

වස්තූන් පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province			
වර්ෂ අවසාන ඇගයීම ஆண்டிறுதி மதிப்பீடு - 2020 Year End Evaluation			
ශ්‍රේණිය தரம் } 10 Grade	විෂයය பாடம் } Health & Physical Education Subject	පත්‍රය வினாத்தாள் } 1 Paper	පැය மணித்தியாலம் } 1 Hours

Question No.	Answer	Question No.	Answer	Question No.	Answer	Question No.	Answer
1	3	11	2	21	4	31	3
2	1	12	2	22	4	32	4
3	3	13	3	23	2	33	1
4	2	14	4	24	2	34	2
5	1	15	2	25	2	35	2
6	3	16	3	26	2	36	4
7	1	17	4	27	1	37	3
8	2	18	3	28	1	38	4
9	2	19	1	29	4	39	3
10	3	20	2	30	4	40	1

(01)

- (i) Physical/mental/social and spiritual
- (ii) Netball/cricket/tennis/football
- (iii) Short distance/long distance  
Short distance- 100m,200m,400,4x100m,4x400m, 100m hurdles, 400m hurdles  
Long distance – 2000m

- (iv)
  - ❖ Inter house sports meet
  - ❖ Sports/ physical education day
  - ❖ Appraisal of athletes
  - ❖ Health week
  - ❖ Mosquito control ‘ Shramadana’.
  - ❖ Oral health workshops
  - ❖ Workshops to create awareness about non-communicable diseases
  - ❖ World tuberculosis day

- (v) Organizing programs of meditation  
Engaging in yoga exercises  
Engaging in a sport, swimming  
Having proper rest and sleep  
Being with friends, listening to music, having pets

- (vi) Standing start  
On your mark, set, go

- (vii) Wasting/ less than 18.5 kgm<sup>2</sup>

- (viii) 

<u>Sexual harassments</u>	<u>Abuse</u>
Undue touching	Employing children as servants
Undue kissing and hugging	Depriving of opportunities for education
Rape of women	causing shame
Child sexual harassment	Intimidation
	Physical harassment
	Tempting persons to use obscene material

- (ix)
  - ❖ Allay the patient’s fear
  - ❖ Wash the area with soap and flowing water.
  - ❖ Give paracetamol tablets to ease pain.
  - ❖ Refrain from giving food items like fruits juices, king coconut or young coconut water which contains high potassium.

- ❖ Remove any objects if wearing.
- ❖ Take the patient immediately to a hospital.

- (x) Children  
Adolescence  
Pregnant mothers  
Lactating mothers  
Vegans  
Patients

(02)

- (i) A – Nasal cavity  
B – Larynx  
C – Wind pipe  
D – Right lung
- (ii) Cold, Inflammation on lungs and bronchus, Tuberculosis, Asthma, Catha, Lung cancer, Corona
- (iii) Oxygen is important for the production of energy inside cells. During this process carbon dioxide is produced. The respiratory system is involve in the process of transporting and exchanging oxygen and carbon dioxide.
- (iv)
- ❖ People with such infection should avoid the crowded places, when sneezing and coughing should cover the nose and the mouth to prevent infecting others.
  - ❖ Avoid smoking
  - ❖ Inhale clean air and avoid environmental pollution.
  - ❖ Use a mask.
  - ❖ Take medical advice when you are suffering from cough for a long period or if you are losing weight.

(03)

- (i) An *epidemic* is the rapid spread of disease to a large number of people in the environment without being limited to a single person and a transmitted disease is caused by a virus or bacteria or fungus.
- (ii) Covid 19 – Corona virus
- (iii) Wuhan city in China
- (iv) Through the environment / Respiratory system
- (v) Washing the hands with soap  
Wearing oral masks  
Keeping one meter distance  
Wearing gloves  
Not touching mouth, nose and eyes with dirty hands

(04) If the answer has written to 02 points in apposite impact give 02 marks.  
If one point is written give 01 mark.

(05)

(i)

- ❖ Cardio-vascular fitness
- ❖ Muscular endurance
- ❖ Muscular strength
- ❖ Flexibility
- ❖ Body composition

(ii)

Cardio-vascular fitness

- ❖ Brisk walking
- ❖ Jogging
- ❖ Cycling
- ❖ Swimming
- ❖ Aerobics dancing
- ❖ Aerobic exercises

(iii)

- ❖ Taking a balanced diet.
- ❖ Minimizing the intake of food rich in sugar, salt and oil.
- ❖ Engaging in exercises at least 30 minutes per day.
- ❖ Avoid using alcohol and drugs.
- ❖ Get adequate amount of sleep and rest.
- ❖ Whenever possible engage in day to day activities with minimum use of equipment.
- ❖ Engage in day to day activities enthusiastically and actively.

(iv)

- ❖ Limit long hours spent watching television
- ❖ Limit long hours spent playing computer games
- ❖ Limit long hours spent working with the computer

(06)

(i)

Thenuka – Peri-o-brian technique (Linear technique)

Rotational technique

Manuja – Scissor jump / Eastren cut off/ Western roll/ Straddle  
Fosbury flop

Pankaja – Hang technique/ Flying in the air technique / Hitch kick technique

(ii)

Thenuka

- ❖ After a competition has started, the circle and the area on which the equipment lands cannot be used for training activities.
- ❖ The place that each participant has won is decided on their best performance in all the rounds.

- ❖ An attempt should be started with a steady position within the circle.
- ❖ The participants should be within the relevant limits when an attempt is made.
- ❖ The participants should not leave the circle after throwing until the equipment has touched the ground.
- ❖ After an attempt has been made, the participant should leave the circle through the back half.
- ❖ It is a foul attempt to touch the ground outside the circle, the top of the iron rim or the stop board or the area beyond that with any part of the body.
- ❖ Participants are not allowed to wear gloves

#### Pankaja

- ❖ When taking off, touching the area beyond the take-off line with any part of the body.
- ❖ When taking off stepping on the ground on either side of the take-off board.
- ❖ Touching the ground between the take-off line and the landing area while jumping.
- ❖ Using summersaults while running or jumping.
- ❖ When landing, touching the ground outside the landing behind the closest landing point with any part of the body.
- ❖ Taking more than one minute to start the attempt after the jumper's number has been announced.

#### (iii) Short distance running – Crouch start method

On your mark, set , go

- (iv)
1. The first runner carries the baton in the right hand and passes it to the left hand of the second runner (inside pass).
  2. The second runner carries the baton in the left hand and passes it to the right hand of the third runner (outside pass)
  3. The third runner carries the baton in the right hand and passes it to the left hand of the fourth runner (inside pass).

#### (07) A –Volleyball

(i) Whistle, coin, Red and yellow cards, A pen, a valve

(ii) Approaching to the ball

Take-off

Hitting the ball

Landing

(iii)

- ❖ Hold the ball with one hand, raise it above the shoulder and fling it onto the ground with great force.

- ❖ Hold the ball with both hands and fling the ball on to the ground with great force dashing forwards with the body bent backwards like a bow.
- ❖ Drop the ball that is held in the non-dominant hand and hit it with the dominant hand.
- ❖ Throw the ball upwards with both hands and hit it standing in the same spot.
- ❖ Keep the ball hanging above the head and hit it hard taking off with the correct spiking approach.

(iv)

1. It is illegal for back row player to touch the spiking line with feet when taking off to hit or it the ball keeping the feet in front of the spiking line. The opponents will be given a point as well as the service.
2. Touching the flexible poles are considered as ball going out of court. Due to this the team B will be awarded with a point and the service.
3. Since there is no chance of getting a 3<sup>rd</sup> time out the request will be rejected.

## B- Netball

(i) Whistle, rule book, coin, wool band

(ii)

- ❖ Throw the ball up and catch
- ❖ Bounce and catch
- ❖ Roll the ball on the ground
- ❖ Change the ball hand to hand
- ❖ Send the ball around the waist and change hands.

(iii)

- ❖ Practice shooting at different places within the goal circle
- ❖ Practice shooting while being obstructed by a defender
- ❖ Catch the ball sent by another player to the goal circle from different places and shoot.

(iv)

- ❖ Award a free pass to the opponents from where the infringement occurred.
- ❖ A toss-up will be done between the two players from the place where the infringement occurred.

## C – Football

(i) Whistle, rule book, hand watch, coin, red and yellow cards, note book, pen

(ii)

- ❖ Kicking the ball with the foot
- ❖ Taking the ball forward with the foot
- ❖ Kicking the ball which is at still by running to it.
- ❖ Kicking the ball from inside and outside steps and the heel.
- ❖ Kicking the ball among two or three players.

(iii)

- ❖ Two pupils stand apart and practise passing and stopping the ball kicked by each other alternatively
- ❖ The ball is passed in different ways to stop using different methods (using the inner-side of the foot, instep of the foot, abdomen).
- ❖ When the ball is passed by one student, another heads the ball with or without a jump.

(iv)

- ❖ Giving opportunity to play the game as can allow 7 players to play.
- ❖ In the game of football it is a must be in the correct and suitable attire to play the game. So he will not be allowed to play unless he returns with the proper attire.