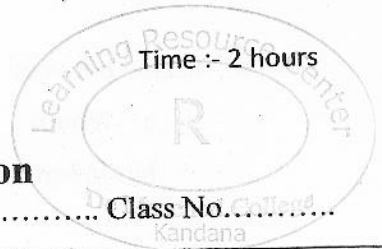


**De Mazenod College**  
**Grade 10**  
**1<sup>st</sup> Term Test – 2016**  
**Health and Physical Education**



Name : ..... Class : ..... Class No. ....

**Select the correct answer.**

1. This is not a factor supporting total health.
  - a. Correct food habits
  - b. Active life style
  - c. Stress management
  - d. Illicit liquor and drugs
  
2. B.M.I. stands for
  - a. Circumference of waist
  - b. Height to match the age
  - c. Height and weight to match the age
  - d. Weight to match height
  
3. Correct calculation of B.M.I
  - a.  $\frac{\text{weight (kg)}}{\text{height} \times \text{height (cm)}}$
  - b.  $\frac{\text{weight (kg)}}{\text{height} \times \text{height (m)}}$
  - c.  $\frac{\text{height (m)}}{\text{weight} \times \text{weight (kg)}}$
  - d.  $\frac{\text{weight (g)}}{\text{height} \times \text{height (m)}}$
  
4. The B.M.I. of an adult should be,
  - a. 18.5 – 22.9
  - b. 23.0 – 26.9
  - c. less than 18.5
  - d. more than 18.5
  
5. The number of hours of sleep needed for an adult is about 8 hours and that needed for children is,
  - a. More than 08 hours
  - b. Less than 08 hours
  - c. 08 hours
  - d. non above
  
6. An advantage Sri Lanka gets from 'Tourism'
  - a. harm the culture
  - b. international relationships
  - c. environmental pollution
  - d. promote alcoholism
  
7. Period of life inside mother's womb
  - a. Prenatal stage
  - b. Embryo stage
  - c. Neonatal stage
  - d. Zygote

8. Period between 1-10 years is,
- a. Youth
  - b. Infant stage
  - c. Early childhood
  - d. Childhood
9. Mother's milk is a must for babies of,
- a. 6 months
  - b. 4 months
  - c. 9 months
  - d. 1 year
10. Babies of this stage, should be kept away from crowded places
- a. Childhood
  - b. Neonatal
  - c. Prenatal
  - d. Early childhood
11. Group of indoor games
- a. Archery, shooting
  - b. Football, golf
  - c. Badminton, table tennis
  - d. Swimming, boating
12. Group of throwing events in athletics.
- a. Discus, javelin, hammer
  - b. Discus, arrow, javelin
  - c. Shot-putt, discus, hammer
  - d. arrow, javelin, hammer
13. A - Balance is fundamental of Bio mechanics affecting posture  
B - Centre of gravity does not change with posture.  
C - One object is at rest if the resultant force is zero.  
D - Lower the position of centre of gravity disturb the body balance.

The correct and incorrect statements are in order,

- a. A and B
  - b. C and D
  - c. A,B and C,D
  - d. B,C and B,D
14. During the 2012 New Zealand – Sri Lanka test cricket match in Galle a cricketer left the grounds even before the umpires signal. In 2014 this particular cricketer was named for the ‘ Spirit of Cricket’ award he is,
- a. Mahela Jayawardana
  - b. Kumar Sangakkara
  - c. Muttiah Muralidaran
  - d. Anjelo Matthews



15. Measurements of the Sri Lanka National game, Volleyball is,

- a. 9 x 18 m
- b. 18 x 9 m
- c. 18 x 18 m
- d. 9 x 9 m

16. The game volleyball was introduced to Sri Lanka in the year,

- a. 1895
- b. 1916
- c. 1894
- d. 1921

17. The five rings in the Olympic flag depict,

- a. The countries
- b. Main directions
- c. five continents
- d. five oceans

18. The rules and regulations in sports,

- a. Protect the athletics
- b. To play fair game
- c. For the enthusiasm of the audience
- d. All the above reasons

19. A standard track,

- a. 200 m track
- b. 400 m track
- c. 300 m track
- d. Non above

20. The Olympic games in 2016 will be held in,

- a. Brazil
- b. England
- c. China
- d. Japan

## Part II

Answer all questions.

(1)

i. Define 'Total Health'

.....  
.....  
.....

ii. Name the organization which forwarded the 'Concept of total health'

.....  
.....

iii. In which year?

.....  
.....

iv. Mention 03 ways to maintain total health?

.....  
.....  
.....

v. Write 5 steps you could use to avoid alcoholism and illicit drugs?

.....  
.....  
.....  
.....  
.....

vi. Name 2 challenges, for the maintains of total health

.....  
.....

vii. Mention the ways, that you could overcome the above mentioned in (6)

.....  
.....

viii. Write 3 harmful influences of 'Tourism'

.....  
.....  
.....

ix. Name 3 types of accidents.

.....  
.....  
.....

x. Write 3 harmful situations to which result in an accident.

.....  
.....  
.....

(2) .

i. Mention the 5 stages of a child giving the age limits.

.....  
.....  
.....  
.....

ii. Name 2 things done to fulfill the psycho-social needs of infants.

.....  
.....

iii. Name the nutritional substance found especially in breast milk.

.....

iv. Why is this substance necessary for babies?

.....  
.....

v. Name 2 nutrients found in breast milk.

.....  
.....

vi. In which stage of childhood, formal education is introduced to children?

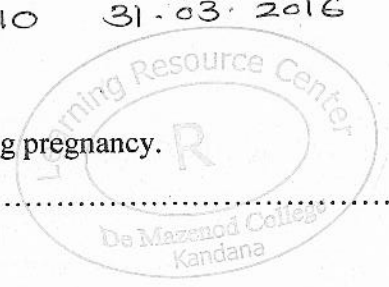
.....  
.....

vii. In which stage is a child starts to and explore the environment?

.....  
.....

viii. By how many kilograms, does the weight of a mother, increase during pregnancy?

.....



- ix. Name the acidic substance a mother should take during pregnancy.  
.....
- x. What may be weight of the neonate at birth?  
.....  
.....
- xi. Name 2 activities done by the school, in character building of a child in the late childhood stage.  
.....  
.....

**Part III**

(1)

- i. Name 2 Biomechanical fundamentals in maintaining postures.  
.....
- ii. Define correct posture.  
.....  
.....
- iii. Name 3 features of correct posture  
.....  
.....  
.....
- iv. Name the 2 types of 'posture'.  
.....  
.....
- v. What percentage of the height of an individual is the location of his centre of gravity from ground level?  
.....  
.....

(2)

- I. Write 5 features of Volleyball.  
.....  
.....  
.....

II. Mention 4 skills of Volleyball.

.....  
.....  
.....  
.....

III. What is score, at the final 5h round in Volleyball match?

.....

(3)

i. Write the names of 5 organized games

.....  
.....  
.....

ii. Name 3 minor games

.....  
.....  
.....

iii. Name 2 folk games

.....  
.....

(4)

i. Mention 5 uses of sports and exercises.

.....  
.....  
.....

ii. A leader has many responsibilities in a team.  
Write 5 qualities of a leader.

.....  
.....  
.....