



Minuwangoda Education Zone

2nd Term Evaluation - 2025

Grade 10

Health and Physical Education

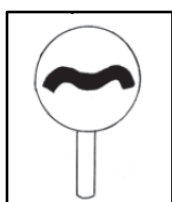
Name :

Time : 3 hours

- **Answer all the questions.**
- **Select the correct or most appropriate answer.**

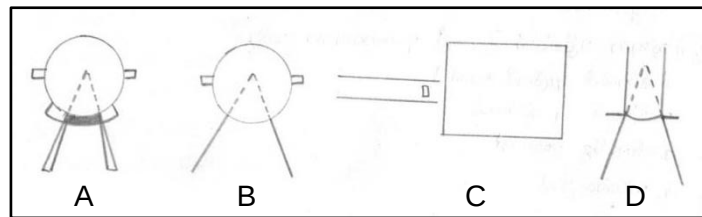
01. The organization that has defined about complete health is,
1. International monetary fund
 2. World health organization
 3. Human rights commission
 4. UNESCO
02. A factor that contributes to maintaining good health is,
1. Maintaining complete health
 2. Developing leadership qualities
 3. Genetic composition
 4. Active life style.
03. For an active life style, the minimum amount of time that adult and children should engage in physical activity per day is.
1. Adults - 40 minutes and children - 80 minutes
 2. Adults - 50 minutes and children - 01 hour
 3. Adults - 20 minutes and children - 40 minutes
 4. Adults - 30 minutes and children - 01 hour
04. The colour that indicates the appropriate weight for the age is,
1. Green
 2. Yellow
 3. Orange
 4. Purple
05. Sleep and rest is a necessary factor for a person. Time that an adult should sleep for,
1. 6 hours
 2. 7 hours
 3. 8 hours
 4. 10 hours
06. Which of the following is not a challenge to maintaining complete health?
1. Not having an appropriate sleep and rest
 2. Population density
 3. Tourism industry
 4. Technological advancement
07. By the age of 3, what percentage of a child's brain has developed?
1. 75%
 2. 85%
 3. 80%
 4. 60%

08. Childhood is divided into several main stages. Among them which period is considered as early childhood,
1. From age 1 to 5 years.
 2. From age 6 to 10 years.
 3. From age 5 to 10 years.
 4. From age 10 to 19 years.
09. Which diseases does the MMR vaccine protect against?
1. Tonsillitis, whoopin cough, measles
 2. Asthma, common cold, epilepsy
 3. Measles, Rubella, mumps
 4. Tonsillitis, measles, mumps
10. The yellowish sticky fluid that is secreted along with breast milk during the first few days after a baby is born is called,
1. Oestrogen
 2. Colostrum
 3. Progesterone
 4. Adenalia
11. There are several factors that help to maintain balance during various physical movement of a human. Which one of the following is not a factor?
1. Wider supporting base
 2. Bending the body towards an external force
 3. Movement of the body in the opposite direction
 4. Application of an external gravitational force
12. Who was the founder of volleyball?
1. William G. Morgan
 2. William H. Comac
 3. Pierre de Coubertin
 4. William G. Hank
13. The number players on the court in a volleyball team,
1. 6
 2. 8
 3. 9
 4. 7
14. Not a skill of a football,
1. Goal keeping
 2. Attacking
 3. Throwing
 4. Goal defending
15. The standard symbol for a given maps,
1. Minor roads
 2. Main roads
 3. Tunnel
 4. Footpath
16. Not an event of the pentathlon,
1. Long jump
 2. High jump
 3. short put
 4. javelin throw
17. During which referee decision is this signal used?



1. To indicate the start of the game
2. To show that the player stepped before the curve.
3. Lack of contact with the ground
4. Bending the knee

18. The length of the baton in cm which is used in relay,
1. 25 cm - 27 cm
 2. 28 cm - 32 cm
 3. 28 cm - 30 cm
 4. 38 cm - 40 cm
19. An event that belong to vertical jumps,
1. Long jump
 2. Pole vault
 3. Triple jump
 4. Hurdles
20. A technique which is not belong to high jump,
1. Scissor jump
 2. western roll
 3. Parry O Brien technique
 4. Fostury flop
21. Provide answers for questions 21/ 22/ 23 based on the sports fields mentioned below.



From the above sports field, the one in which the hanging technique can be used in play is,

1. A
 2. B
 3. C
 4. D
22. The sport field where the event can be performed using the horse-drawn method is,
1. A
 2. B
 3. C
 4. D
23. The sports field where the game can be played using techniques,
1. A and B
 2. C and D
 3. B and C
 4. A and D
24. The commencement year of the ancient Olympic game is,
1. 786 BC
 2. 776 BC
 3. 776 AC
 4. 786 AC
25. Founder of modern Olympics,
1. Robert Albert Marks
 2. William G. Morgan
 3. Pierre de Coubertin
 4. Hercules
26. The standard distance of a marathon race,
1. 22.195 km
 2. 52.685 km
 3. 62.591 km
 4. 42.195 km
27. In combined events competitions, the 2 event categories conducted exclusively for woman are,
1. Pontathlon / Decathlon
 2. Pontathlon / Heptathlon
 3. Heptathlon / Decathlon
 4. Pentathlon / Octathlon

28. which of the following is not a reason for being sent off in football?
1. Committing serious foul play
 2. Engaging in violent behavior
 3. Handling the ball deliberately
 4. Kicking an appointment or another person
29. Which of the following is not a type of baton exchange?
1. Inside change
 2. Outside change
 3. Mixed change
 4. Unmixed change
30. who was dissatisfied with the violent nature of Olympic games and banned in 394 A.D.
1. Emperor Theodosius
 2. Emperor Alpias
 3. Emperor Zeus
 4. Emperor Morgan
31. Necessities of man can be vary. They appear in different forms among different individuals. The psychologist who presented the hierarchy of human needs based on this background is,
1. Albert Einstein
 2. Socrates
 3. Abraham Maslaw
 4. Jean Piaget
32. A disorder not caused by sensory or environment condition is,
1. Flat chest
 2. Bow legs
 3. Hunch back
 4. Knock knees
33. Which is not an organized game
1. Elle
 2. Coco
 3. Waligaya Kedima
 4. Dam
34. The development of goitre, is associated with which organ of the body?
1. Related to the eye
 2. Related to the reproductive
 3. Related to the month
 4. Related to the skin
35. Calculated According to the ratio of waist circumference to,
1. $\frac{\text{Waist circumference (cm)}}{\text{Height (cm)}}$
 2. $\frac{\text{Waist circumference (cm)}}{\text{Height (cm)} \times \text{Height (cm)}}$
 3. $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$
 4. $\frac{\text{BMI}}{\text{Waist circumference}}$
36. Not a type of knot commonly used by humans,
1. Clove hitch knot
 2. Square knot / Reef knot
 3. Figure - eight knot
 4. Fisherman's knot
37. Method of spreading the communicable diseases,
1. By air
 2. By food
 3. By water
 4. By food habits

38. A mode through which HIV is not transmitted is,
- | | |
|----------------------|-------------------------|
| 1. In the womb | 3. Through toilet seats |
| 2. During childbirth | 4. Through breast milk |
39. Due to the busy life of human being most of them are subjected to common mental illnesses (or prevalent mental disorder) Which is not a symptom of it,
- | | |
|--------------------------|-----------------|
| 1. Feeling is isolated | 3. Irritability |
| 2. Lack of concentration | 4. Rectlss |
40. The country proposed to host the 2028 Olympic game is,
- | | |
|-----------------------------|--------------|
| 1. China | 3. Brazil |
| 2. United states of America | 4. Australia |

Part II

- **The first question is compulsory. Select two questions each from Sections A and B, and answer a total of five questions.**

01) Walking, running, jumping, and throwing are natural activities that have evolved with humans. Outdoor education is important for becoming active by connecting with the environment, loving trees and plants, and appreciating natural beauty. Likewise, obtaining proper nutrition is essential for our well-being. Poor nutrition reduces a person's ability to work happily compared to a healthy individual. This, in general, negatively affects the country's economy as well.

- i. What is the main modern sport that has developed from the above-mentioned natural activities?
- ii. Classify that sport into five categories.
- iii. Mention four outdoor activities that you enjoy doing while connecting with nature.
- iv. Mention two benefits we gain from engaging in those activities.
- v. Understanding standard symbols used in maps is very important during outdoor activities. Accordingly, show the symbols for a building and a canal.
- vi. Write the two main components that may be present in a jumping event.
- vii. Mention the two main techniques used at the start of a running race.
- viii. What are the starting commands used in those two phases?
- ix. How many phases can each step in race walking be divided into?
- x. What is the endurance event in which both male and female athletes participate?

Section A

- 02.) In the modern social and temporal environment, humanity is facing various challenges. Among them, many challenges arise due to economic and political conditions. Securing basic needs itself has become a challenge.
- Name three major social challenges you have learned. (Marks: 03)
 - Define non-communicable diseases. (Marks: 03)
 - Name two communicable diseases and two non-communicable diseases. (Marks: 02)
 - Write separately two ways each that communicable and non-communicable diseases spread. (Marks: 02)
- 03.) Achieving completeness through actions related to health from birth to death is particularly significant by maintaining the well-being that the child receives from the womb itself during childhood.
- According to the World Health Organization, define complete health. (Marks: 3)
 - Write four positive health factors that contribute to maintaining good health. (Marks: 2)
 - Write the formula used to calculate Body Mass Index (BMI). (Marks: 2)
 - Write four challenges a person may face in maintaining complete health. (Marks: 2)
 - Write four steps that can be taken, both as a government and as an individual, to prevent the use of alcohol, drugs, and smoking. (Marks: 2)
- 04) Briefly explain how you would act in order to successfully face the following challenges:
- You observe that your younger sister/brother, who is in Grade 9, is constantly using a mobile phone and is struggling with their schoolwork.
 - A few of your classmates invite you to go swimming at the beach tomorrow, even though they have told their parents they are going to school.
 - One of your friends in Grade 9 tells you that she is falling behind in her studies because she has been missing several morning periods due to sports activities.
 - You learn that a group of Grade 10 students are using drugs in a secluded corner of the school playground during recess.
 - You see a group of outsiders cutting down valuable trees near the shed close to your house.

Section B

05.) Lack of physical fitness contributes to the onset of non-communicable diseases. This can be addressed through sports and outdoor activities, as posture is especially important for any activity.

i. Define the center of gravity. (Marks: 04)

ii. What are the biomechanical principles that affect posture? (Marks: 02)

iii. Write two types of dynamic posture. (Marks: 02)

iv. Write two points to be careful about when using a computer. (Marks: 02)

06.) By living in harmony with nature, one can attain a unique set of profound experiences that go beyond the knowledge gained from books.

i. Write four outdoor activities that you know. (Marks: 02)

ii. Write four benefits you gain from outdoor education. (Marks: 04)

iii. Mention four specific points you should pay attention to when preparing a plan for a forest exploration. (Marks: 04)

07.) Out of the three sections A, B, and C, provide answers for only one section.

Part A

Volleyball is a popular sport played by a large population across many regions in Sri Lanka.

i. Draw a standard volleyball court with measurements. (2 Marks)

ii. List the skills of volleyball in order. (3 Marks)

iii. The attack in volleyball must be executed accurately using proper technique. Name the four stages of performing a proper attack. (4 Marks)

iv. Write three mistakes that occur during an attacking hit in volleyball. (4 Marks)

Part B

- i. What are the names of the player positions in this sport that is popular among women in Sri Lanka? (5 Marks)
- ii. What are the skills/technical techniques in netball? (5 Marks)
- iii. In a national or international netball tournament, what is the duration and number of quarters in a single match? (2 Marks)

Part C

- i. Various skills/technical techniques are important during the game of football. What are the skills in football? (4 Marks)
- ii. What are the techniques of kicking the ball with the left foot in football? (2 Marks)
- iii. What are the methods/techniques of heading the ball in football? (2 Marks)
- iv. Write 2 duties of the assistant referee in football. (2 Marks)