

Third Term Test - 2023

Health and Physical Education - I

Grade 10

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Time : 01 hour

Name / Index Number : 2024-03-04

• Answer all questions. Underline the most suitable answer.

01. Often a person with good interpersonal skills as well as flexibility,
1. good in physical health
 2. good in mental health
 3. good in social health
 4. spiritual health

* Below is a model illustrating how the respective zones are represented on a chart showing body mass index values. Answer questions number two and three based on that mode.

A	-2SD less	orange colour
B	-2SD to +1SD	green colour
C	+1SD to +2SD	light purple
D	above +2SD	dark purple

02. The ideal body mass index should be reached,
1. A
 2. B
 3. C
 4. D
03. A person who is likely to have consumed more foods containing more sugar flour and fat,
1. A
 2. B
 3. C
 4. D

* Below is a description of some of the games that a certain group of players participate in. Based on that answer number four and 5th questions.

Sandun is an athlete who excels in sprinting.
Kamal is trainer that trains aerobics activities.
Dulan is a talented long jump player.
Nimal is an athlete with a knack for weight lifting.

04. An athlete who needs more fitness exercises,
1. Sandun
 2. Kamal
 3. Dulan
 4. Nimal
05. The player who used croach start is,
1. Sandun
 2. Kamal
 3. Dulan
 4. Nimal

06. The image shows,
1. The visual transfer method of baton transfer.
 2. The invisible transfer method of baton transfer.
 3. The optical shift of the skick shift is the underhand method.
 4. The visual underhand method of baton transfer.



07. The main stage of child hood are,
1. Prenatal stage - Infancy - Neonatal stage - early childhood
 2. Neonatal stage - Prenatal stage - early childhood - Infancy
 3. Infancy - early childhood - Prenatal stage - Neonatal stage
 4. Prenatal stage - Neonatal stage - Infancy - Prenatal stage
08. The birth weight of a healthy child in Sri Lanka should be,
1. 500g - 1kg
 2. 1kg - 2.5 kg
 3. 2.5 kg - 3 kg
 4. 3.5 - 4 kg

09. I supported in foods like meat and fish, and I contribute to the growth of the body who I am I?
1. Fat 2. Protein 3. Lipids 4. Carbohydrates

* Study the pairs of cases mentioned below and answer question number 10 & 11.

- A Enlargement of a person's support base
A person's ability to maintain balance.
- B getting enough exercise
better physical health
- C eating nutrients - poor diet
less chance of disease
- D following the results of the game
reduces ability to conduct fair competition
10. The pair of events that affect the increase in the first is the increase in the second,
1. A and B 2. B and C 3. C and D 4. A and D
11. An increase in the former affects a decrease in the latter is the pair of events,
1. A and B 2. B and C 3. C and D 4. A and D

* Answer 12 and 13 questions using the information below.

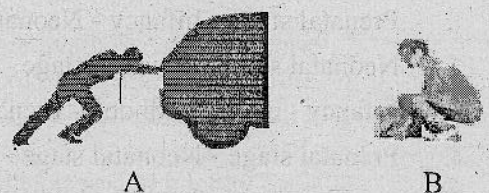
Sampath works as a manger in a private company and due to his busy schedule he does not get his main meals on time and on the other hand, due to stress he suffers from various ailments.

12. Which pair of systems below do you think directly results in resources disorders?
1. respiority system & digestive system
2. digestive system & respiority system
3. blood circulation system & respiority system
4. digestive system & blood circulation system
13. Consider the following tasks,
A Taking in air and delivering the oxygen in it to the blood through the lungs and excreting carbon dioxide.
B Transporting nutrients and oxygen to all cells and transporting waste products from them.
C By digesting absorbing nutrients and providing all the nutritional needs of the body.
- Based on the above the function of the systems that directly affect health conditions is the answer,
1. A & B 2. B & C 3. C & D 4. all of the above

14. The excretory organs of the body may be,
1. Skin, lungs, kidney 2. Skin, hear, kidney
3. lungs, hear, kidney 4. kidney, lungs, the anus

* Answer question number 15 using diagrams A & B.

15. Which of the following answers is correct regarding postures as per the given diagram.
1. A and B wrong
2. A and B correct
3. A wrong B correct
4. A wrong B wrong



16. A dynamic pose,
1. walking 2. lying down 3. being at ease 4. Kneeling

17. Not a health and physical education program,
1. inter house games
 2. Body health
 3. outdoor educational activities
 4. Drawing

* Answer questions 18 and 19 with the help of the following information.

During a medical clinic held at the school, several children who did not have the following illnesses were identified.

Amali - Dryness of the eye and visual disturbances were shown.

Thamali - Observation of anemia.

Nimali - increased risk of broken bones and tooth decay.

Ruwani - Being over weight.

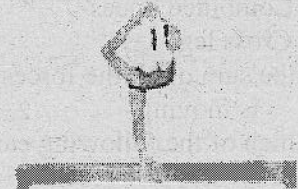
18. Smaller fish and more green leaves need to,
1. Amali
 2. Thamali
 3. Nimali
 4. Ruwani
19. Women are more prone to diseases like heart disease and diabetes,
1. Amali
 2. Thamali
 3. Nimali
 4. Ruwani

20. This patient is shown in the image of a person carrying an accident victim,



1. the bones of the foot are broken.
 2. Damage to sphincter.
 3. Fainted an unconscious person.
 4. A person with a back injury.
21. It is a disorder caused by disturbances in the thyroid gland and low intake of foods containing it,
1. goiter
 2. cirrhosis
 3. Himofelia
 4. Creatism

22. The activity shown in the next image is more required,



1. speed
 2. baring capacity
 3. balance
 4. strength
23. It is a disaster situation caused by weather changes,
1. Accidents
 2. lightning strike
 3. war riots
 4. Drowning
24. The amount of fat in the body compared to blood, skin, bones and muscles,
1. Muscle strength
 2. Muscle endurance
 3. Cardiovascular capacity
 4. Physical composition

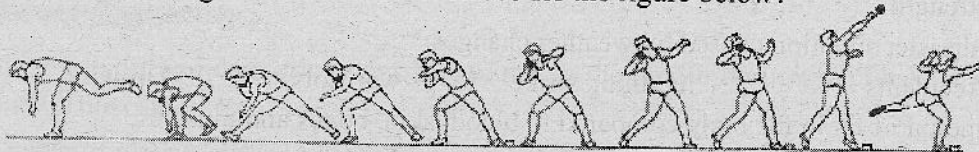
25. Choose the correct answer for the following statement and reason.

Statement :- It is essential to breast feed the baby for at least six months.

Reason : The mother's milk is useful for the child's physical growth and immunity.

1. The statement is true and the reasons is also true.
 2. The statement is true and the reason is true.
 3. Both statement and reason are true.
 4. Both statement and the reason are false.
26. In a 100m event the number five player started the race before the start signal. Which of the following decisions would you make if you were acting as a judge?
1. Removes the player from the match.
 2. Player is cautioned and the match restarted.
 3. Competing players are cautioned once again.
 4. It is generally ignored.
27. It is not a condition that can be caused by air pollution,
1. Illnesses related to the immune system.
 2. Skin diseases.
 3. May be prone to cancerous conditions.
 4. Cholera can cause diarrhea.

28. By engaging in rhythmic activities,
1. Physical fitness occurs
 2. The tendency to develop diseases increases
 3. Not sleeping properly
 4. Laziness ensues
29. A pair of rhythmic activities,
1. Gymnastic - marathan
 2. Aerobics - Walk s lowly
 3. Aerobics - Jimnastic
 4. None of this
30. It can be a condition caused by atemporary decrease in the oxygenated blood needed by the brain,
1. Dchydratation
 2. Shock
 3. Faint
 4. Whiteness
31. A sexually transmitted disease,
1. Bronchitis
 2. The index
 3. Tubacolocis
 4. Himofelia
32. Answer the given question based on the following passages reading AIDS,
- A These diseases can be transmitted through blood transfusions.
 B This disease can be spread by eating together with a sick person.
 C The disease is more likely to be transmitted by mosquitoes.
- Which of the above clauses is correct?
1. A
 2. C
 3. A & C
 4. B & C
33. The correct order in which the external atmosphere moves to the lungs in terms of Oxygen is,
1. Nasal passage - larynx - breathing channels - sub breathing channels - Trachea - lungs
 2. Nasal passage - larynx - Trachea - breathing channels - sub breathing channels - lungs
 3. Nasal passage - Trachea - larynx - breathing channels - sub breathing channels - lungs
 4. Nasal passage - larynx - sub breathing channels - Trachea - breathing channels - lungs
34. The figure shows the disorder related to incorrect posture,
1. Back legs
 2. Flat bottoms
 3. Combined knees
 4. Cross leg
35. If the sum of all the forces acting on an object is zero then that object,
1. is moving
 2. Accelerates
 3. get confused
 4. is stationary
36. Which of the following can be the correct clause for the figure below?



1. This is the spin throwing technique of shot put.
 2. Spawning is a key step in this technique.
 3. The technique is called linear method.
 4. This technique has two main steps.
37. A test used to measure muscular endurance,
1. running 800m
 2. standing long jump
 3. standing and bending forward
 4. push up
38. Rupa had a persistent cough and sputum with blood fever and abnormal weight loss. Which of the following diseases can be inferred as Rupa's diseases,
1. Maleria
 2. Veeking
 3. asthma
 4. Tubacolosis
39. Choose the correct clause from the answers below,
1. Consuming home - grown vegetables can provide minimal nutrition.
 2. Adequate rest and sleep help prevent heart disease.
 3. More nutrition can be obtained from foods that are available at low prices.
 4. Cooking food for a longer period of time can increase its nutritional value.
40. From the following pairs of games choose the pair of games that requires good eye-hand coordination while playing,
1. chess & carom
 2. checkers and hockey
 3. Badminton and table tennis
 4. hockey and badminton

(40 marks)

Third Term Test - 2023

Health and Physical Education - II

Grade 10

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Time : 02 hours

Name / Index Number :

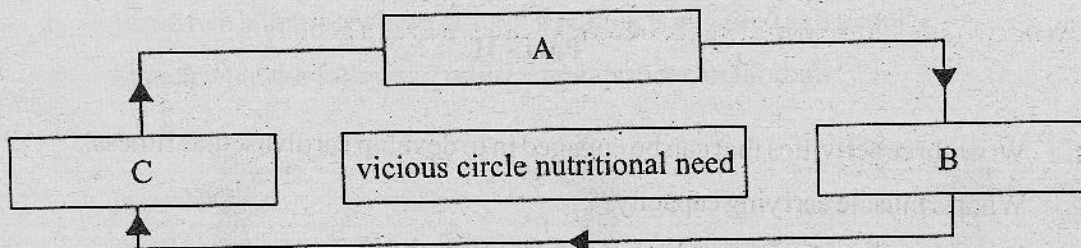
2024.03.04

- Answer five question first question, two questions from section one and two questions from section two.
01. The Ranaweera family is a middle class family living in a rural environment. The husband and wife of this family are engaged in farming and husband. Ranaweera is suffering from constipation. Wife shama is a mother of two children and she is about to give birth to the hird child. The eldest child of this family is a four - year old boy and he second is a two - year old boy. This child is always prone to diseases and anemic, doctors have saild that the body is in the danger zone and the mother has been informed about the remedies it needs.
1. What are the ages of these two children ?
 2. What stage is the child to be born in?
 3. According to the mass chart, what color will second child be?
 4. Write two measures to be taken to reduce the condition of the child in the above 3 question.
 5. What is the cause for anemia?
 6. Write two measures to avoid anemia.
 7. Write two good habits to reduce Ranaweera's disability.
 8. Write two measures to be taken to meat the nutritional requirements sama during pregnancy.
 9. Which diet is yoga to meet the nutritional needs of the above family?
 10. For the above question a write one marconutrient and one micronutrient that should be included in the diet.



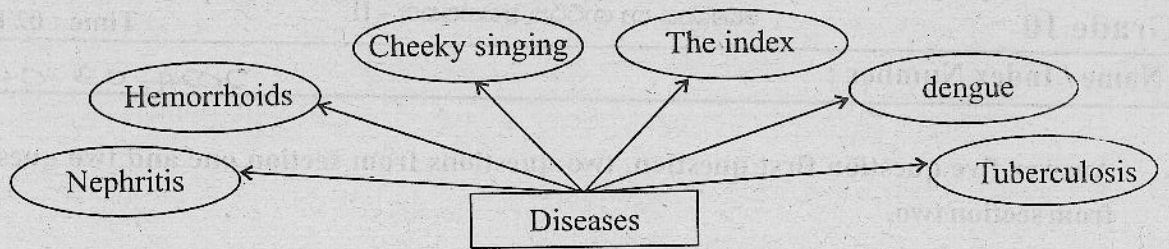
Part - I

02. 1. Below is a diagram illustrating the vicious circle of nutritional need.



- a. Name the stages that letters A, B and C should include.
- b. Write two reasons why the mother dies not gain enough weight during pregnancy.

2. a. Write the two major divisions of nutrients with examples.
 - b. Abbreviate food poisoning.
03. Answer the question asked using the following note on diseases.



1. a. Write one disease that directly affects the following systems from the diseases in the above note.
 - i. Excretory system
 - ii. respiratory system
 - b. Write any sexually transmitted disease other than sexually transmitted disease in the note.
 2. Write a communicable disease and a non communicable disease according to the above note.
 3. a. Name the causative agent of the disease in the above note that is spread by edds mosquito species.
 - b. Write two symptoms of the in itial stage of the above (3) a.
 - c. Write two measures that can be taken to reduce the spread of that mosquito
04. Briefly explain how you are working to overcome the following challenges.
1. A friend of yours says that drinking alcohol is the best way to forget life's problems.
 2. When there was lightning and rain your brother or sister were sitting next to the TV watching it.
 3. You see that a classmate of yours secretaly writes different phrases on the walls of the buildings in the school to the teachers.
 4. A friend of yours invites you to watch a movie without going to school.
 5. When you were on the bus, a legless passenger boarded the bus with great difficulty.

Part - II

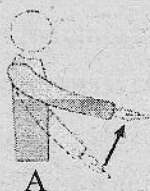
05. 1. Write three activities that can be engaged in to develop cardiovascular fitness.
2. What is muscle carrying capacity?
3. Write three benefits of developing muscle strength.
4. Write a possible test to measure cardiac output.

06. Sevanagala Maha vidyalaya inter house athletic competition pre-training activities were activities into three houses Shakthi house for throwing events, samagi house jumping events Deepthi house running events.

1. a. Write two throwing events in which Shakthi Nivasaya sport persons practice.
b. Show in a classification chart the jumping events in which the athletes of the house practiced.
2. Briefly describe how Deepthi Nivasaya practises its four game mixed transfer system.
3. Shakthi Nivasaya A player left the field before the ball landed after throwing the ball in hurling match.
 - a. If you are a match judge. It is a hit or miss.
 - b. What is the reason for that.

07. Answer A or B or C part in this question.

- A. a. Write two technical skills in sports.
b. Write two situations in which the ball is hit out in the game of volley ball.
c. Briefly write what the following referee signals mean in the game of volley ball.



- B. a. Write two technical skills in Net ball.
b. Write two types of punishments given for mistakes in netball game.
c. Write two types of punishments given for mistakes in netball game.



A



B



C

- C. a. Write two technical skills in the game of foot ball.
b. Write two situation where a direct free kick is awarded as a penalty.
c. Sketch what the following referee signals mean in football.



A



B



C