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Gampaha Education Zone

දෙවන වාර ඇගයීම - 2025
Second Term Evaluation - 2025
இரண்டாம் துவணைப் பரீட்சை - 2025

ශ්‍රේණිය Grade	විෂයය Subject	කාලය Time
10	Health and Physical Education	1 Hours
නම පෙයර් Name		

- Provide answers to All Questions
- Select the Most Correct answer from the options

Use the following information to answer question number 01.

- Mahinda, who has a pleasant appearance ,is skilled at solving problems.
- Sujatha, who lives according to religious principles, works cooperatively with everyone.
- Nimal, who has smart appearance, works tirelessly.
- Visaka, a healthy and efficient woman is popular for living according to religious principles and making correct decisions.

- According to the above information the one who is in complete well being is,
 - Mahinda
 - Nimal
 - Sujatha
 - Visaka
- Regarding maintaining complete wellbeing, when the information given in column A is matched with column B in order,

A	B
1. Physical environment relatives	(P) Prevent marriages between blood
2. Health services behaviours	(Q) Prevent from unsafe sexual
3. Genetic composition	(R) Waste management
4. Person's behaviour	(S) Good interpersonal relationship
5. Social & economical background	(T) Child & maternal health services

- PQSRT
- RTPQS
- SPTQS
- RQPTS

- Correct statement regarding Body mass index (BMI) is,

1. Children's BMI value vary according to the age & gender
2. A low BMI value is not observed in obese individuals
3. The body mass index is important only for infants
4. Adult's BMI values vary according to gender

4 . The teacher who checked the body mass index (BMI) of the students Mala, Neela & Leela assigned them colours. Neela received a dark purple colour. She is,

1. Obese 2. Lower weight 3. Appropriate weight 4. Wasting

5. A challenge to maintaining total wellbeing is,

1. Reduce population density
2. Increase people's economical status
3. Comparative life style
4. People's education level

6. Childhood is divided into main stages. Accordingly the age period from 1 to 5 years belongs to

1. Late childhood 3. Infant stage
2. Early childhood 4. Prenatal stage

- 7
- Supporting the development of the motor stage
 - Providing main meals
 - Measure height & weight once every three months

The suitable answer to fill in the blank regarding physical and psychosocial needs in this note is,

1. Neonatal stage 3. Late childhood
2. Infant stage 4. Early childhood

8. The responses given by four mothers during a clinic regarding breastfeeding to their babies are shown below;

P – I breastfed the baby for 4 months

Q- I breast fed the baby for 5 months

R- I breastfed the baby for 6 months

S- I breastfed the baby for 10 months

According to this who has the baby with the best health condition?

1. Mother P 2. Mother Q 3. Mother R 4. Mother S

9. How does a baby get the necessary rest to adapt to the external environment?

1. By getting 8 hours sleep
2. By getting 13-15 hours sleep
3. By getting 18-20 hours sleep
4. By getting 10 hours sleep

10. The substances contain in breast milk that help develop the baby's immune system as well as support the functioning of the digestive system are,

1. Colostrum 2. Nan grow 3 . Cholesterol 4. Adrenaline

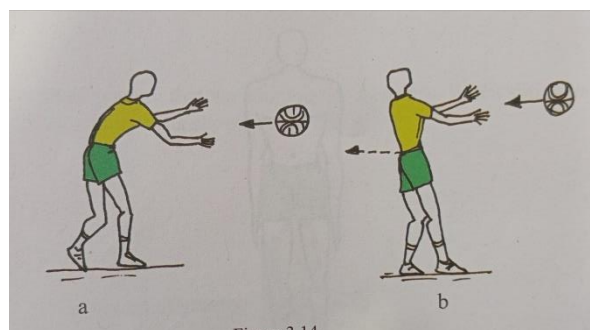
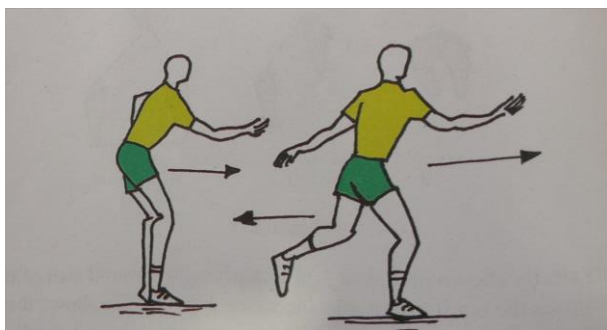
11. An advantage of following correct posture is,

1. Reduce waste energy
2. The pressure felt in the bones, joints & other parts of the body is reduced
3. A feeling of lightness & flexibility in the body
4. All the above

12. During any physical movement the body's weight operates around a certain point. What is that point?

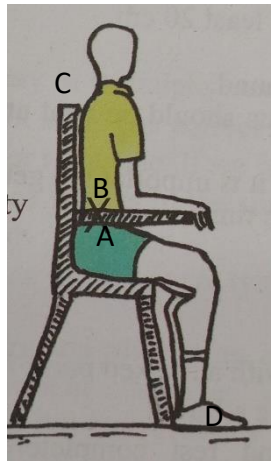
1. Flexibility 3. Centre of gravity
2. Balance 4. Force

13. Which figure is more balance?



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

14. When sitting, which part accurately represents the location of the centre of gravity;



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

15. A shot put thrower leans body forward and downward while releasing the shot to maintain balance. What is the bio mechanical principal he uses?

- 1) Directing the Centre of gravity towards the ground
- 2) Maintaining wider supporting base
- 3) Positioning the center of gravity above the base of the support
- 4) Directing the center of gravity above the ground

16). What is the vitamin that is most abundant in breast milk.

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

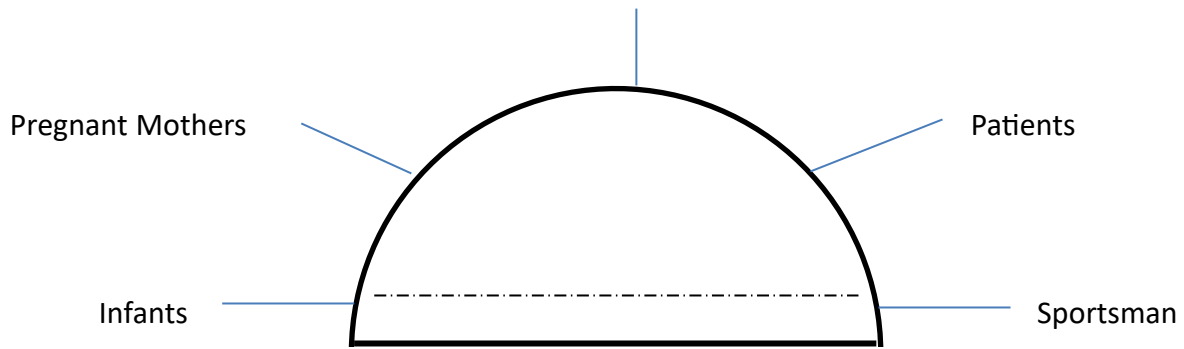
17). Ensuring that no harm is caused by the food during prepare and consumption is,

1. Food Safety 2. Food availability 3. Food Scarcity 4. Food Preservative

18). What is the toxic substance found in potatoes that have turned due to exposure to Sunlight?

1. Aflatoxin 2. Trans fat 3. Solanine 4. Acrylamide

19). Breast Feeding Mothers



The Suitable title above diagram would be,

1. The people with special physical need.
2. The people with special needs.
3. The people with special mental needs.
4. The people with special needs.

20). It is considered as a low birth weight delivery

1. The weight is less than 3Kg
2. The weight is less than 2.5Kg
3. The weight is less than 3.5Kg
4. The weight is less than 4Kg

21). What is an advantage or consuming local food?

1. Rich in Nutrients
2. Not Expensive
3. Free from poisons
4. All the above

22). What is an advantage of engaging in outdoor educational activities?

1. Can face challengers successfully.
2. Facing challenges in nature.
3. Unable to resolve the issue.
4. Being affected by environmental disasters.

23). When students organized a field trip, a route map was prepared what does the yellow line on the map is signify?

1. Water Falls
2. Main road
3. Irrigation canal
4. The bridge

24). The combined events that both women and men can participate are,

1. Heptathlon and decathlon
2. Pentathlon
3. Heptathlon
4. Decathlon

25). What is the athletic event that uses the following sign boards?

1. Swimming
2. Race walking
3. Long jump
4. High jump

26). The numbers and event details of two athletes participation in track events are given below,

Athlete number	Event
55	800m, 3000m, 5000m,
75	200m, 100m, hurdle

1. Athlete 55 – Crouch Start, athlete 77 Standing start
2. Both Athletes 55 and 75 use Crouch start
3. Both athletes 55 standing start and no. 77 Crouch start
4. Both athletes and 75 use standing start

27). Is the final decision of a running race determined by which part of the athlete's body crosses the finish line first,

1. Torso
2. Leg, head, Hand
3. Head, neck
4. Leg, neck, hand

28). What is the most Suitable baton exchange method for the 4 x 400 m relay race?

1. Non – visual method
2. Visual method
3. Up sweep method
4. Down – Sweep Method

29). Which of the following is not a long jump technique ?

1. Hang method
2. Straddle method
3. Sail method
4. Hitch – Kick method

30). According to the classification of athletics events, the pair of horizontally jumping events

is,

- | | |
|------------------------------|-----------------------------|
| 1. Long jump and triple jump | 2. High jump and Long jump |
| 3. Long jump and Pole vault | 4. High jump and Pole vault |

31). Which of the following is not a stage of Shot Put?

- | | |
|----------------|-------------------|
| 1. Preparation | 2. Power position |
| 3. Rotation | 4. Release |

32). Breaking rules and ethics in sports to achieve victory can often be seen. Now days among these the

most serious offense is,

- | | |
|--------------------------|---------------------------------------|
| 1. Forgery of documents | 2. Use of drugs and banned stimulants |
| 3. Pressure the referees | 4. Fielding of fake athletes |

33. Who is the father of the modern Olympics ?

- | | |
|------------------|-----------------------|
| 1. Pillops | 2. Pirre de Caubertin |
| 3. Robert walter | 4. Theodosius |

● During a medical examination several findings related to the nutrition and deficiencies of three Students X,Y,Z are presented in the table below. Based on this information answer question 34, 35, and 36

Student	Nutrient deficiency
X	Vitamin A
Y	Iodine
Z	Iron

34). Malaka's vision is weak at night. Among the following Malaka is,

- | | | | |
|-----------|------|------|------|
| 1. X or Y | 2. Y | 3. Z | 4. X |
|-----------|------|------|------|

35). Who is suffering from Hemophilia?

- | | | | |
|------|------|------|------------|
| 1. Z | 2. X | 3. Y | 4. X and Y |
|------|------|------|------------|

36). Who suffering from goiter ?

- | | | | |
|------|------|------|-----------|
| 1. X | 2. Z | 3. Y | 4. Y or Z |
|------|------|------|-----------|

37). The natural disaster that shows symptoms such as Cracks from the bottom to the top of buildings, the

Occurrence of cracks, Water pollution and trees falling in a pattern is,

- | | | | |
|----------------|------------|----------------|------------|
| 1. Land Slides | 2. Cyclone | 3. Earth quake | 4. Tsunami |
|----------------|------------|----------------|------------|

38). The incorrect explanation of the English letters in the rice treatment method is,

- | | | | |
|---------|------------|-------------------|------------------|
| 1. Rest | 2. I – Ice | 3. C- Circulation | 4. E – Elevation |
|---------|------------|-------------------|------------------|

39). What is the Correct statement regarding the colors of the Olympic Flag is?

1. Not all countries are represented .
 2. The colours represent some continents.
 3. Mismatch of colours.
 4. Those colours are included in the national flag of any country.
40. This is not an objective of a sport meet.

- | | |
|-------------------------|--|
| 1. Develops Unity | 2. Assessment of athlete's skills |
| 3. Develops personality | 3. Providing opportunities only to skilled athletes. |

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දෙවන වාර ඇගයීම - 2025 Second Term Evaluation - 2025 இரண்டாம் துவணைப் பரீட்சை - 2025		
ශ්‍රේණිය Grade 10	විෂයය Subject Health and Physical Education	කාලය Time 2 Hours
නම பெயர் Name		

- First Question is compulsory.
- Select 2 Questions from part 1 and select 2 questions from Part 2. □ Answer 5 questions only.

1. Nuwani, who is studying in grade 10 and friendly with everyone. Her younger brother is in grade 5. Nuwani's father is a farmer. She supports her Family helping with household work and assists her father with farming activities whenever possible. Therefore they maintain good harmony within the family . She is talented in athletics and team sports, Nuwani has brought Pride to her school by wining competitions. She also regularly participate in religious activities.

- 1). Write 2 points from the above paragraph that show Nuwani is a child with complete well-being.
- 2). In which stage in her brother, who is studying in grade 5 considered to be?
- 3). What are the macro nutrients and micro nutrients contained in healthy food.
- 4). Which throwing events can Nuwani participate in?
- 5). What are the leadership qualities we can observe in Nuwani?
- 6). What type of sports injuries can Nuwani face while participating in sports?
- 7). In what situations might Nuwani experience mental stress at school?
- 8). Name 2 long jump techniques that Nuwani can use in training.
- 9). Why do some athletes take banned Substance? Give 2 reasons.
- 10). What are the harmful effects of using prohibited Substances.

(Marks 2+10 = 20)

Part 01

2. By around the age of 3, approximately 80% of a child's brain has developed similarly during this period, when the child is enriched with various experience, their Psycho – social skills improve significantly.

- I. Based on the above information, list 3 life stages the child goes through.
- II. Write 3 nutritional deficiencies that can occur in the child due to the mother not providing a balanced diet during the first stage.
- III. Write four important point to consider regarding the nutrition given to a child from birth up to one year of age.

(Marks 3+3+4
=10)

3. Correct Posture is highly beneficial, for maintaining a healthy appearance enhancing external appearance and improving efficiency in activities. Maintaining proper posture requires preserving the body's center of gravity and balance.

- i. Mention 3 static postures
- ii. Mention three factors that affect balance.
- iii. Mention four advantages of following correct postures

(Marks 3+3+4 = 10)

4. Briefly explain how you face the following Challenges Successfully.

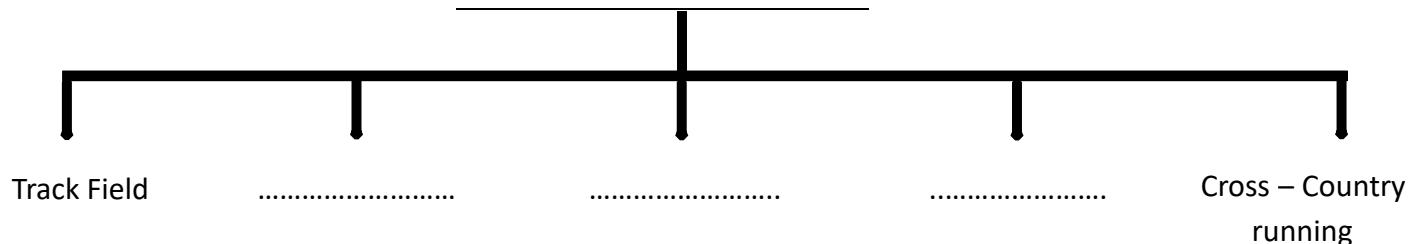
- i. Your friend tells you that he/she is very found 01 instant food that contain artificial flavors and colours.
- ii. When you went to the bus stop to go home after extra classes you found out that the bus was not operating that day.
- iii. After engaging in strenuous sports training, your friend arrives at the pavilion tired and gets ready to drink a Fizzy drink.
- iv. On an occasion when your neighbors have gone on a trip. You notice that the back door of their house is left open.
- v. While returning home after school, Yours friend tries to remove an electric wire that has fallen across the road.

(Mark 2x5 =10)

Part 02

5. The special skills developed through participating in athletics can be applied usefully to daily activities.

Classification of athletic events



- 1). Complete the above diagram.
- 2) . What are the techniques used for high jump?
- 3). Write 4 situations that are considered as failed (invalid) jumps according to the rules and regulations of the long jump.

(Marks 3+3+4=10)

6. The food is consume is important for leading a healthy life. Nutritional problems can arise from not receiving food in the required amounts.

- i. Write 3 common myths about nutrition.
- ii. Write three harmful effects of obesity.
- iii. Write 4 steps we can take to reduce nutritional problems.

(Marks 3+3+4=10)

7. Answer only one question from A,B or C.

A). Volley ball is our national game even under limited facilities it is possible to participate in the game of volleyball.

- i. List three skills used in Volleyball.
- ii. What factors should be considered when attacking?
- iii. Briefly explain an activity that could be used to practice attacking.

(Marks3+3+4=10)

B). Netball is popular among women.

- i. List three skills used in netball.
- ii. Write three types of obstructive actions performed by the opposing team during the use of an attacking strategy.
- iii. Briefly explain an activity that could be used to practice attacking.

C). Football is the most popular game in the world.

- i. List three skills used in Football.
- ii. Mention three techniques of heading the ball.
- iii. Briefly explain an activity that could be use to practice heading the ball

(Marks3+3+4=10)