

Grade 10

Health & Physical Education I

Time - 3 hours &
10 minits

Name/Index No :.....

* Note

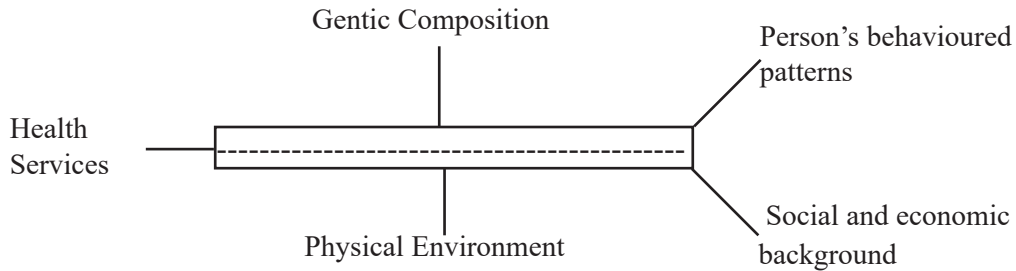
* Answer all the questions in the part - I

* In each of the questions from 1 to 40,pick one of the alternatives (1),(2),(3),(4),which is correct or most appropriate.

* Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.

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01.



Correct life patterns should be followed to maintain the health condition of an individual. Accordingly,the most correct answer suitable to the blank is,

1. individual potentials
2. correct behaviour patterns
3. good health
4. qualitative values of life

02. A - Living effectively by facing successfully to the challenges that are met in day to day life.
B - Maintaining good interpersonal relationships with others around him/her.
C - Maintaining physical fitness to reduce the behaviour patterns which affect to diseases.
D - Improving good interpersonal relationships by understanding the meaning of living happily.

Select the choice that gives the correct order that indicates physical,mental,social and spiritual wellbeing.Shown by the above introductions.

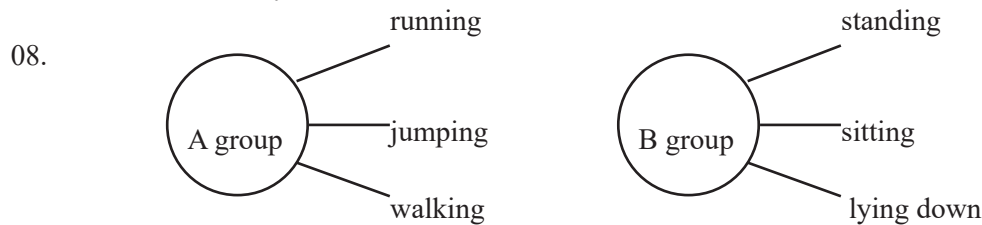
1. A,B,C,D
2. C,A,B,D
3. B,A,D,C
4. D,C,A,B

03. A note on a wall paper is given below.Characteristics of a good person,
* leadership qualities.
* being a good follower.
* obeying laws.
* working cooperatively.

The most suitable answer appropriate to the blank,

- 1.Social health condition.
- 2.Mental health condition.
- 3.Physical health condition.
- 4.Spiritual health condition.

04. A challenge which has to be faced in maintaining total health,
1. Social health condition.
 2. Mental health condition.
 3. Physical health condition.
 4. Spiritual health condition.
05. 21.2 kg ms^{-2} is the BMI of Sujith who is studying in grade 10. To which colour sujith belongs according to the colour line which determines Nutritional status of BMI range.
1. light purpl
 2. orange
 3. dark purple
 4. green
06. Infant stage plays main role out of the stages in childhood. A psycho-social need in infant stage
1. Provide opportunities to explore the environment.
 2. Sufficent nutrition.
 3. Immunization.
 4. Cleanliness.
07. Chithul is a child of 4 years old. His parents always provide him to develop motor abilities, let him express his ideas and fullfill his needs. The stage Chithul spends,
1. Neonatal Stage
 2. Infant Stage
 3. Early Childhood
 4. Late Childhood



According to the chart

1. Group A shows dynamic postures and Group B shows static postures.
 2. Group A shows static postures and Group B shows dynamic postures.
 3. Both A and B groups show dynamic postures.
 4. Both A and B groups show static postures.
09. Not a factor which helps to maintain “balance” in various physical postures.
1. Movement of the body in the opposite direction.
 2. Maintaining a smaller supporting base.
 3. Having the center of gravity at a lower position.
 4. Keeping the line of gravity within the supporting base.
10. Learning about environment and many uses can be earned from outdoor education. A use of outdoor education
1. Not easy to face challenges successfully.
 2. Not to get a training for leadership.
 3. Not being identified natural phenomena in the environment.
 4. Having a self-discipline.
11. Following diagrams show two postures of Sandaru and Oshadha.

Oshadha



Sandaru



The correct statement of the posture of Oshadha and Sandaru,

1. Oshadha's posture is correct and Sandaru's posture is incorrect.
2. Oshadha's posture is incorrect and Sandaru's posture is correct.
3. Both postures are incorrect.
4. Both postures are correct.

12. Use the description of the following systems to answer questions no.12 and 13.

P - removes waste materials from the body.

Q - transports digested food needed to produce energy and oxygen into cells and waste matter to relevant places.

R - food is broken into smaller particles both physically and chemically and absorbed.

The systems denoted by P,Q,R which contribute to the functioning of the human body,

1. circulatory system,excretory system,digestive system.
2. excretory system,digestive system,circulatory system.
3. digestive system,circulatory system,excretory system.
4. excretory system,circulatory system,digestive system.

13. Cirrhosis and Stroke are diseases related to the systems in order

1. R and Q
2. P and Q
3. Q and P
4. R,Q and P

14. Nadun who always suffering from stress smokes and takes liquor,interests in having high oily food and acidic food,doesn't get food on time.He suffers from a certain disease condition.This disease may be

1. diabetes
2. oral cancers
3. gastritis
4. constipation

15. Two main bio mechanical factors that are related to posture in our daily activities as well as in sports activities,

1. Center of gravity and inertia.
2. Balance and direction of the force.
3. Center of gravity and balance.
4. Balance and flexibility.

16. The odd statement regarding active lifestyle and physical exercises.

1. Using the steps instead of lift.
2. To reduce risk of non-communicable diseases.
3. Whenever possible engage in day-to-day activities with minimum use of equipment.
4. In every stage of living an active life style should be maintained and it is necessary to engage in physical exercises.

17. Following chart gives disease conditions of several patients.Use this chart to answer question no.17 and 18.

patient	disease
P	Goiter
Q	Anaemia
R	Hypertension
S	Diabetes
T	Syphilis

Out of these patients who suffer from nutritional deficiencies?

1. P and T
2. Q and S
3. P and Q
4. R and S

18. The correct statement related to the disease condition of R and S patients,
1. They are communicable diseases.
 2. They are non-communicable diseases.
 3. They are nutritional diseases.
 4. They are the diseases that cannot be controlled.
19. Dinithi takes food containing Carbohydrates, Proteins and Minerals including Iron, Calcium, Iodine in sufficient amount. She does not forget to take food appropriately in addition to the main meals. Accordingly, Dinithi is
1. a talented sportswoman.
 2. an adolescent.
 3. a pregnant mother.
 4. a lactating mother.
20. At a relay race 100m x4, when the third runner Ravi is passing the baton to the fourth runner Nadun in the baton changing zone, the baton fell down from the Ravi's hand. Nadun picked it up quickly and ran, and finished the race getting the first place. Your decision as the umpire in this race
1. Warn the 3rd player and re-start the event.
 2. Warn the 4th player and re-start the event.
 3. Give the first place to that team.
 4. Remove that team from the event.
21. 'A' and 'B' diagrams show respectively two occasions of race walking.



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.

When response shows correct style of start according to the number and the events of competitors mentioned above

22. The event shown by the diagram.



1. correct vertical jump
 2. correct horizontal jump
 3. correct track event
 4. wrong track event
23. Following chart shows the numbers and the events participating by competitors at a sport event. Accordingly, answer question no.23.

competitor's number	the event participating
23	110m hurdles
46	Marathon
63	1500m
78	100mx 4 relay as the starting runner.

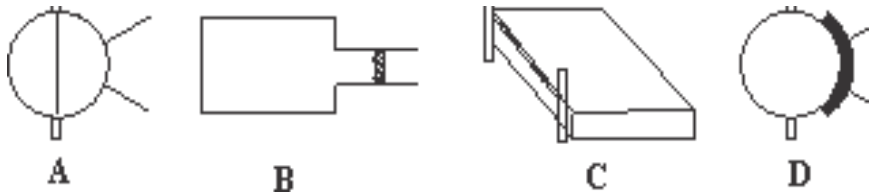
when response shows correct style of start according to the number and the events of competitors mention above.

1. No.23 and 63 use standing start and No.46 and 78 crouch start.
2. Both 46 and 63 use standing start and No.23 and 78 use crouch start.
3. No.23,46 and 63 use standing start and No.78 uses crouch start.
4. No.46 uses standing start and No.23,46,78 use crouch start.

24. A runner engages in running for 12 minutes continuously during his practices. The physical fitness quality expected to improve by him,

1. Speed
2. Strength
3. Endurance
4. Flexibility

25. Use the following sketches of grounds to answer from question No.25-28.



At the school sportsmeet if you had to send relevant equipment towards relevant grounds, only tape should be sent to,

1. B only
2. C and D
3. B and C
4. A and B

26. If you will participate in discus throw you should go to

1. A
2. B
3. C
4. D

27. After an attempt has been made, the participant should leave the ground through the back of half. These grounds may be

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

28. Which ground should be used by a competitor who use sail technique?

1. A
2. B
3. C
4. D

29. A runner participating in a running event of 100m applies a force on the starting block as he heard the sound of the starting gun, then runner is pushed forward. The reason for this is

1. The reaction force of the force which is applied on the starting block is applied on the body of the runner.
2. Being applied a higher force by the runner on the starting block.
3. A reaction force from the ground is applied on the body of the runner.
4. Both postures are correct.

30. PRICES treatment is used at

1. muscle injuries
2. blisters
3. piercing
4. bruises

31. Select the correct response regarding the expression and the reason given below.

Expression - Babies not being given breast milk for an adequate period will suffer from vitamin A deficiency.

Reason - The risk is to be faced vitamin A deficiency can be reduced by giving breast milk properly during first few days of life of a new born baby.

1. Expression and reason are correct.
2. Expression and reason are incorrect.
3. Expression is correct and reason is incorrect.
4. Expression is incorrect and reason is correct.

* Use the following information to answer question No.32 and 33.

Nimal and Kamal are living in the same room. They use the phone, clothes, plates and mugs by sharing with each other. A medical test confirmed that Nimal has been infected HIV, Kamal got excited and he faced a medical test.

32. According to above information the results of the medical test faced by Kamal may be
 1. Kamal has been infected HIV.
 2. Kamal may be infected HIV.
 3. Kamal is not a HIV patient.
 4. Can't be express that Kamal is a HIV patient or not.
33. With the confirmation of medical test that Nimal is an HIV infected reason, the way Kamal should be have
 1. Kamal should leave the room immediately.
 2. All friends should be aware of Nimal's disease and should make Nimal isolated.
 3. The friendship with Nimal should completely be stopped.
 4. Should prevent from isolating Nimal and give necessary support him with out loss.
34. Not belong to the activities that should be followed to maintain the body composition properly.
 1. Having a balaced diet.
 2. Getting adequate sleep and rest.
 3. Engaging in day-to-day activities enthusiastically.
 4. Using alcohol.

* Use the following cases to answer question No.35 and 36.

1st Case	2nd Case
A - Overnutrition.	Prone to non-communicable diseases
B - Wearing safety gear recommended for the sport.	Sports related injuries
C - Long term stress.	Depression
D - establishing forest areas by planting trees.	accidents happenning due to landslides.

35. The couple of cases that increase of first case effects the increase of the second case.
 1. A,B
 2. B,D
 3. A,C
 4. C,D
36. The couple of cases that increase of the 1st case effects the decrease of the 2nd case.
 1. B,D
 2. A,C
 3. B,C
 4. A,D
37. Sanduni noted following facts from the lecture on stress which was held for grade 10 students of Paranagama Vidyalaya.
 - Q - Making decisions
 - R - Good interpersonal relationships
 - S - Proper time management
 - T - Situational changes

From the facts she noted what are the factors affecting stress?

1. S and T
2. Q and R
3. R and S
4. Q and T

38. Given below are the firstaids for snake bits
- A - Take the patient immediately to a hospital.
 - B - If it is possible, identify the snake.
 - C - Keep the affected area immobilized.
 - D - Take measures to allay the patient's fear.
 - E - Wash the area with soap and flowing water.
39. Several proposals presented at a discussion held on prevention of road accidents are as follows.
- P - Raising awareness among motorists and being alert of technical faults of vehicles.
 - Q - Taking necessary steps to avoid poor road conditions and technical faults of vehicles.
 - R - Raising awareness of motorists and pedestrians and take necessary steps to avoid poor road conditions and technical faults of vehicles.
 - S - Raising awareness of motorists and pedestrians should only be done.

Most suitable idea is

1. P 2. Q 3. R 4. S

40. What is represented by five interlaced rings in the olympic flag?
- 1. The five main events of olympic games.
 - 2. The five Greek gods.
 - 3. The five continents left from the concept of Nationalism.
 - 4. The five cities in the world.

Grade 10

Health & Physical Education II

*** Note**

- * Answer five questions only,selecting question No.01,two questions from part I and two questions from part II.**

01. Sri Lankan schools have been dysfunctional for 2 years due to covid panademic.Therefore students were unable to get education properly.

Prior to the panademic,Ajith who engaged in extra curricular activities is the most talented middle distance runner in the school.But during the panademic,He was unable to do his practices properly. It was shown that he stayed in home due to school closure left from online education occasionally. But before the covid panademic,he engaged in organized games as a habit in the afternoon. In addition to the job,his parents engage in home cultivation of vegetables and fruits needed for day to day consumption. Excess crop is sold.

Ajith's 9 years old sister and his all family members dispose the things like tins, yoghurt cups, coconut shells which affect to spread mosquitoes and other garbage properly.

- i. State two health areas that can be seen in totally healthy individual but can't be seen in Ajith.
- ii. Write 2 events that belong to middle distance.
- iii. Name an organized game and write its one characteristic.
- iv. Write 2 physical fitness factors developed by Ajith who was a middle distance runner.
- v. State two mental conditions that Ajith may face due to the isolation in home.
- vi. Write the stage spent by the younger sister mentioned in the paragraph and write her one Psychosocial need.
- vii. Mention two advantages which can be obtained from the consumption of vegetables and fruits grown in the home garden.
- viii. State the disease which is spread highly in SriLanka these days by mosquitoes and write its one characteristic.
- ix. State two disadvantages of leaving the online education.
- x. Name two nutrients that should be included in a nutritious diet and Name two food items rich in those nutrients.

(2 x 10 = 20 marks)

Part - I

- * Answer only 2 questions.**

02. In order to lead a healthy life,it is important that we consume nutritious food.Being the future of the country, you can help to minimize the nutritional problems in the society.

- i. State two symptoms that can occur in children due to poor nutrition.
- ii. What are the two main components the nutrients in food are divided?
- iii. Write 2 effects each of undernutrition and overnutrition.

- iv. State 2 groups of individuals that should be paid attention in the preparation of food according to the needs of
 - v. Mention 2 actions that can be taken in the consumption of food in hygienic manner in home. (2 x 5 = 10 marks)
03. Activities such as walking, running, jumping and throwing have naturally been connected with man's life throughout the process of evolution. Walking and running events have been classified based on the distance of race, jumping events have been classified based on the way of taking off, and throwing events have been classified based on the process of throwing.
- i. Athletics have been classified into five groups. State them.
 - ii. There are five techniques of high jump based on the position of the body during bar clearance. Name two out of them.
 - iii. Baton change can be classified in relation to the side of the body of the receiver. Name two such ways.
 - iv. Write two events each of vertical jump and horizontal jump.
 - v. Write two running exercises that can be done to increase the running speed. (2 x 5 = 10 marks)
04. Explain the way you help to face the following challenges successfully.
- i. After being aware of the implementation of random PCR test for preventing the spread of covid 19, your friend tries to omit that test.
 - ii. Asiri is a talented student suffering from economic difficulties and he will sit the O/L examination this year. He says that can't pass the exam because that he hasn't facilities for online education.
 - iii. Your friend says, that his/her mobile phone receives messages from an unknown person.
 - iv. our brother always rides his motor-bike very fast.
 - v. Your brother who is adolescence always makes quarrels with his parents. (2 x 5 = 10 marks)

Part - II

* **Answer only 2 questions.**

05. Covid 19 which is a global pandemic at present has highly affected economical, political, social and religious areas in Sri Lanka.
- i. To which system in our body covid 19 mainly affects.
 - ii. State 4 organs which belong to that system.
 - iii. Write 4 other diseases related to this system in addition to the above disease.
 - iv. State 4 symptoms of covid 19.
 - v. Write 3 actions that could be followed to protect from this disease. (1+2+2+2+3= 10 marks)
06. Charu used the Parry O'Brien technique in his event at the sports meet. The umpire said Nadee who participated in the above event, her 3 attempts were unsuccessful by showing the red flag.
- i. What is the event Charu Participated?
 - ii. Name the stages that Parry O'Brien technique comprises.
 - iii. Write two factors that may cause for being unsuccessful Nadee's attempts.
 - 4. Mention two activities that could be done to practise the hand for the above event. (2+2+2+4 = 10 marks)

07. Answer only one question from A,B,C.

(A) Volleyball is the national game and we have to develop various skills in participating this game.

- i. Obstructing the ball, above the level of the net by front row players, which was hit by the opposing team and has cleared the net. What is this skill?
- ii. This skill can be studied under four stages. Write those 4 stages in order.
- iii. Describe 2 activities which can be done to practise the above skill or describe it by diagrams.
- iv. Three signals used in the above event by the umpire are shown in the following diagrams. Name them.

(1+2+4+3= 10 marks)



(B) Netball is a sport that is very popular among females.

- i. Preventing the opponents passing the ball among one another by continuing the balance of the body and aiming the eyes towards the ball and the player. What is this skill?
- ii. State two actions that should be followed by the players in defending the ball.
- iii. Describe other two actions that could be used to do above skill you mentioned or describe in diagrams.
- iv. 3 signals used by the umpire at the above event are shown in the diagrams given below.

(1+4+2+3= 10 marks)



(C) Football has won recognition as the most popular sport in the world as it has become the game that is watched by the most number of people.

- i. What is the name of the skill which is used to flick the ball backwards deceiving the opponent?
- ii. In addition to the above skill write 2 other kicks that could be used?
- iii. Describe 2 activities which will help to develop the skills you mentioned above describe in diagrams.
- iv. Three signals used by the umpire are shown in the diagrams below. Name of them.

(1+2+4+3= 10 marks)

