

26. 07. 2016

Health and Physical Education

Gr 10.

Part II

Answer 5 questions,
including question I

2 questions from part A and
2 questions from part B.

01. The staff and the students of Kakunuwala Maha Vidyalaya, organised their annual sportsmeet, which was a great success. They held organised games, as well as athletic events. The sports committees formed, helped in the organisations.

i)

Give the names of 02 sub-committees, other than the main organizing committee.

ii) Name 02 group events.

iii) Mention the age limits of competitors, taking part in the group events.

iv) Show the classification of track events, held, in a sportsmeet.

v) Write 03 objectives of the Annual Interhouse sportsmeet, of a school.

vi) Name 03 other health science programs, that can be held in a school.

vii) At present, we hear about competitors taking prohibited tablets as activators, when taking part in athletic events. Name 02, bad effects.

of taking such medicines.

- viii) Write the 03 commands of the 'crouch start'.
- ix) Name 02 athletic events, starting with the 'standing start'.
- x) Name the 04 stages of the 'Fosberg Flop' used in the field event, high jump.

Part - A.

Answer only 02 questions.

02. Food is a basic need for human life. Nutritional problems, arise due to under-nutrition.

- i) Mention 02 such, nutritional problems.
- ii) Name 03 deficiency diseases, caused by the lack of micro-nutrients, prevailing in Sri Lanka.
- iii)
 - a) Write 02 factors, causing mal-nutrition.
 - b) Mention 03 steps, that could be taken to prevent nutritional problems.

03. It is very important to fulfil the physical, mental and the social needs of children during in their childhood stage.

- i) Name the main stages of early-childhood.
- ii) Write 02 examples, for each of the following during, the Infant stage.

1.

1.

2.

Amazon 2.

iii) Write all the stages of a human being in the correct order and, mention 02 psycho-social needs, that should be fulfilled during the above mentioned 04th stage.

iv) Name 02 vaccinations, given in the 01st stage, mentioned above.

Q4. Explain briefly, how you face the following challenges successfully.

i) coming to know that your brother, who is sitting for 0/2^s this year, is taking alcohol.

ii) Your younger brother is fond of oily and fatty instant food.

iii) you are invited by your friends, for a sea bath, with out informing the parents.

iv) Without sitting for his A/L's next year your brother, has decided to go for a job.

v) P.H.I. com. visits your home, to check for dengue mosquitoes.

Part B.

Answer 02 questions only.

05. The correct 'start', in running events is very important.

i) Name the 02 types of 'start' in running races.

ii) Give one example for each, of following events.

short distance running -

middle distance running -

Long distance running -

iii) a) Name 03 fouls (mistakes) done by competitors at the start of a running race.

b) Name 03 , punishments given .

06. Sports play a major role in the life of people.

i) Define 'organised games'

Give 02 examples.

ii) How many 'rings' are there in the Olympic Flag? .

iii) Name 03 needs of Rules and Regulations in sports.

iv) Name 03 techniques of long jump.

Health and Physical

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07. Answer 01 question, from A, B or C.

A. Volleyball.

1. you are given the responsibility of training the school volleyball team.

- Name 03 skills, other than 'blocking'.
- Name 03 instances of considering, the ball leaving the volleyball court.
- Explain 02 activities you use to develop the skill 'blocking'.

B. Netball.

- Name 03 skills of Netball.
 - Mention 04 punishments, given for various mistakes.
 - Name an activity, you use as the netball coach, to develop any skill of netball.

C. Football.

- Name 02 types of 'kicks'.
 - Mention 02 mistakes (fouls) leading for a 'free kick' for the opposing team.
 - When are, indirect free kicks, given in a football match.
give 02 examples.
 - Name 04 fouls, to be disqualified from a football team, during play.