



Minuwangoda Zonal Education

Second Term Evaluation - 2023

Grade - 10

Health and Physical Education - I

Name: .....

Time: 1 hour

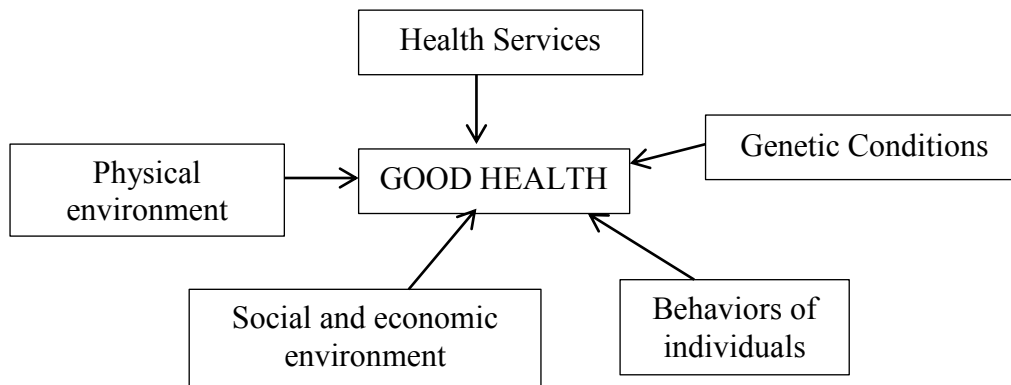
*Answer all the questions.*

- **Select the most suitable answer and underline.**

01) People with physical, mental, social and spiritual well - being can be called

- 1) Health promoting people
- 2) As persons of total health
- 3) As persons of full personality
- 4) As living persons

02)



Above diagram shows,

- 1) Life styles suitable for maintaining total health
- 2) characteristics of individuals with functional well being.
- 3) Appropriate factor for maintaining good health conditions.
- 4) Necessary factors for healthy living

- **Answer questions 03 to 05 from the following information**

Sarath : is thin

Maduka : BMI belongs to the band shown in green in the graph showing the range

Pawan : has a body mass index of  $25.3\text{kgm}^{-2}$

03) According to the body mass index it can be concluded about Maduka

- 1) Being thin
- 2) Being overweight
- 3) Being obese
- 4) Being of proper weight

04) The colour that belongs Sarath, chart showing the body mass index value is

- 1) Orange colour
- 2) Green
- 3) Light purple
- 4) Dark purple

05) What can you say about nutritional status of Pawan

- 1) It is highly nutritious
- 2) It is mal nutritious
- 3) Being property nourished
- 4) Being nutritious

06) A challenge for a person to maintain total health is,

- 1) Presence of competitive lifestyles.
- 2) Freedom from natural calamities
- 3) Health services and disease reduction
- 4) Balancing population density

07) Children born because a pregnant woman does not get a balanced diet

- 1) Physical growth is accelerated
- 2) due to lack of intelligence
- 3) immunity of children is more
- 4) children are born with proper weight

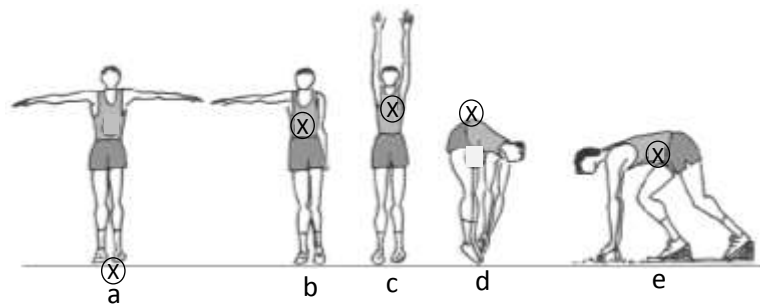
08) In fulfilling the physical and psychosocial needs of an infant, A mother should know,

- 1) taking the child frequently to crowded places.
- 2) Frequent breastfeeding after completion of first six months.
- 3) Avoiding frequent taking with the child.
- 4) Constantly keeping an eye on the child to protect him from possible accidents.

09) The line of gravity at the bottom of the support, bringing the center of gravity close to the ground and moving the body in the opposite direction. Done in an activity, By maintaining the above factors, Kushan has done,

- 1) Manipulation of the body, hands and feet in various ways.
- 2) Trying to maintain correct postures
- 3) Maintaining body balance
- 4) Demonstrate flexibility

10) In the following diagram, the centers of gravity are correctly located



- 1) b c e
- 2) a b c
- 3) c d e
- 4) b c d

11) Various postures are displayed through us in everyday life out of which only dynamic postures are contained. The answer is

- 1) Standing, sitting, walking
- 2) Walking, running, jumping
- 3) Standing, running, jumping
- 4) Sitting, standing, lying down

12) Another aspect of athletics can be known as combined events. Not belonging to the pentathlon

- 1) long jump
- 2) 400m running
- 3) Javelin throw
- 4) 200 meters running

**Answer question 13 using the information below.**

- Runs with the front part of the foot.
- The early stage of the race is used by the athlete to gain his speed
- Controlling the speed and preparing for the start.
- When the player is running on a curved path the body is tilted towards the curve

13) The above information is performed by a high jumper during

- |                  |             |
|------------------|-------------|
| 1) approach run  | 2) take off |
| 3) bar clearance | 4) landing  |

• **Use the following information to answer questions 14 and 15**

My teenage brother says he is late for school for breakfast, a bun containing a sausage pod wrapped like a roll for sale at a nearby shop and drink a bottle of sweet ground.

14) The correct statement about brother's breakfast is,

- 1) A diet high in oil, salt and starch should be minimized.
- 2) A diet high in starch should be minimized
- 3) A diet high in sugar and fat should be minimized
- 4) A diet high in oil, flour, salt and sugar should be minimized

15) Continually the younger brother speculated that he might get infected by consuming such food possible diseases can be

- 1) Causes heart attacks , cancer and hypertension
- 2) Diabetes and indigestion occur.
- 3) Cardiovascular disease and thalassemia occur
- 4) Cancer and leukemia occurs

16)

- |                    |                  |
|--------------------|------------------|
| ○ Causing Anemia   | ○ loss of memory |
| ○ Low birth weight | ○ be lazy        |

What deficiency causes the above symptoms?

- |                      |                         |
|----------------------|-------------------------|
| 1) Iodine deficiency | 2) Vitamin A deficiency |
| 3) Iron deficiency   | 4) Calcium deficiency   |

17) Higher growth rate during a person's life after the time in the mother womb. A possible stage

- |            |                |            |                |
|------------|----------------|------------|----------------|
| 1) Infancy | 2) Youth phase | 3) Old age | 4) Adolescence |
|------------|----------------|------------|----------------|

18)

- |                       |                     |                     |
|-----------------------|---------------------|---------------------|
| ▪ Break disengagement | ▪ Absence of lights | ▪ Use of worn tires |
|-----------------------|---------------------|---------------------|

The above offense on the highway may occur

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1) Due to the weakness of the road | 2) Due to the mistakes of the drivers |
| 3) Due to pedestrian errors        | 4) Due to vehicle defects             |

- 19) Action to be taken to reduce hazards caused by agrochemicals.
- 1) Application of chemicals in high doses.
  - 2) Eating while spraying chemicals
  - 3) Not using gloves
  - 4) Use of protective clothing

• Answer questions number 20 to 23 using the following information.

Athlete No	Events
10	1500m, 5000m
23	Putt shot
48	100m, 200m
55	long jump

- 20) The starting method used by player number 10 to start his event is
- 1) Crouched start
  - 2) Standing start
  - 3) Medium Start
  - 4) Elongated Start
- 21) The category of field events in which the player competing No 25 is participating includes
- 1) For throwing events
  - 2) Jumping event
  - 3) Running events
  - 4) Does not belong to any of the above categories
- 22) The technique that athlete number 50 may have used for the long jump
- 1) Eastern roll
  - 2) Western roll
  - 3) Sail technique
  - 4) Straddle technique
- 23) Player number 48 has participated in
- 1) For short distance races
  - 2) For long distance races
  - 3) For middle distance races
  - 4) Jumping events
- 24) Following is how a sports person sets up his body at the start of his race. The knee of the front leg is positioned at 90° and the knee of the rear leg is around 110° – 130° to shoulder level. The hip area is higher. The weight of the body depends on the hands.  
According to the above information this athlete has done
- 1) Completing the 'get set' phase in crouch start.
  - 2) Completing the 'on your mark' phase in crouch start.
  - 3) Completing the 'on your mark' phase in standing start
  - 4) Completing the 'go' phase in both the standing and crouch start

**Study the following pairs of cases A, B, C, D and answer questions no 25 and 26**

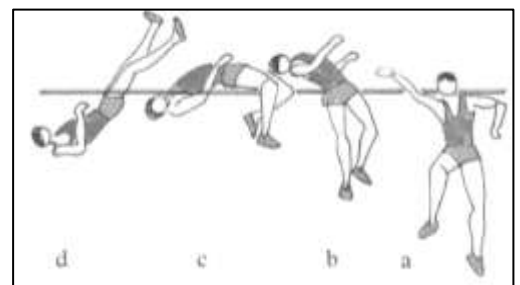
- A- Prolonged use of doping drugs - loss of life
- B- Nutrient intake at every meal - physiological growth events.
- C- In case of burns, immediately wash the area with clean running water - blisters
- D- Receiving relevant immunizations at regular intervals - predisposing infectious

- 25) The pair of events affecting the increase in the first is
- 1) A and B
  - 2) B and C
  - 3) C and D
  - 4) A and D

- 26) First increase in the former is the pair of events that affects the decrease in the later
- 1) A and B
  - 2) B and C
  - 3) C and D
  - 4) A and C
- 27) Participating the 'put shot' event, Suranga after taking his final leap, left the back half of the circle before landing the putt. Here you are judge and the decision will be given
- 1) It is considered as a correct put and the result document is fought.
  - 2) To record it in the result sheet as a fault
  - 3) Calling the player and giving the opportunity to play again.
  - 4) Removing from competition and giving the other player chance
- 28) The government school teacher 'Rasika' came to the school after one year his first baby delivery. The stage the child is in when returning to work is
- 1) Neonatal
  - 2) Infancy
  - 3) Childhood
  - 4) Later childhood

- 29) The diagram below shows a high jumper climbing the crossbar. The way the technique involved in this method are

- 1) Scissor jump
- 2) Eastern leap
- 3) Western leap
- 4) Posbury flop method



- 30) Below are some statements related to food and nutrition
- A- Expensive food is always more nutritious.
- B- It is better to drink other sweet drinks than water when thirsty.
- C- Potatoes whose skin has turned green contain a toxic compound called solanic
- 1) A is correct B and C are incorrect
  - 2) A and B are correct and C in incorrect
  - 3) A and B are wrong and C is correct
  - 4) A B C is correct

- 31) Yellow, orange and dark green colourful vegetables and fruits, which are rich in nutrients
- 1) Vitamin A
  - 2) Calcium
  - 3) Mineral Salt
  - 4) Iodine

- 32) Students had to face various kinds of accidents during the past period. Among them natural disasters are
- 1) Landslides, fires, tsunamis, floods
  - 2) Hand cuts, electric shocks, slip and falls.
  - 3) Drowning bone fracture, muscle twitching.
  - 4) faint, stroke, burns.

- 33) 'Minduli', who goes to work after high school, is a pale, sluggish. Stunted young man who gets tired quickly. The doctor is of the opinion that she is suffering from anemia. These the situation can be caused by her.
- 1) Not eating nutritious food.
  - 2) Lack of nutritious food and post menstruation blood loss.
  - 3) Lack of proper exercise and rest.
  - 4) Getting rid of myths about food.

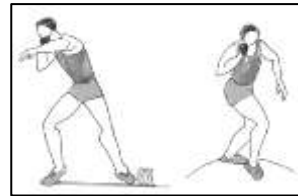
- 34) Supuni's mother did not forget to prepare a raw vegetable salad while preparing dinner. So by doing this. She hopes to
- 1) get more protein in to the body
  - 2) The body can get more vitamins
  - 3) Due to the fact that iron absorption can be facilitated
  - 4) Because it is easy to set up

- 35) A player first places the heel on the bottom of the foot. Secondly the ball part and finally the foot. The judge observed how the toes touch the ground with the soles of the feet respectively. This player has participated in
- 1) For 100m race event
  - 2) for long jump event
  - 3) walking
  - 4) jumping event

- 36) The most important thing for a sprinter to get started is.
- 1) Flexibility
  - 2) Energy
  - 3) Speed
  - 4) Rate of reaction

- 37) The figure below shows one of the stages that a player who should the putt must complete

- 1) Preparation stage
- 2) Gliding
- 3) Power position
- 4) Releasing



- 38) A person with high sportsmanship always values cooperation more than winning the game considered this statement
- 1) Explains the Olympic pledge
  - 2) Explains the ethics of the game
  - 3) Explains the rules of the game
  - 4) Explains the nature of fair competition

- 39) The mother of Hansamali who is studying in grade 6 is concerned about her daughter's physical and mental health. There was a clear change and growth in difference. The daughter was later degenerate can
- 1) Infancy
  - 2) Childhood
  - 3) A dolescence
  - 4) youth phase

- 40) The International Organization abbreviated as 'WHO' is
- 1) International cricket council
  - 2) United nations
  - 3) International Athletic Association
  - 4) World health organization