



**Provincial Department Of Education**  
**Northern Province**  
**Second Term Exam - 2018**



**Health and Physical Education**

Year 10

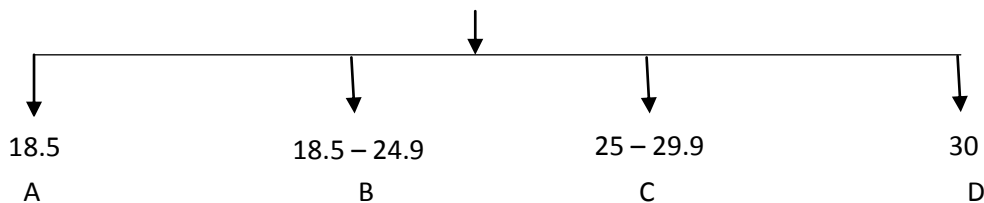
Time:- 3 Hours

- **Underline Most appropriate answer from question 1 to 40**

**Part 1**

1. Rahim usually involve in meditation, listening music , playing with friends. Which is quality improved by these activities.  
1. Physical health      2. Mental health      3. Social health      4. Spiritual health
2. “Contribute in school health promotion as it’s your health” This statement has been displayed in school entrance. Which indicate the instruction.  
1. The students should contribute to health promotion  
2. Contribution should be for social promotion.  
3. Contribution should be for individual health promotion.  
4. Contribution should be for health promotion

3. Which is healthy body mass index ( BMI)



1. A                      2. B                      3. C                      4. D
4. What is colour used to indicate optimum level nutrients.  
1. Dark purple      2. Purple      3. Green      4. Lemon yellow
5. Period between 1 to 5 years  
1. Childhood stages      2. Children stage      3. Pre adolescence      4. infam period
6. Which factor is not cause due to protein deficiency in the stage of pregnancy.  
1. Not maturity infant      2. Low weigh infant      3. Adnormal infant      4. Normal organ infant
7. Weight of child who was born in sri lanka.  
1. 4.5kg      2. 2.5kg      3. 3.5kg      4. 2.8kg
8. Which of adequate nutrient should be in growing up children.  
1. Protein      2. Carbohydrate      3. Fat      4. Iron

9. Stamp of SLS indicate

1. Appropriate for consuming
2. Un suitable for consuming
3. Alteration done
4. Expired

10. How is called that food contain all nutrients.

1. Limited food
2. Growing food
2. Healthy food
4. Over nutrients.

11.



The signal is displayed by referee in football

1. Substitute
2. Offside
3. Direct kick
4. Kick off

12. Which is not feature of obey the rules, regulation and ethics in sports.

1. Leadership and team work
2. Decision making and solve the issues
3. Behaving with other players in appropriate way
4. Appreciate opposite team ability

13. Bad posture may affect physical appearance which activity is cause.

1. Un suitable footwear
2. Appropriate home apparatus
3. Follow proper walking , sitting , standing
4. Tight clothes

14. Which is the factor affecting balance during physical posture.

1. The centre of gravity is out of body
2. Wide flat of feet
3. Centre of gravity in low level
4. Body organ acting an opposite side.

15. Kumar likes to express himself as self independent. Now he is concentrating to attract girls. He is involving with peer group members to express his creativity ability. He is

1. Young period
2. Middle age
3. Adolescence period
4. Old age

16. What is this symbol

1. A head curve
2. Rules for walking race
3. Showed before running
4. Indicate unsuccessful jump in long jump



17. Papaya seed has been mixed with pepper while consuming pepper. It is

1. Mixed food
2. Poison food
3. Alteration food
4. Damaged food

• Based on the information answer question 18 and 19

Players	Participating event
82	Marathan , 10000 m
67	800 m
54	4x400 m , 400 m
33	100m , 200 m, 400m

18. Who is to be used crouched start

1. 33            2. 54            3. 33 , 54            4. 82 ,67

19. Who is having more endurance ability

1. 82            2. 67            3. 54            4. 33

20. Which is kick offered if violating off side.

1. Direct kick            2. In direct kick            3. Penalty kick            4. Corner kick.

21. How many month after that food is fed for child.

1. 4 months            2. 8 months            4. 5 months            4. 6 months

22. Brain development proportion of child when it reach one year of childhood.

1. 25%            2. 50 %            3. 75 %            4. 100 %

23. How many month after that Iron medicine should be provided for progency women.

1. 1 month            2. 2 month            3. 3 month            4. 4 month

24. Which is period that physical changes can be observed.

1. Childhood            2. Children            3. Adolescence            4. Old age

25. Centre , Goal shooter , Goal keeper those are playing organized game.

1. Foot ball            2. Volley ball            3. Net ball            4. Cricket

26. Which is the physical needs of childhood.

1. Affection            2. Rest            3. Security            4. Evaluation

27. Micronutrients mean.

1. Required nutrients for physical            2. Protein and fat  
3. Minimum requirement food on daily basis            4. Key important nutrients

28. Negative effect of having relation ship with unknown person.

1. Sexual disease            2. Unexpected fertilization  
3. Un official ovulation cause for disease            4. All above

29. Sitting , lying posture.

1. Dynamic posture            2. Static posture            3. Correct posture            4. Balance posture

30. Alcohol , drugs addicted person is lavan ,who is having hard mind , having nervous deformity , sexual weakness , This poor guy has been disliked by society . underline appropriate statement based on statement.

1. He has been weaked through physical , mental , social , and economical.  
2. Emotion , social , mental , way he was weaked.  
3. He has been weaked by physical , mental , social.  
4. He has been weaked by social , emotion , economical.

31. Following statement has displayed in road

“ Dengue should be controlled by .....

1. Government      2. Health ministry      3. Ministry of education      4. All of us

32. Sports spirit having people is giving priority to participate in sports competition than winning by this statement.

1. Olympic oath      2. Explaining sports rules      3. Sports ethics      4. Fair play

33. Factors is influencing on measuring body mass index ( BMI )

1. Weight according to height      2. Appearance according to height  
3. Absent of disease      4. Height and weight according to age

34. The students are added to joyfulness , likes than human needs. Which is most required human needs.

1. Food , clothes , television , book  
2. Food , Air , physical exercise , Education.  
3. Food , Water , Air , Television.  
4. Food , Clothes, Vehicles, Chair

35. That day was very storm with raining day. Was looking through window where he to of the mountain the soil slipped. what is disaster possible.

1. Storm      2. Flood      3. Soil slip      4. Earth equate

36. What are environment created by offering free education book, Library,

1. Accepted environment      2. Healthy environment  
3. Recognizing environment      4. Willingness environment

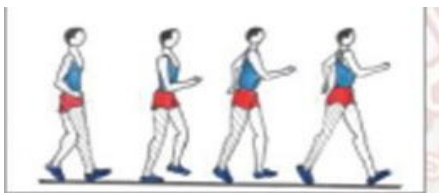
37. Which is vitamin required to absorb the iron.

1. A      2. B      3. C      4. D

38. In school environment that alcohol , smoking , burning polythene banned cause.

1. To develop the skill      2. To make principle  
3. Rehabilitating health service      4. To make supporting environment

39.



Above activity

1. High jump , approach run      2. Walk race  
3 Running exercise      4. Long jump , approach run

40. New method food preservation.

1. Mixing salt      2. Packing in tin      3. Drying      4. Honey

( 40x1= 40 marks )

Part 11

- First question is compulsory , totally you have to answer 5 question

1. Our school is health promotion school where instant food ,junk food, polythene packing food have been banned by school principal . Instructed to sale grains type of food more over all students should participate in sports exercise in morning.

School health club has organized a medical assessment . Among Sri is having 30.5 BMI, Ammala has race disease , steps taken for deformity students.

After closing school the student classified in to various group to play volleyball , netball , football organized game . students selected a leader for every group. For year 10 students with parents supporting organized a fire camp under supervision of physical education teacher. Students showed more interesting on that.

1. Mention 2 features of health promotion school.
2. Instant food which have been banned by school society mention.
3. Give reason for sale grain in school.
4. Give 2 benefits of sports and exercise .
5. Write down some organized game which are not mentioned in above.
6. What is cause for BMI of SRI is 30.5
7. Features of organized game. Give 2.
8. Points to be rembered when organizing fire camp
9. Advantages of fire camping .give 2
10. Benefits of participation group sports. Give 2

( 10x2= 20 marks )

2. Human is facing various changes from birth to dead . This period is called lifespan.

1. Classified children periodization according to age. (2Marks)
2. List out 3 motivational for childhood mental development. (3Marks)
3. Mention 3 physical needs of infant . (2Marks)
4. Breast milk is healthy food. The clinic centre encourage to feed breast milk need to design a notice. What are matters , text should be included in notice . (3Marks)

3.

Competitors Number	Participation events
28	400 m , 4x100 m
15	110 m Hurdles , long jump
48	1500 m , 5000m
56	Marathon

1. What are events used starting block. (2Marks)
2. Features of 2nd runner of 4x100 m relay. Give 2 (3Marks)
3. What are events used standing start. (2Marks)
4. Skills of long jump. (3Marks)

4. Follow correct posture because which will prevent from deformity in future.

1. Factor affecting bio mechanical principles (3Marks)
2. Factors which are maintaining balance during posture. (3Marks)
3. Points to be considered when sitting correctly. (2Marks)
4. Type of postures (2Marks)

(10 marks )

5. "Food is important for healthy life. But nutrients intake may not be equal."

1. List out balance nutrients with example. (2Marks)
2. Nutrients intake may be differ man to man. Female and male are one of factor mention remaining factors (3Marks)
3. Filling disease due to micro nutrient deficiency (3Marks)

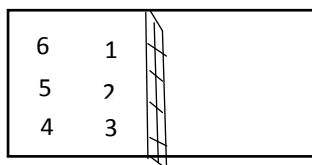
Micronutrients	Disease
Iron	.....
Iodine	.....
Calcium	.....

4. Benefits of having balance diet ? give 2 (2Marks)

6. sports was born in ancient time now days has modified new rule and it is a good professional to earn more money.

1. Mention important of rule and regulation in sports. (2Marks)
2. List out implementing health and physical education programme in school. (3Marks)
3. Give 3 reason for condution annual inter house athletic meet. (3Marks)
4. What are negative impact of using drugs among sportsman. (2Marks)

7 1. Volley ball court players position is displayed who are players attacking?. Mention number. (2Marks)



2. Fault service was done some occasion .how can you make correct service. (3Marks)
3. List out umpire required for netball match. (2Marks)
4. You are become referee for match following pass declared by referee , mention the situation where the pass is done.
  - a) Free pass
  - b) Penalty pass
  - c) Toss up
  - d) Throw in

(3Marks)