

**Western Province 3<sup>rd</sup> Term examination 2019**  
**Marking Scheme**  
**Grade 10**  
**Health & Physical education**

**Paper 1**

1	4	11	3	21	3	31	2
2	2	12	4	22	4	32	4
3	2	13	4	23	2	33	3
4	3	14	3	24	3	34	2
5	4	15	1	25	3	35	4
6	2	16	4	26	2	36	1
7	2	17	3	27	2	37	3
8	4	18	4	28	2	38	4
9	2	19	1	29	2	39	1
10	1	20	3	30	3	40	2

Paper 11

- (01)
1. Mental, physical and social
  2. Carbohydrate, protein, vitamin, fats, mineral
  3. Developing the physical strength, Mental health, Developing strength, avoiding getting diseases, maintaining good physical health
  4. Diabetics, high blood pressure, cholesterol
  5. Inter house sports meet, physical fitness, honoring the sports men (colours nights) Guides, cadets, first aid, physical education day, health week
  6. Standing start, On your marks, go
  7. Less than 18.5 orange colour

8. PRICES method

P - Protecting the injured area

R - Rest

I - Ice

C - Compression

E -Elevating the injured area

S - Using a substitute to the injured area

9. Appearing hair around the secret area and under arm area

Roughness in the voice, widening the waist, thighs getting bigger

10. Milk rice with green gram, chickpeas, red rice, with pol sambol

( 2X10 = 20 marks)

(02) 1. Destroying natural environment, trying the nuclear weapons, adding nuclear chemicals to the environment, cutting down trees (2 marks)

2. Dengue disease, Aedes aegyptai, aedes albopictus (2 marks)

3. High fever, vomiting, releasing blood with urine, rash and the skin (2 marks)

4. Destroying places collecting water, burning garbage, burying garbage (2 marks)

(03) 1. A - Respiratory system  
B - Blood circulatory system (2 marks)

2. Veins, arteries, superior venacarva, tricuspid, (2 marks)

3. Reproductive system, excretory system, Nerves system, skeletal system

4. A - Influenza, Tuberculosis, Asthma, Kata, Lung cancer (2 marks)

B - Minimizing of producing blood to the heart, Heart attacks, Paralysis, High blood pressure. (2 marks)

5.

- ❖ Prohibiting from smoking
- ❖ Inhaling clean air
- ❖ When having a unclean environment
- ❖ Maintaining an active life style
- ❖ Staying away from drinking
- ❖ Having healthy food habits
- ❖ Controlling diseases such as diabetes and obesity

( 2 marks)

- (04) Award marks to positive answers given. (2x5= 10 marks)
- (05) 1. X - 403                      y- 101/205 (2 marks)
- 2.- Vertical - High jump  
Horizontal- Triple jump (2 marks)
3. Short distance - 100m, 200m, 400m  
Long distance - 800m, 1500m (2 marks)
- 4.
- ❖ Not having proper physical fitness
  - ❖ Engaging in sports while not doing warming up.
  - ❖ Not having proper training
  - ❖ Not having appropriate time to get back to normal position
  - ❖ Over training
  - ❖ Using unsuitable training methods
  - ❖ Not having good eating habits
  - ❖ Controlling diabetes and obesity (2 marks)
- 5.
- ❖ Not using the area for practice after commencement of the event
  - ❖ Should start the event staying in a static posture
  - ❖ Should stay in the circle when doing the event
  - ❖ Should stay in the circle till the equipment lands
  - ❖ Not permitted to wear gloves (2 marks)
- (06) 1. Ability to build a good physical health  
Minimizing getting diseases/ Having an active life style (2 marks)
2. Brisk walking / jogging/ riding bicycles/ aerobics exercises. (2 marks)
3. Having active joints in a maximum range/ Minimum injuries in joints/  
Maximum maintenance of balance (2 marks)
4. Taking proper food/ minimizing food intake of more salt and sugar/ Engaging  
in aerobics exercises at least 30 minutes per day/ engaging in natural activities  
without using machines. (3 marks)
- (07) A. 1. Service/ receiving/ spiking/ blocking/ court defending. (2 marks)

2. Blowing the whistle and awarding a point as well as the service to the Olcot team. This will not take to the rules of contacting the ball twice. (3 marks)

3. Hitting the ball which was in the opponent's court/ Contacting the net/ before contacting the court the ball passing the middle line. (2 marks)

4. (a) Touching the ball inner side (b) contacting the ball (c) Showing unclear decisions. (3 marks)

B. 1. Ball controlling/ foot work/ attacking / defending/ shooting. (2 marks)

2. Stating that the shot is taken, ignore it even if it contact the hand as it is a correct way of defending. (3marks)

3. Steeping/ replay.(catching the ball at the same time by two opponents) (2 marks)

4. a) Held ball b) obstructed c) tossing the ball (3 marks)

C. 1. Taking the ball with the foot/ kicking the ball/ stopping the ball/ heading the ball/ goal keeping/ defending the net.

2. Mentioning as a correct goal. (3 marks)

3. even if the ball was knocked on the opponents hand when kicking, its off side if the goal keeper is close to the player. (2 marks)

4. a) Corner kick b) Substitute c) Goal (3 marks)