



Minuwangoda Zonal Education

Second Term Evaluation - 2023

Grade - 10

Health and Physical Education - II

Name:

Time: 2 hours

The first question is compulsory and two questions from the first part and two questions from the second part. Choose each and answer 5 questions.

01) Saranankara Maha Vidyalaya is a popular school that has bequeathed many talented athletes to the motherland who have achieved many victories in Volleyball at the all Ceylon level. The main sports captain of the school is Danidu the students who brings victories to the school in the volleyball team as well as in athletics. Damidu is a popular student and his quick anger is a weakness. But respect the elders The teachers and the principal is constantly trying to endow a group of healthy children with a balanced personality to the universe.

The community surrounding the school is poor leaning environment and consists of a majority of low income families. At the morning main meeting held once a week, a group of ten to fifteen children from a faint and leave. It was confirmed that the reason for this is that school children get less food every day.

- i. Among the four areas related to full health write two areas that Damindu should develop.
- ii. Write two organized games other than the organized game mentioned here. Name
- iii. Name two parts related to the classification of athletic events
- iv. Write two events each of short distance and long distance that you know
- v. Field events that you know
- vi. Name the type of athletic event which four athletes compete together and related events write two examples.
- vii. Write four nutrients that are included in a balanced personality in children.
- viii. Write two programs other than sports that can be implemented in school to build a balanced personality in children.
- ix. Who is the first did that can be given to a child with faint
- x. Write two services that the school can provide to the low income school community

(Marks 2x10=20)

Part I

02) We act in different postures in our daily life.

- i. What is correct posture? Explain briefly (M 3)
- ii. Write two static positions and two dynamic positions that you know. (M 2)
- iii. Name two main biomechanical principles that affect posture (M 2)
- iv. Write three benefits of maintaining correct posture (M 3)

- 03) The food we eat is important for leading a healthy life. Different nutrients in food perform different functions. The vicious cycle of nutritional deficiencies has become a major health problem in our developing country as well.
- i. Name two main functions of the food we eat (M 2)
 - ii. Name the parts of the food pyramid (M 3)
 - iii. Name four main factors that contribute to malnutrition (M 2)
 - iv. Draw the vicious cycle of nutritional deficiency in a diagram (M 3)
- 04) Briefly explain how you operate to successfully address the following challenges.
- i. My father, who works in an office, came home in the evening and had rolls for dinner something like a cutlet is eaten with sauce and a sweet drink is drunk. Then you are often seen going home to sleep.
 - ii. You will see your friends coming home from school in one group on the main road and because of that you will be inconvenienced by the drivers was observed.
 - iii. Sewwandi is a healthy and efficient player who represents the schools netball team and is known to constantly berate other players in her team.
 - iv. Nirasha, who went to the village on school vacation saw that the jackfruit tree of the bottom of the garden wall full of fruits and some of the fruits fell to the ground and rotted
 - v. As student, you may find polythene and empty plastic attired everywhere in your school. Bottles and coconut shells are seen filled with water.
- (M 10)

Part II

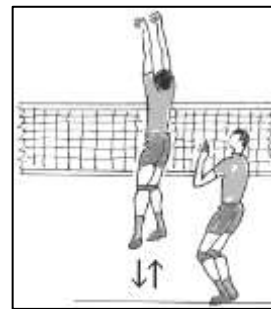
Answer only two questions.

- 05) Athletics are classified in to 5 categories as defined in the international association of athletics federations rule book.
- i. Name that 5 categories. (M 2)
 - ii. Write two main rules affecting race walking events (M 2)
 - iii. Write 3 techniques for long jump (M 3)
 - iv. Describe two activities suitable for a beginner athlete to practice long jump (M 3)
- 06) To support a spectacular sports event in which four skilled players pass the batton from hand to hand.
- i. Depending on which side of the body the forward player receives the batton, Name the three main methods of exchange of batton (M 3)
 - ii. Draw a diagram of the batton exchange zone. Name the zones. (M 2)
 - iii. Write 04 rules related to support running (M 2)
 - iv. Activities for players under 14 years of age to practice barring. Explain any two brief with diagrams. (M 3)

07) Answer only one of the questions A, B and C

(A)

- i. Which skill in volleyball is shown in the figure above? (M 2)
- ii. Draw two activities to practice that above mentioned skill for a beginner athlete explain with notes. (M 3)
- iii. Write three rules that go into making a correct serving. (M 3)
- iv. If the below two signals given by the head referee in the running of a volleyball match do



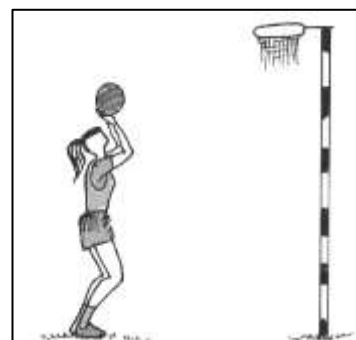
(M 2)



a b

(B)

- i. Which netball skill is shown in the picture above? (M 2)
- ii. Describe with diagram two activities suitable for practicing the above skill to a female player. (M 3)
- iii. Write three situations in which a free pass is awarded as a penalty in net ball (M 3)
- iv. Name the below hand signal given by the referee during a net ball match. (M 2)



a b

(C)

- i. Name the kick shown in the figure (M 3)
- ii. Write 3 ball controlling methods of football (M 3)
- iii. Write three mandatory pieces of equipment's that a football judge must use (M 3)
- iv. Name the hand signals given by the referee during a football match. Mentioned below. (M 2)



a b