that can be followed to prevent nutritional problems. (marks 2)
 - (4) Write 02 effects of nutrition. (marks 2)
04. Briefly write how to successfully face the following challenges.
- (1) Your friend who is obese with less activity often consumes fatty foods.
 - (2) The behavior of the children in the class to disturb the teaching of the new teacher who has just come to the school.
 - (3) Your friend who is addicted to smoking, invites you too
 - (4) Your friend is suspended and cannot go home for breaking disciplinary rules.
 - (5) Your friend, who is not interested in education, skips school several days a week.
- (2 × 5 marks = 10)

Part II

5. The athletic team of Soma Devi College showed special skills in this year at the Athletic meet of Provincial Sports Competitions.
- (1) Write the starting method and commands in which the athlete participating in the 1500 meters event should take the start. (marks 2)
 - (2) Write the 02 techniques that can be used by the athlete participating in the shot put event. (marks 2)
 - (3) Under 18 girls relay team was disqualified from the competition. Mention 02 reasons for it. (marks 2)
 - (4) (a) Write 02 techniques of baton change. (marks 2)
(b) Write 02 facts about baton changing (marks 2)
6. Sports rules and ethics are very important for any sports person.
- (1) Write 03 requirements of the rules of the game. (marks 3)
 - (2) Write 03 facts about broadcasting of Olympic Games. (marks 3)
 - (3) Write 02 adverse effects of using banned drugs. (marks 2)
 - (4) Write 02 health and physical education programmes implemented in a school. (marks 2)
7. Answer only one of the sections A, B, C Part of A.

Part of A

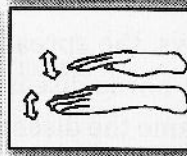
- (1) Write 03 Skills in Volleyball.
- (2) Name the umpire of a Volleyball match.
- (3) Explain the following hand signals.



(marks 3)
(marks 3)
(marks 4)

Part of B

- (1) Write 03 Skills in Netball.
- (2) Name the umpire of a Netball match.
- (3) Explain the following hand signals.



(marks 3)
(marks 3)
(marks 4)

Part of C

- (1) Write 03 Skills in Football. (m. 3)
- (2) Name the umpire of a Football match. (m. 3)
- (3) Explain the following hand signals. (m. 4)

