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<table border="1" style="margin: auto;"> <tr><td style="padding: 2px;">Grade</td></tr> <tr><td style="text-align: center; font-size: 1.2em;">10</td></tr> </table>	Grade	10	<h2 style="margin: 0;">Third Term Test - 2023</h2> <p style="margin: 0;">Subject :- <b>Health and Physical Education</b></p>	
Grade				
10				
<p>School Name : .....</p> <p>Index Number : .....</p>		<p><b>Time : 3 hours</b></p>		

**Paper 1**

- **Answer all the questions.**

01. A total health is,

- (1) Taking necessary measures to recover quickly when sick.
- (2) Being free from diseases.
- (3) Working to improve our health.
- (4) Living a meaningful and productive life physically, mentally, socially and spiritually.

02. This subject,

- (1) To make us understand the diseases that affect us, how to prevent them, and how to promote health.
- (2) To understand how to maintain our health by preventing diseases as much as possible, and treating them efficiently when affected.
- (3) To build up a complete human being, physically and mentally healthy, full of virtues
- (4) Building a physically, mentally and socially healthy person

03. If anyone is in perfect physical well-being,

- (a) Should be of appropriate weight for age and body composition and should be free from so-called diseases. Also, every part of our body should function properly and be able to function.
- (b) Statement 1 above is true and in addition, it is necessary to avoid lifestyles that may threaten physical health in the future.
- (c) should be at a weight suitable for age and body composition, and if any disease is affected, it should be treated promptly, and every part of our body should be functioning and able to function very well.

Out of the above statements

- (1) a is true.    (2) b is true.    (3) c is true.    (4) a, b, c are all true.

04. To maintain good physical fitness we mainly need,

- (1) Proper nutrition and exercise.
- (2) Proper nutrition, proper training and exercise.
- (3) Proper training and exercise.
- (4) Being free from disease, proper nutrition and exercise.

**Use the following statements to answer questions 5 to 7.**

- (a) Wimalasiri was always suffering from unnecessary doubts and because of that he was facing many problems in the family and socially.
- (b) Sama gets very angry, where she tends to act unsuitable behaviour.
- (c) If Keshani has any purpose, it cannot be changed at all, and it needs to be done very quickly. She is not ready to agree to an intermediate solution.
- (d) Saman is always alone and does not like to be disturbed by anyone. He seems to be in a sad and anxious mood.

05 According to the above statement. We may think of suffering from any mental illness which may be classified as minor or severe;

- (1) Wimalasiri and Saman                      (2) Wimalasiri. Sama and Saman.
- (3) Wimalasiri and Sama.                      (4) Wimalasiri only.

06. The respective characteristics seen in Sama and Keshani's personality may be the cause or causes.

- (1) Any infirmity of the parents in bringing them up
- (2) Traits that they have inherited by nature.
- (3) Resilience is an attribute important to mental health that they do not need to understand.
- (4) All of the above.

7. The possible solution or solutions to Sama's mental health problem are,

- (1) Emphasize to her the importance of controlling frequent intense anger as it is harmful to mental balance as well as physical health
- (2) Advise her to stay away as much as possible from the steps and events that cause anger as shown in 1 above.

(3) It is better if she can stay away from events that cause anger, but since she expressed that she often gets angry, it should be pointed out the importance of developing in her the quality of facing events flexibly.

(4) Steps 1 and 3.

08. Below are the comments written by 4 students regarding total health. Which of these is the most correct idea?

(1) A is physical, mental, social and educational well-being.

(2) B is physical, mental, spiritual and social well-being.

(3) C - Physical, mental, intellectual and psychosocial well-being.

(4) D - Physical, mental, social and nutritional well-being.

09. Select the category that only containing indicators that measure a country's improved health status.

(1) Infant mortality rate, average life expectancy, maternal mortality rate

(2) Per Capita Income, Infant Mortality Rate, Maternal Mortality Rate

(3) Literacy, average life expectancy, infant mortality

(4) Percentage susceptible to communicable diseases, amount of land occupied

10. What is the correct formula for finding body mass index?

(1)  $BMI = \text{body weight} \div \text{height}$

(2)  $BMI = \text{body height} \div \text{weight}$

(3)  $BMI = \text{body weight} \div \text{height} \times \text{height}$

(4)  $BMI = \text{height} \times \text{height} \div \text{body weight}$

11. When considering the main aspects of well-being and facing the challenges successfully, which aspect should be included?

(1) To the physical factors

(2) To the mental factors

(3) To the social factors

(4) To the spiritual factors

12. What is the minimum amount of time a baby should be exclusively breastfed according to doctor's prescription,

- (1) 04 months            (2) 06 months            (3) 01 year            (4) 02 years

13. What are the psychosocial needs of a child in early childhood?

- (1) Adequate breastfeeding  
(2) Measure the child's height and weight every three months  
(3) Provide opportunities for environmental exploration  
(4) Providing toys of different colors

14. What is the center of gravity of the human body?

- (1) It is the center of all the organs of the body  
(2) Body weight is the operating point.  
(3) is the point that works between the body passages.  
(4) This is located near the forehead

15. What is the main difference between walking and running?

- (1) There are speed limits in running.  
(2) Walking should be done on toes.  
(3) Always keep one foot on the ground while walking. Both feet are in the air for a moment in running is seen.  
(4) The distance of one step should increase while running. The distance of a step should be less while walking.

16 Select category that includes only standard relay events.

- (1) 100m x 4,400m x4            (2) 100m x 4,200m x 4            (3) 100m x 4,150m x 4  
(4) 100m x 4,800m x 4

17. What is the international unit of measurement of stored energy in food?

- (1) Calories    (2) Jul            (3) kilo joules            (4) Newton

18. Postures are mainly 02 parts. Choose the answer that belongs to the same posture group only.

- (1) Running, sitting, lying down

- (2) Sitting, lying down, jumping
- (3) Jumping, walking, running
- (4) Running. Lying down, jumping

19. A game that can be played without equipment?

- (1) Kabbadi
- (2) Golf
- (3) Chess
- (4) Caram

20. The most suitable food to give to a child of about 04 months is,

- (1) Provision of supplementary food
- (2) Breast feeding
- (3) Giving Triposha
- (4) Vegetables boiled and crushed

21. What is the common first aid method given in sports accidents?

- (1) R,I,C,E method
- (2) A, B, C method
- (3) P,R,I,C,E method
- (4) I,C,E method

22. Which starting method is used to start race walking?

- (1) Crouched start
- (2) Curling boot method
- (3) Standing start
- (4) None of the above

23 A type of micronutrients that should be obtained especially by a mother who hopes to have children after marriage is,

- (1) Type of food containing folic acid.
- (2) Type of food containing vitamin A.
- (3) Food containing carbohydrates.
- (4) Type of food containing fat.

24. Select the category that only includes diseases caused by environmental pollution.

- (1) Diarrhea, cholera, respiratory diseases
- (2) AIDS, Beto spots, Malaria
- (3) Dengue, diarrhea, paralysis
- (4) Hydrophobia, malaria, osteoporosis

25. What is the main function of the digestive system?

- (1) Breakdown of food and production of enzymes
- (2) Grasping and shredding of food
- (3) Digestion of complex foods into simple ones and absorbed by the body
- (4) None of the above.

26. Choose the answer that shows the order of organs according to the pathway through which food travels.

- (1) Mouth - Stomach - Endocrine - Small Intestine
- (2) Endocrinology - Stomach - Pancreas - Small Intestine
- (3) Pancreas - Small Intestine - Large Intestine - Anus
- (4) Endocrine - Stomach - Small Intestine - Large Intestine

27. Select the category that includes only respiratory diseases.

- (1) Common cold - Tuberculosis - Lung cancer - Gastritis
- (2) Lung Cancer - Bronchitis - Asthma - Nephritis
- (3) Diphtheria - Asthma - Tuberculosis - H1N1
- (4) Diphtheria - Tracheitis - Pinus - Haemophilia

28. A function of the fallopian tube in the female reproductive system is,

- (1) Fertilization of eggs
- (2) Development of the embryo
- (3) Production of hormones
- (4) Occurrence of sexual intercourse

29. Which organ of the male reproductive system produces male sex hormones?

- (1) Testicle                      (2) Testes                      (3) Semen                      (4) Prostate gland

30. Which answer contains only physical fitness factors?

- (1) Strength, speed, endurance, flexibility  
(2) Speed, endurance, flexibility, joint action  
(3) Strength, combination, flexibility, power  
(4) Flexibility, speed, combination, weight

31. The wrong answer for an infant is,

- (1) Infancy is the period of one year after birth  
(2) Nutritious food should be taken during this time  
(3) Milk powder available in the market should be given to children for intellectual development.  
(4) Breast milk should be given in addition to complementary foods up to 02 years.

32. Saturated fat raises cholesterol levels. Cholesterol can also be ingested directly through food. Due to high cholesterol levels

- (a) Heart attack may occur.  
(b) Paralysis may occur  
(c) Can cause diabetes  
(d) Hypertension may occur

Of the above statements,

- (1) a is true                      (2) a and b are true.  
(3) a,b and c are true.                      (4) a, b, and d are true.

33. High amount of fiber rich foods are need.

- (1) Infants                      (2) Neonates                      (3) Sportsman                      (4) Diabetic patient

34. The distance that should be completed by marathon runner,

- (1) 42.195km                      (2) 42.197km                      (3) 42.395km                      (4) 43.195km

35. There are standard playing fields, standard equipment, standard number of players,

- (1) Team sports                      (2) Organized sports
- (3) Indoor games                    (4) Folk games

36. In Jayawadana School, morning religious services begin after singing the National Anthem and the School Anthem. At the time of singing the national anthem and school songs of this school, the students must have been,

- (1) In static postures
- (2) In dynamic postures
- (3) The national anthem should be in static posture and the school anthem in dynamic posture.
- (4) The national anthem should be in dynamic posture and the school anthem in static posture.

37. Only diseases related to the circulatory system are indicated.

- (1) Anemia, Leukemia, Dressing, asthma      (2) Leukemia, asthma, heart attack
- (3) Paralysis leukemia, hypertension
- (4) High blood pressure, paralysis, decreased blood supply to the heart

38. The two factors that affect speed are.

- A- The distance of a step      B - Frequency of a step
- C - flexibility of a step      D- Combination of a step

Which of the above is correct,

- (1) A and B are              (2) B and C are.              (3) A and D are              (4) All of the above

39. What are the conditions caused by iodine deficiency?

- A – A poor school performance
- B – Pron to develop goiter
- C- Night blindness
- D- Hearing impairment

Which of the above is correct?

- (1) A and B are              (2) B, C and D              (3) A, B and C are              (4) All of the above



40. 2023 ICC World Cup was held in which country?

- (1) India            (2) Sri Lanka            (3) Pakistan            (4) England

## Part II

- **Answer only five questions choosing the first question, two questions from Part I and two questions from Part II.**
- **Write the answers in clear handwriting.**

01. The students of Sapumalgama School prepared for their annual inter-house sports competition very happily. The sports teacher of the school took the initiative, and the support of the principal and other teachers was increased.

- The road race was the first to start the inter-house sports meet. Apart from this, write two major aspects of athletics. (Marks 02)
- Athletes participating in the road race started the race with which starting methods? (Marks 02)
- Name the starting commands given to the athletes who participated in the road race at the start of the race. (Marks 02)
- What fitness factor should a road runner develop? (Marks 02)
- Kamal, who participated in this competition, suffered a leg injury during the competition and fell to the ground. Explain the first aid method given to Kamal. (Marks 02)
- Kamal suffered a similar injury last year and was unable to complete the road race. Thus, which aspect of complete health should be developed in Kamal? (Marks 02)
- Maintaining proper posture is essential to protect against sports accidents and other hazards. Thus, name the two biomechanical principles that affect posture. (Marks 02)
- A large number of students from every house came to help Kamal who was injured in the road race. Write 2 reasons why so many other students come to help. (Marks 02)
- Write 2 advices you would give to Kamal to avoid such problems. (Marks 02)
- Mention 2 sportmanship qualities. (Marks 02)

## Part I

02.i. Briefly explain the concept of total health. (Marks 02)

ii. Name 03 factors affecting total health. (Marks 03)

iii. (a) Write five lifestyles suitable for attaining a state of total health. (Marks 02)

(b) Write three correct eating habits which lead to maintaining total health. (Marks 03)

03. i. Name three things, a girl child should know before becoming a mother. (Marks 03)

ii. (a) Briefly state the period known as prenatal stage and neonatal stage. (Marks 02)

(b) Write three physiological needs of a newborn child. (Marks 03)

iii. (a) Write two advantages by maintaining good mental health of an prenatal mother.  
(Marks 01)

(b) The husband should also attend the maternity clinics attended with the mother.

Write two advantages of it. (Marks 01)

04. Explain how to overcome the following challenges successfully.

i. Finding a mobile phone of an unknown person, on the road. (Marks 02)

ii. Finding a love letter in her sister's book bag. (Marks 02)

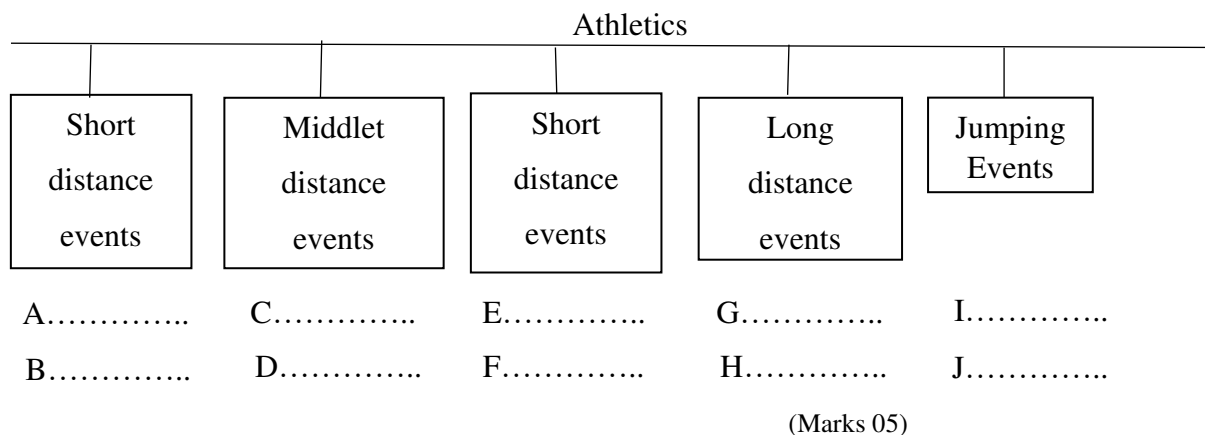
iii. Punishment by the class teacher, for an offense, that was not your fault. (Marks 02)

iv. Telling you, about your friend's leg injury after falling on the playground. (Marks 02)

v. Transferring family responsibilities to you due to father's illness. (Marks 02)

## Part II

05. i. Complete the following blanks in the classification of athletic events.



ii.(a) Name the combine events. (Marks 02)

(b) Name 2 rules of race walking. (Marks 02)

iii. State 2 occasions were a team will be disqualified due to a fault in a batton change.  
(Marks 01)

06. i. Write three advantages of maintaining correct posture in daily activities. (Marks 03)

ii. (a) Write 02 factors that help to maintain balance in physical activity. (Marks 01)

(b) Name two biomechanical principles affect posture. (Marks 01)

iii. (a) What is called balance. (Marks 03)

(b) Define centre of gravity. (Marks 02)

**Choose only one section from the following sections A,B,C and answer all the questions in that section.**

07. A. i. Draw a volleyball court and state the measurements. (Marks 03)

ii. Mention 04 skills in volleyball. (Marks 02)

iii. Name the officials who are involved in judging a volleyball. (Marks 03)

iv. Write the 4 main stages of spiking in volleyball. (Marks 02)

B. i. Draw a netball court and state the measurements. (Marks 03)

ii Mention 04 skills in netball. (Marks 02)

- iii. Name the officials who are involved in judging a netball. (Marks 03)
  - iv Write the occasions where the ball is tossed between two players in netball. (Marks 02)
- C.
- i. Draw a football field and state the measurements. (Marks 03)
  - ii. Mention 04 skills in football. (Marks 02)
  - iii. Name the officials who are involved in judging a football. (Marks 03)
  - iv. Write the 3 methods of heading the ball in football. (Marks 02)