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10-11-2016

සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province	බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province	සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province සමස්ත අයිති හිමිකම් ඇවිරිණි බවට පත්ව ඇත. Western Province Education Department Western Province	
වර්ෂ අවසාන ඇගයීම ஆண்டிறுதி மதிப்பீடு - 2016 Year End Evaluation			
(ග්‍රේඩය) கிராம் } 10 Grade	(විෂයය) பாடம் } Health and Physical Education Subject	(පත්‍රය) வினாத்தாள் } i Paper	(පැය) மணித்தியாலம் } 1 Hours

1. The following chart is about the four fields of health with their brief descriptive presentations. Match the two groups and select the best combination.

	Group i		Group ii
A	Building up of good relationships with people around you	E	Spiritual health
B	Minimizing of behavioral patterns leading to diseases	F	Social health
C	Living happily while being friendly and beneficial to society	G	Physical health
D	To act with a proper understanding about the place one has in society	H	Mental health

A,B,C,D tallies with,

- | | |
|---------|---------|
| 1. FGHE | 2. FHGE |
| 3. HEGF | 4. HGFE |

2. Not a proper life pattern for total health,

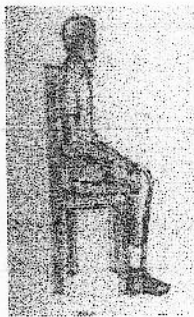
- | | |
|----------------------|-------------------------------|
| 1. Stress management | 2. Being active and efficient |
| 3. Busy life style | 4. Adequate rest and sleep |

3. A formula for calculating body mass index,

- | | |
|--|---|
| 1. $\frac{\text{Body weight (g)}}{\text{Height (m)} \times \text{Height (m)}}$ | 2. $\frac{\text{Body weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$ |
| 3. $\frac{\text{Height (m)}^2}{\text{Body weight (kg)}}$ | 4. $\frac{\text{Body weight (Kg)}}{\text{Height (cm)} \times \text{Height (cm)}}$ |

4. According to body mass index chart, orange coloured range displays,
1. Leanness
 2. Proper body weight
 3. Overweight
 4. Obesity
5. There are different stages of life from the time being in the mother's womb up to the old age, according to scientists who give different interpretations. In which stage of life does the foundation for a good, complete person arises.
1. Neonate
 2. Infant
 3. Youth
 4. Prenatal
6. Girls who complete the age of 15 years are usually given the "M M R" vaccine, with the intention of preventing
1. Pertusis
 2. German measles
 3. Tetanus
 4. Tuberculosis
7. The weight range of the prenatal stage of the child just before birth should be between,
1. 1.5 – 3.5 kg
 2. 2.0 – 4.0 kg
 3. 3.0 – 3.5 kg
 4. 2.5 – 3.5 kg

❖ Given below are diagrams displaying postures of our day to day life and of some sports activities make use of them to answer questions 8,9 and 10



A



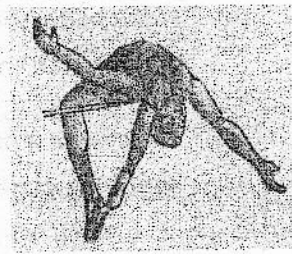
B



C



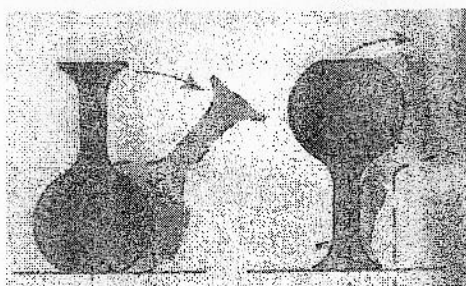
D



E

8. Among the postures displayed in the diagrams dynamic and static ones are shown respectively in,
1. B,E and A,C
 2. B,D and A,E
 3. E,D and A,C
 4. E,C and B,A
9. The activity that shows maximum balance is, displayed by,
1. A
 2. E
 3. D
 4. C
10. The activity that shows the least balance, is displayed by,
1. C
 2. D
 3. A
 4. E

- ❖ Here are statements made by four students, connected to the pictures displayed above, Answer questions no 11 and no 12 using them.



A

B

Rama :-Balance of B is relatively greater than A.

Sita:-Greater force should be applied to 'B' in order to break the balance

Ravi :- Area of the base of support of 'A' is bigger than that of 'B'

Shani:- The gravitational line at 'B' can be removed from the base of support with a slight movement.

11. Who has stated wrong ideas.

- | | |
|------------------|-------------------|
| 1. Rama and Ravi | 2. Sita and Shani |
| 3. Rama and Sita | 4. Ravi Shani |

12. Select the wrong statement about "balance" which cannot be accepted.

1. The area of the base of support has an effect on balance.
2. Balance is lost when the force applied is in balanced.
3. When the line of gravity is removed from the base of support, balance gets affected.
4. Balance cannot be affected by a movement.

13. At the 2014 international cricket awards ceremony the "spirit of cricket" award was given to

- | | |
|-----------------------|-------------------------|
| 1. Sanath jayasuryiya | 2. Thiakarathne Dilshan |
| 3. Mahela Jayawardena | 4. Marven Atapattu |

14. Who started the "Modern Olympics" in 1896

1. Jesse Owens, the American
2. Lus Long, the German
3. Prince philopus, the Greek
4. Pierre de Coubertin, the French man

15. Malnutrition is a major problem faced by many nations due to non availability of "Macro Nutrients" what are they ?

1. Vitamins, carbohydrates, minerals
2. Carbohydrates, lipids, vitamins
3. Proteins, vitamins, carbohydrates
4. Proteins, lipids, carbohydrates

16. In the B.M.I. chart "over nutrition" that results in obesity is indicated by the value,

- | | |
|--------------------------|--------------------------|
| 1. Above the "+2SD line" | 2. Above the "-2SD line" |
| 3. Above the "+1SD line" | 4. Above the "-1SD line" |

❖ Mentioned below are some nutrient deficiency situations commonly seen in abundance that affect on personal health.

Answer question 17 and 18 with the help of the details given in A,B and C.

A * Obstructs brain power and intelligence development

- * shows laziness in learning
- * growing in height is limited

B * Memory power decreases

- * Becomes tired quickly
- * physical Growth lessens (retards)

C * Frequent illnesses in the respiratory system

- * Eyes become dry
- * Weak eye sight

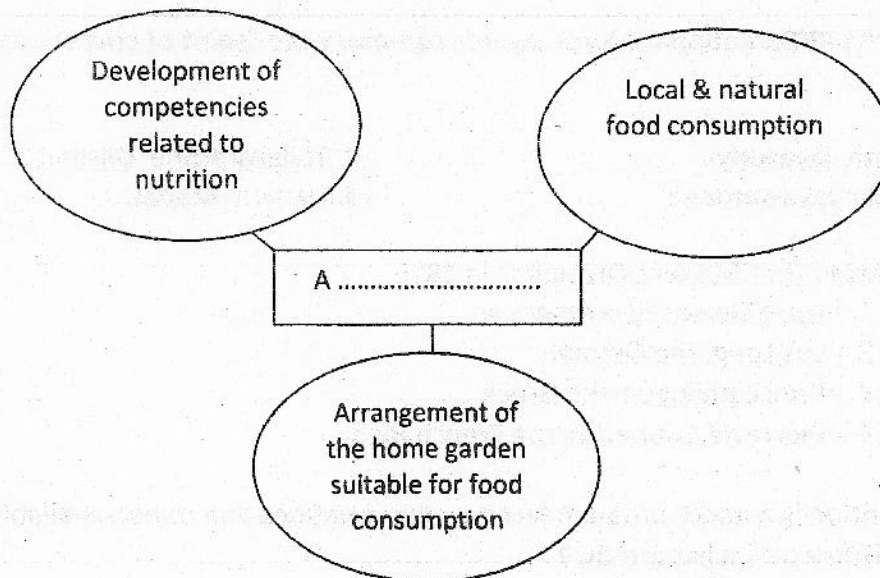
17. Which groups show the statements related to iodine deficiency?

- | | |
|------------|------------|
| 1. A and B | 2. B and C |
| 3. A | 4. B |

18. Which deficiency disease conditions are mentioned in the 'B' group

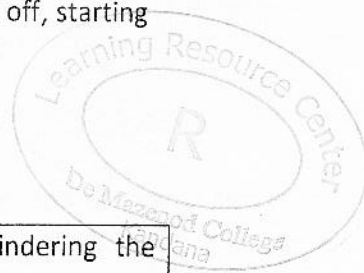
- | | |
|-------------------------|----------------------|
| 1. Vitamin A deficiency | 2. Iron deficiency |
| 3. Calcium deficiency | 4. Iodine deficiency |

19.



Which is most suitable for A?

1. Student contribution for minimizing nutrition problems
2. Preparation of food for needs of various persons individuals
3. Misconceptions about foods and concentrating nutritional problems
4. Enquiring the society about nutrition



20. An infant's milk teeth appear between 6 months 7 months and later they fall off, starting from 6 to 12 years. Then come permanent teeth amounting to,

1. 25 2. 26 3. 27 4. 28

Group i	Group ii	Group iii
Body system	Wonders of the system	Diseases hindering the wonders
<ul style="list-style-type: none"> • Digestive system • Respiratory system • Bloodcirculatory system • Excretory system 	<ul style="list-style-type: none"> A. Contributing to increase and decrease water quantity of the body B. Contributing to keep the body temperature constant C. Increase the action of autonomous heaves when tired D. Activation of peristalsis to send food down wards 	<ul style="list-style-type: none"> E. Thrombosis F. Nephritis G. Typhoid H. pneumonia

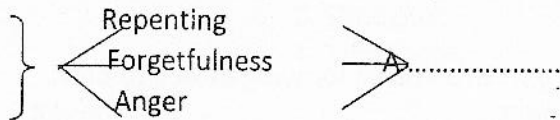
21. How do the systems mentioned in group I match with facts mentioned in group ii

1. D C A B 2. D A B C 3. D B A C 4. D C B A

22. When group I is matched with group iii the correct order should be

1. G H E F 2. E H G F 3. G E H F 4. E G H F

- Stammering
- Lack of appetite
- Respiration rate increase



23. Which is more suitable for A?

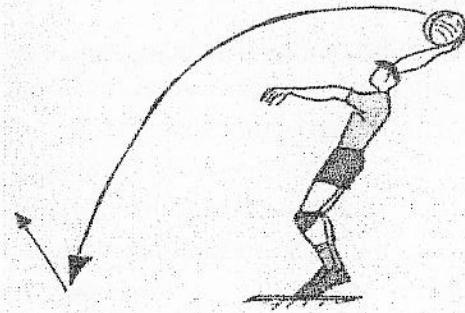
1. Empathy 2. Stress
3. Cheerfulness 4. Shock

24. What does 'P' mean in the word "PRICES" which is a method of giving first aid for an injury that would occur in muscles?

1. Trying to prevent accidents.
2. Acting promptly when an accident occurs.
3. Acting properly according to the nature of the accident.
4. To protect from being subjected to further dangers.

25. Not a basic objective of giving firstaid,

1. Giving total recovery 2. Saving life
3. Controlling the injury condition 4. Helping to recover



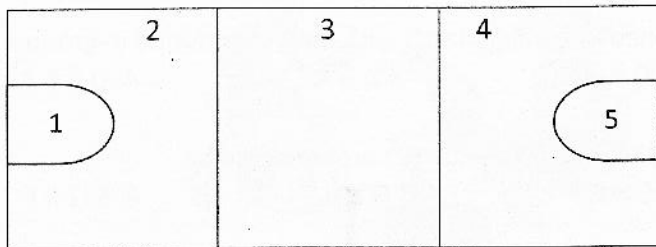
26. What activity of a major game is shown by the above picture

- | | |
|-------------------------------|---|
| 1. A netball pass | 2. Practicing the spiking (volley ball) |
| 3. Foot ball – (goal keeping) | 4. Baton change –(Athletics – Relay) |

❖ The play areas are marked as 1,2,3,4,5.

27. In which parts can the Goal shooter play?

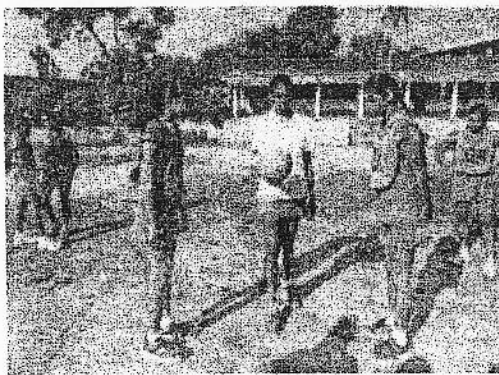
- | | |
|------------|------------|
| 1. 1 and 2 | 2. 2 and 3 |
| 3. 3 and 4 | 4. 4 and 5 |



28. What is the part prohibited for wing attack to play.

- | | |
|---------------|---------------|
| 1. 1, 2 and 3 | 2. 1, 2 and 4 |
| 3. 1, 4 and 5 | 4. 1, 2 and 5 |

29. The diagram mentioned here shows,

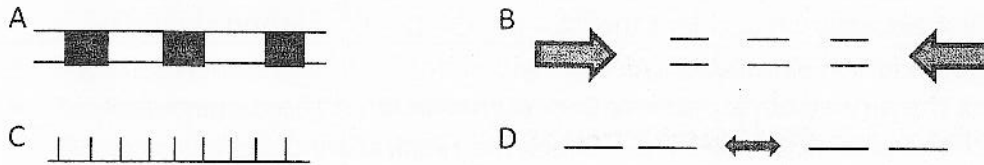


1. Toss of the coin prior to the match.
2. Tossing the ball being unable to give a decision.
3. Advising the players after a violation of rules.
4. Re-starting play after the interval.

30. The skills that do not belong to Football.

1. Goal keeping, protecting the net, stopping the ball.
2. Defending, shooting, attacking the ball.
3. Goal keeping, defending, shooting
4. Shooting, net defending, stopping the ball.

❖ Forest exploration is an important part of outdoor education and the diagrams show some road map descriptions.



31. B and C Respectively show,

1. B - tunnel, C - Irrigational canals
2. B - Foot bridge, C - minor roads
3. B - Causeway, C - foot path
4. B – Tunnel, C - Foot path

- 32.
1. A – Minor roads, D –Tunnel
 2. A – Foot Path, D – Foot Bridge
 3. A – Road under construction D – Foot bridge
 4. A – Main Road, D –Tunnel

33. Which event belongs to the category of “horizontal field” event?

- | | |
|------------------|----------------|
| 1. High jump | 2. Shot putt |
| 3. Pole vaulting | 4. Triple jump |

34. In Athletics there are special championships Group events, in that athletes take part in many events to vie for championships. What is the one such competition held for female athletes?

- | | |
|---------------|---------------|
| 1. Triathlon | 2. Pentathlon |
| 3. Heptathlon | 4. Decathlon |

35. What is the correct order of stages in the long jump?

1. approach run, take off, flight, landing.
2. approach run flight, take off, landing.
3. take off, approach run, flight, landing.
4. take off, flight, approach run, landing.

36. A girl returning from school sees a fierce dog, becomes extremely frightened, speechless and motionless. What can be seen of her at such a situation.

1. Her voice does not come out.
2. Her heartbeat slows down fast.
3. Excessive sweating (perspiration) occurs.
4. Cannot run away as she cannot make up her mind.

37. Children engage in fun games to warm up themselves and to relax the mind.

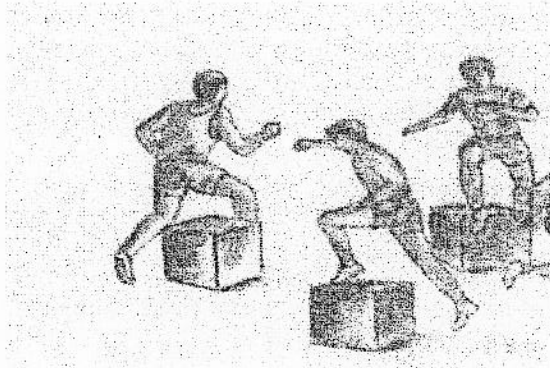
Which is not the compulsory fact when doing warm up games?

1. Not having specific rules and regulations.
2. Using equipment's as they require.
3. Having a fixed number of players.
4. Having a fixed playing area.

38. When giving first aid after an accident the "A – B – C – D – E" method should be followed. What do letter "A" and "C" mean?

1. A – Check the airway of respiration, C – determine what the damages are.
2. A – Check the blood circulation, C – Check the respiratory duct.
3. A – check the damages to the body, C – check the respiration process.
4. A – check the respiratory path, C – check the blood circulation.

39. What is the event for which the following activity can be used for practicing.



1. Triple jump
3. High jump

2. Hurdling
4. Pole vaulting

40. Which team got disqualified in the 4x100m relay's quarter final race at 2016 Rio Olympics, for an infringement of rules during the baton changing?

1. Jamaican
2. Brazilian
3. American
4. German