



Provincial Department of Education - NWP

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First Term Test - Grade 10 - 2020

පළමු වාර පරීක්ෂණය - 10 ශ්‍රේණිය - 2020

Health and Physical

Name/Index No:-

Education - I

Time:- 01 hour

● Answer all Questions

- (1) The organization that introduced the concept of total health is,
 1. United Nations Organization.
 2. World Health Organization.
 3. United Nations Children's Organization.
 4. UNESCO Organization.

- (2) The formula that is used to calculate the Body Mass Index (BMI) is,
 1. $\frac{Body\ weight(kg)}{Height(m) \times Height(m)}$
 2. $\frac{height(m) \times height(m)}{Body\ weight(kg)}$
 3. $\frac{Body\ weight(kg)}{Height(m)}$
 4. $\frac{Height(m)}{Body\ weight(kg)}$

- (3) The normal Body Mass Index range of a person should be,
 1. Below 18.5
 2. Between 18.5 - 24.9
 3. Between 25.00 - 29.9
 4. Above 30

- (4) Senuri is in the orange colour category of the Body Mass Index chart (BMI) According to that we can consider she is,
 1. wasting
 2. in suitable weight
 3. over weight
 4. obese

- (5) The suitable ratio between the waist measurement and the height of a person with a proper nutritional status is
 1. less than 1.5
 2. less than 0.3
 3. less than 0.4
 4. less than 0.5

- (6) How many hours should sleep a healthy person on a day?
 1. Between 4 - 6 hours
 2. Between 5 - 7 hours
 3. Between 8- 10 hours
 4. Between 6 - 8 hours

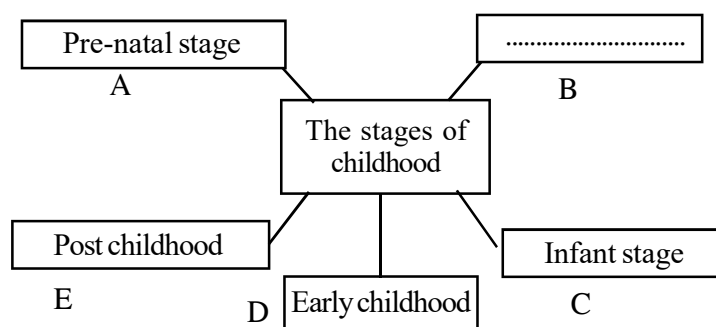
- (7) Simple life style means,
 1. Leading a selfish life
 2. hoarding everything that a person needs
 3. spending the earned money when necessary
 4. leading a content life with the necessary needs.

- (8) A correct habit which influences for the personal well-being is,
 1. good food habits
 2. consumption of instant food
 3. watching television for a long period of time
 4. the use of drugs and smoking

- (9) Breakdown of good interpersonal relationships causes
 1. to reduce the mental stress
 2. for anxiety and unease
 3. for mental happiness
 4. for social well - being

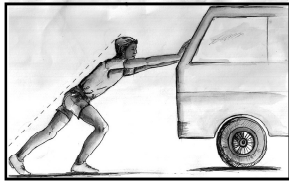
- (10) When developing knowledge, attitudes and skills related to good health habits
1. You can obtain higher marks at examinations.
 2. You can state that you have a good knowledge
 3. You can be a very good member of the society.
 4. They can be obstructed for your leadership qualities.
- (11) The weight of the mother who provided with proper nutrition during the pregnancy should increase by
1. 2 1/2 kg - 3kg
 2. 5kg - 8kg
 3. 10kg - 12kg
 4. 15kg - 8kg
- (12) What is the percentage of nerve cells that should have been developed at the time of birth of a healthy child,
1. 10%
 2. 20%
 3. 50%
 4. 75%
- (13) At what time the mother should start breast feeding the child after giving his / her birth?
1. within 15 minutes
 2. within 30 minutes.
 3. within 45 minutes
 4. within one hour

* Answer the questions number 14, 15 and 16 according to the following duagram.

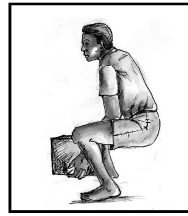


- (14) The answer that can be written for the empty cage is
1. Youth stage
 2. Adolescence stage
 3. Childhood stage
 4. Neonatal stage
- (15) The most suitable statement for the stage B is,
1. Provision of opportunities to investigate the neighbouring world and provision of materials to play with.
 2. The child expresses emotions during this stage by crying, making various gestures throwing various articles on the floor etc.
 3. Development of acquisition of linguistic and thinking skills,
 4. Protection from extreme cold and heat since the child's fatty tissues are not developed properly at this stage.
- (16) The stage A belongs to,
1. The period inside the mother's womb
 2. 4 weeks from the birth
 3. 6 months from the birth
 4. One year from the birth
- (17) It is very important of giving breast milk with colostrum during the first few days after birth because the colostrum helps,
1. to generate anti - bodies for developing immunity.
 2. to initiate the activities of the alimentary canal and to develop it.
 3. The colostrum contains the required amount of protiens for development of the body.
 4. All the information stated above.
- (18) When considering the psycho social needs of the early childhood,
1. The child should be given opportunities to explore the environment.
 2. The child should be provided with nutritious food
 3. The adults should always be alert with the child.
 4. The child should be taught with good health habits.

(19)



A - pushing a vehicle



B - lifting a weight

Select the correct statement related to the above A and B postures.

- | | |
|------------------------------------|------------------------------------|
| 1. A is correct and B is incorrect | 2. B is correct and A is incorrect |
| 3. Both A and B are correct | 4. Both A and B are incorrect |

* Answer questions 20 and 21 regarding the following incident.

Nimal fainted and fell down while he was practising the march past. He has been seen in sweating heavily and pale.

(20) Nimal faced for,

- | | | | |
|--------------------|-------------|---------------|-------------------|
| 1. a muscle injury | 2. fainting | 3. snake bite | 4. bone fracture. |
|--------------------|-------------|---------------|-------------------|

(21) To avoid this incident Nimal should,

- | | |
|----------------------------|-------------------------------------|
| 1. take a nutritious meal, | 2. do warming up exercises |
| 3. do relaxing exercises | 4. follow all the above activities. |

(22) The **four** postures showing by the 4 children in the playground are given below.

Sarath - stands with one leg

Nimal - stands in attention

Wimal - Stands at easy

Bimal - makes hand stand

Among them the most balance child is,

- | | | | |
|-----------|----------|----------|----------|
| 1. Sarath | 2. Nimal | 3. Wimal | 4. Bimal |
|-----------|----------|----------|----------|

(23) The dancing group of the school moved the legs and hands according to the Rhythm of the music. Jumping and turning around also were integrated with the dance. The physical fitness factor, the dancers must develop for these performances is,

- | | | | |
|--------------|-----------------|-------------|----------|
| 1. endurance | 2. coordination | 3. strength | 4. speed |
|--------------|-----------------|-------------|----------|

(24) Which of the following vaccinations should take when having a deep wound?

- | | | | |
|----------|---------------|------------|-----------------------|
| 1. Polio | 2. Antirabies | 3. Tetanus | 4. Triple vaccination |
|----------|---------------|------------|-----------------------|

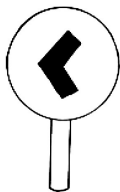
(25) A Situation when showing a static posture in sports is,

- | | |
|-----------------------------|----------------------------------|
| 1. hand stand of gymnastics | 2. support phase of race walking |
| 3. service of Volleyball | 4. shooting of netball |

(26) The point where the whole weight of the humun body or and object is concentrated called as

- | | | | |
|----------------|------------|----------------------|-----------------------|
| 1. gravitation | 2. balance | 3. centre of gravity | 4. direction of force |
|----------------|------------|----------------------|-----------------------|

(27)



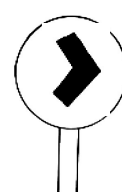
A



B



C



D

Which of the sign boards are related to race walking?

- | | | | |
|------------|------------|------------|------------|
| 1. A and B | 2. B and C | 3. A and C | 4. C and D |
|------------|------------|------------|------------|

- (28) P - walking, running, throwing
 Q - swimming, lying, running
 R - sitting, standing, lying
 Among the above postures,
 1. P says only the dynamic postures and R says only the static posture.
 2. Q says only the dynamic postures and P says the static postures.
 3. Both P and Q say the dynamic postures and R says static postures.
 4. P, Q and R show the static postures.
- (29) A race walking event for boys at international level is,
 1. 30km 2. 40km 3. 50 km 4. 60 km
- (30) According to the international classification which of the following events is included in the middle distance running category?
 1. 100m 2. 200m 3. 400m 4. 800m
- (31) Which combined event can be finished in one day?
 1. Decathlon 2. Pentathlon 3. triathlon 4. heptathlon
- (32) The method that the player can approach the ball when blocking in volleyball is,
 1. Three step method 2. two step method
 3. cross step method 4. floating method
- (33) What is the minimum number of players can be played in a team in netball?
 1. Five 2. six 3. seven 4. Eight
- (34) The time duration of football game at international level is,
 1. 45 minutes 2. 1 hour 3. 90 minutes 4. 2 hours
- (35) Volleyball, Netball, Football are,
 1. The examples for minor games 2. The examples for folk games
 3. The examples for organized games 4. The example for entertaining games
- (36) Nimal couldn't face for the interview which was held to select the members for the board of prefects at school; due to destroying his certificates by Tsunami. The accident that Nimal faced is,
 1. A domestic accident 2. A Natural accident (disasters)
 3. An occupational accident 4. An accident caused by chemicals
- (37) It should not be done when poisoning due to snake bite.
 1. Giving a pain killer 2. Removing rings and bangles
 3. Keeping the patient at rest 4. Sucking poison from the place of the bite
- (38) Select the incorrect statement from the following statements.
 1. Rules and regulations of sports are essential for a fair competition.
 2. By playing chess and draught, mental health can be improved.
 3. Holding heats during the sports meet can be more productive.
 4. By Engaging in out door activities, good interpersonal relationships can be developed.
- (39) The sports festival, that the Sri Lankan athletic team performed well in 2019 was,
 1. Asian games 2. Olympic games 3. SAG games 4. Asian Indoor games
- (40) The country that the olympic Games will be held in 2020 is,
 1. Japan 2. Australia 3. China 4. Great Britain


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First Term Test - Grade 10 - 2020

පළමු වාර පරීක්ෂණය - 10 ශ්‍රේණිය - 2020

Health and Physical Education - II

Name/Index No:- **Time:- 02 hours**

- **Answer five questions only selecting question No. 1, two questions from Part I and two questions from part II**

(i) The grade 10 students of Siriyagama Vidyalaya which is a health promotion school, organized an outdoor educational camp joining with the school community. In that camp a compulsory physical fitness programme was carried out by engaging in physical exercises. Priority was given for the proper disposal of garbage and the people who live around the school supplied the resources for this.

The final day of the camp, during the friendly volleyball match Nuwan met with an accident and Kasun gave first aid for him. Everybody praised Kasun for his good deed. The purpose of organizing that camp was to bring up a child of total health in the future Therefore the parents took the responsibility to prepare the breakfast according to the local tradition.

- (i) When defines the total health, name the **four** main factors relevant to it.
- (ii) What is the minimum time duration per day, that a person should engage in physical exercises to maintain a proper physical fitness.
- (iii) Write **two** spiritual qualities can be developed when organizing the camp as a team.
- (iv) Write **two** competencies you can develop by taking part in the extra activities held in the school.
- (v) Write **two** activities that can be followed daily to maintain the physical health of the students except engaging in physical exercises.
- (vi) What is the competency that Kasun showed by giving first aid to Nuwan?
- (vii) Write **two** kinds of food that can be prepared according to the local tradition.
- (viii) Write **two** organized games except volleyball.
- (ix) Name **two** environmental challenges that could be occurred if the accumulated garbage didn't dispose properly while organizing the camp.
- (x) Write **two** reasons for sports accidents. (marks 2 × 10)

Part I

(02) The fetus is fully secured inside the mother's womb until its birth. That is called prenatal stage or pregnancy. During this time the needs of the fetus are fulfilled through the needs of the mother being fulfilled.

- (i) Write **three** things that should be followed to maintain the good physical status during the pregnancy. (3 marks)
- (ii) State **two** psycho social needs to be fulfilled for the mother during her pregnancy. (2 marks)
- (iii) Write **three** negative impacts if the pregnant mother doesn't have proper nutrition. (3 marks)
- (iv) Write **two** bad conditions if the pregnant mother contacts with sexually transmitted diseases. (2 marks)

(03) We should pay attention to maintain the balance of the body while engage in sports activities.

- (i) Write **three** factors affect on the maintenance of the balance of the body (3 marks)
- (ii) Write **three** advantages of engaging in daily activities in correct posture. (3 marks)
- (iii) Explain the bio mechanic principle of bending the body towards an external force to maintain the balance of the body. (4 marks)

(04) Explain in brief, the way you would face to overcome the following challenges successfully.

- (i) Amal is the champion athlete of under 18 age group at the annual interhouse sportsmeet of your school. He tells you that he will not participate in the divisional sports competitions since he intends to go on a trip on that day.
- (ii) You see an old person standing near the road to cross the road on your way back home from school.
- (iii) Supun tells you that he will not come to school next Monday because he has to deliver a speech at the main assembly on that day.
- (iv) Your sister tells one of your cousin brothers proposing her to start a love affair with him.
- (v) You see one of your friends always drives the vehicle at a great speed. (marks 2 × 5)

Part II

(05) According to the International Association of Athletics Federation the sports events are classified into five main events.

- (i) Write down **two** main events from that classification. (2 marks)
- (ii) Classify jumping events according to the above classification. (2 marks)
- (iii) There are two main rules applicable for race walking. State these **two** rules. (4 marks)
- (iv) When an athlete violates the above stated rules what should you do as a judge of this event. (2 marks)

(06) It is reported that the road accidents, accidents caused by animals and sexual harassments and abuses are being increased day by day.

- (i) State **three** main factors effect to the above harmful situations. (3 marks)
- (ii) State **two** measures can be taken to protect from sexual harassments and abuses (2 marks)
- (iii) State **two** measures to be taken to minimize the accidents caused by agrochemicals. (2 marks)
- (iv) Explain briefly how do you prevent bleeding from an external wound. (3 marks)

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

Part A

Our national game is popular everywhere in the world because it can be played with low cost and also the equipment needed for the game is very few.

- (i) Write two other reasons except the reasons stated above for being popular our national game (2 marks)
- (ii) Write down three skills in volleyball. (3 marks)
- (iii) The following diagram shows one of the main skills in volleyball.

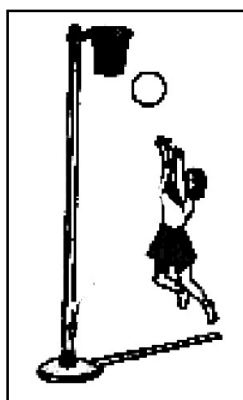


- (a) Name the skill relevant to the diagram. (1 marks)
- (b) State **two** activities that can be done to practise the above skill for a beginner. (4 marks)
(You can show them with diagrams.)

Part B

The way of playing netball is very attractive and it is a very popular game among the women.

- (i) What is the maximum number of players can be played in a netball team? (2 marks)
- (ii) Write three main skills in netball. (3 marks)
- (iii) The following diagram shows one of the skills in netball.



- (a) Name the skill related to the diagram. (1 mark)
- (b) State **two** activities that can be done to practise the above skill for a beginner. (4 marks)

Part C

It is said football is the most popular game all over the world.

- (i) How many players can play in a football team? (2 marks)
- (ii) Write **three** main skills in football. (3 marks)
- (iii) The following diagram shows one of the skills in football.



- (a) Name the skill related to the diagram. (1 msrks)
- (b) Write **two** activities that can be done to practise the above skill for a beginner.
(you can show them in diagrams) (4 marks)



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First Term Test - Grade 10 - 2020
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Health & Physical Education - Marking Scheme

Paper I

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

Paper II

- (1) (i) - physical factors
- mental factors
- social factors
- spiritual factors
- (ii) - 20 minutes to 30 minutes
- (iii) - good interpersonal relationship
- being happy
- one can assess the status he / she can have in the society.
- (iv) - ability to take correct decisions
- solving problems
- good discipline
- patience
- ability to handle challenges effectively
- (v) - Consumption of nutritious food
- Sound sleep
- drink adequate amount of water.
- (vi) Empathy
- (vii) - milkrice with green - grams
- jak seed curry
- hath maluwa
- (viii) Netball, Football, Basketball, Elle
- (ix) - spreading diseases
- obstruct the beauty of the environment
- (x) - not having proper physical fitness
- the equipment not in proper standard.
- over practising
- not obeying for the rules and regulations
- not having a proper training.... etc.
- (2) (i) - Having proper nutrition
- make the family health officer aware and attend the clinics punctually.
- attend to medical examinations
- seek medical advice
- avoid contacting diseases
- avoid alcohol and smoking
- (ii) - maintain healthy mental status
- being happy
- being cheerful
- maintain effective social relationship
- (iii) - decreasing physical development of the child.
- lack of immunity

- * mental retardation.
 - * incidents under low birth weight
- (iv) * still birth
* blindness in the newborn
- (03) (i) * Location of the centre of gravity being above the supporting base.
* The distance from the ground to the centre of gravity being less
* The supporting base being large
* Movements of limbs in the opposite direction.
- (ii) * The body is at great ease
* complexion becomes pleasant
* minimizes muscle fatigue
* It is possible to exhibit maximum skills.
* minimize pains.
- (iii) When bending the body downwards the centre of gravity is positioned in a lower place to protect the balance of the body.
- (4) Give marks for the positive answers.
- (5) (i) * track and field events
* road race
* race walking
* cross country running
* mountain running
- (ii) * horizontal jumps
* vertical jumps
- (iii) * In the process of walking the succeeding step should be taken, so that one of the feet is always in contact with the ground.
* Until the forward supporting foot comes to vertical position the knee of the leg should remain straight.
- (iv) * By displaying the yellow board the judge points out the violation of a rule to the athlete.
* If an athlete walks by violating main rules, a red card will be displayed by the chief judge.
* If the chief judge has 03 red cards on one athlete from 03 judges, the chief judge will eliminate the athlete from the race.
- (6) (i) * lack of knowledge
* carelessness
* lawlessness
* Using unsuitable equipment
- use of alcohol or drugs
 - unprotected environments.
- (ii) - being tactful to avoid harmful situations
- preventing from going to unsuitable places.
- staying away from dangerous environments which could tend to abuse
- (iii) - Use protective glove, protective gear on nose and mouth, protective clothing etc.
- mixing and application of proper dosage according to the instructions.
- storage under safe conditions
- cleaning the body after using etc.
- (iv) - application of ice to avoid bleeding
- covering the wound.
- applying a bandage to cause mild pressure
- keeping the wound in a slightly higher position.
- providing medical advice.
- (7) A (i) - can play in a smaller space
- the time duration is shorter
- rules and regulations are clear
- can entertain a lot
- (ii) service
receiving the ball
setting the ball
attacking
blocking
defending
- (ii) (a) blocking the ball
(b) give marks for the relevant correct answer.
- B (i) Seven players (7)
(ii) ball controlling
foot work
attacking
shooting
defending
- (ii) (a) shooting
(b) give marks for the correct answer
- C (i) 11 players
(ii) * kicking the ball
* stopping the ball
* Heading the ball
* Dribbling the ball
* Goal keeping
* Throw in
- (iii) (a) throw in
(b) give marks for the relevant answers