

(05) Self-actualization which is the highest needs of human should be included in,

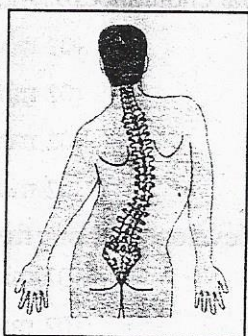
- (i) d
- (ii) b
- (iii) e
- (iv) a

(06) The deformities caused by nutritional deficiencies, wearing unsuitable dresses, inappropriate equipment at the different stages of life is known as,

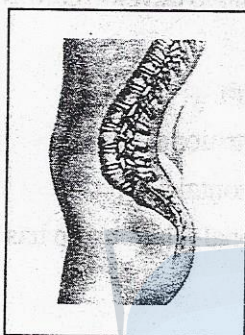
- (i) Environmental condition
- (ii) Congenital conditions
- (iii) Hereditary condition
- (iv) Chronic (long term conditions)

(07) ● Excessive curvature of the upper back (thoracic region)
 ● Head moves forward, shoulders pushed back.

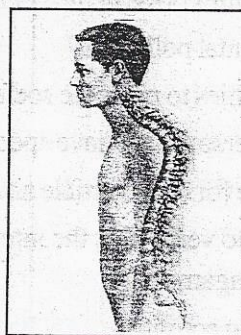
Which of the diagram that shows the above abnormalities.



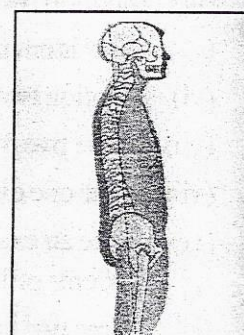
(i)



(ii)



(iii)



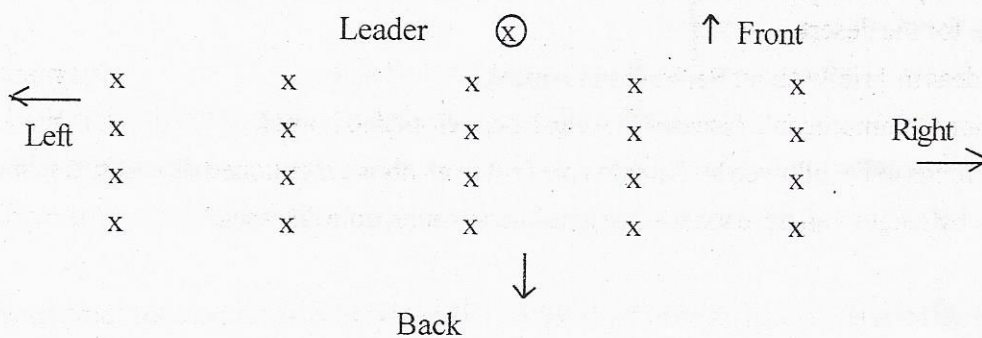
(iv)

- (08) a. development of health condition
- b. Gaining ability to manage stress
- c. development of creativity
- d. Identifying strategies to live in any difficult area.

Which is the psycho-social need, out of the above outdoor activities.

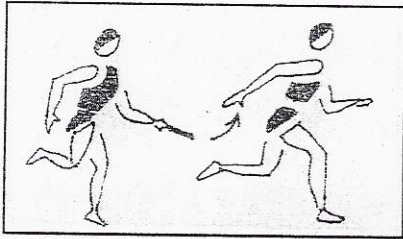
- (i) a, b
- (ii) b, c
- (iii) a, d
- (iv) b, d

(09) Positioning your self as shown in the figure and running to the left, right, front and back on receiving the signal given by the leader

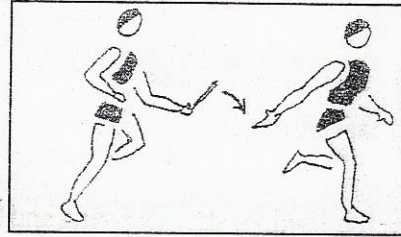


- (i) Throw – in technique of foot ball
- (ii) Attacking and defending of netball
- (iii) Shooting of netball
- (iv) Blocking of volleyball

(10) The following figures show the ways of handing over the baton by the runner who is carrying it to the next runner.



A



B

- (i) A down sweep technique B up sweep technique (ii) A out side pass B inside pass
 (iii) A up sweep technique B Down sweep technique (iv) A inside pass B out side pass

(11) The phases of long jump are, approach run, take off, flight and landing, the following figure shows.



- (i) Approach run
 (ii) Take off
 (iii) Flight
 (iv) Landing

● The different people of different stages and their needs are shown in the following chart. Using the given instruction answer the question no 12 and 13.

Person	Wants
A	Increase the growth of weight and height rapidly. Need much protein, iron, folic acid vitamin A, B ₁₂ , C and D
B	Healthy food habits will be a reason for preventing from non-communicable diseases like diabetes and heart diseases
C	Losing appetite, easy digestion foods are suitable
D	All the nutrition can be gained from breast feeding till six months only

(12) Among these persons, Praveen who studies in grade ten would be

- (i) A (ii) B (iii) C (iv) D

(13) Grand father of Praveen would be,

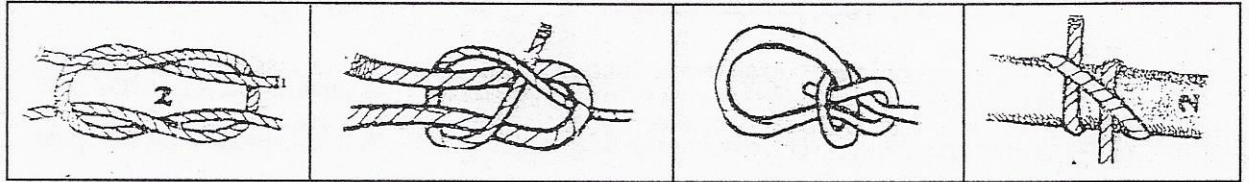
- (i) A (ii) B (iii) C (iv) D

(14) The tube which connects the internal ear with throat makes the pressure equal in the atmosphere and the internal ear is called,

- (i) Ear phones. (ii) Oesophagus.
 (iii) Keratinized layer. (iv) Eustachian tube.

- (15) As usual, when I walk along the road on Saturday morning, I have seen some people are walking busily, some are running fast some of them are engaging in gardening. Engaging in above activities can be developed
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|--------------------------------|------------------------|
| (i) Cardio vascular endurance. | (ii) Flexibility |
| (iii) Muscular endurance | (iv) Muscular strength |

- (16) A knot which is used for shoulder sling and being able to tighten and undo quickly is shown in figure



- (i) A (ii) B (iii) C (iv) D

- (17) Which is the most popular technique to develop skills related to high jump at present?

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|--------------------|----------------------|
| (i) Stradle | (ii) Fosbury flop |
| (iii) Scissor jump | (iv) Eastern cut-off |

- (18) Students of the class are divided in to three groups and they were asked to engage the following activities by the teacher.

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|--------------|--|
| First group | – Throwing Circular shaped stones and coconuts forwards. |
| Second group | – Throwing poles (the shapes of the broom) very far above the shoulders. |
| Third group | – Throwing one foot in length battons and plastic plates in side ways. |

The teacher tried to practice them,

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|---------------------------------|---------------------------------|
| (i) Track events. | (ii) Field events. |
| (iii) Basic skills of throwing. | (iv) Physical fitness exercise. |

- (19) Rubi and Anne live in the same house. A large number of mosquitoes are around their house. Rubi is Suffering from HIV. They don't use mosquito nets. They use the same plate same towel and the tele phone, swim in the pool together. According to above facts.

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|---|
| (i) Anne will be infected HIV. |
| (ii) Anne will be not infected HIV. |
| (iii) Anne has a possibility to infect HIV. |
| (iv) Nothing can say about infecting HIV. |

- (20) We live around the coastal area. When we heard the sound of “silent” we ran out of the houses we saw displacement of water in the ocean As soon as possible we climbed up the nearest mountain this accident would be a,

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|-----------------|-----------------|
| (i) earth slip. | (ii) a vortex. |
| (iii) flood. | (iv) a tsunami. |

Part II

- Question no I is compulsory.
- Answer four other questions.

(01) Jayaliyagama Maha Vidyalaya was conducted a health camp to develop health related physical fitness and the nutritional status. The aim of this camp is to maintain a correct BMI of the Students. Public health inspector delivered a speech based on not consuming of natural food is helps to improve non-communicable diseases. He mentioned the value of the special nutritional needs and the health habits of a sportsman. He trained the field events practically. All the activities were done cooperatively and everyone cleaned the environment.

- (i) What is the formula of calculating BMI? (02 marks)
- (ii) Write two kinds of food prepared with different changes. (02 marks)
- (iii) Name two non-communicable diseases due to unhealthy food habits. (02 marks)
- (iv) Mention two activities done in the health camp to develop cardiovascular endurance. (02 marks)
- (v) What is environmental pollution? (02 marks)
- (vi) Mention two activities to promote social health. (02 marks)
- (vii) Name two other persons that have special nutritional need. (02 marks)
- (viii) Write one example for each verticle and horizontal jump. (02 marks)
- (ix) Write an example to verify that the interpersonal relationship has been developed among the students of Jayaliyagama M.V (02 marks)
- (x) Name two throwing activities. (02 marks)

(02) This disease is spread by two species of mosquitoes. When this disease becomes worst red spots can be seen on the skin.

People should be gathered to stop the spreading of this disease.

- (i) (a) What is the disease that's mentioned in the above paragraph? (01 mark)
- (b) Name the two kinds of mosquitoes that are spreading above diseases. (01 mark)
- (ii) Write two symptoms of the above diseases. (02 marks)
- (iii) What should you do when that symptoms are present? (03 marks)
- (iv) Mention two ways of preventing those diseases. (03 marks)

(03) Saman had eaten two pastries, potato chips chinese roll, a bottle of Coca Coala for his lunch. He had taken an ice cream for the desert.

- (i) Write your ideas in briefly about Saman's main meal. (02 marks)
- (ii) Name two non-communicable diseases that can be developed to Nimal. (02 marks)
- (iii) Write three things to be followed by Nimal to prevent from above mentioned diseases (03 marks)
- (iv) Write three challenges you have to face due to non-communicable diseases. (03 marks)

(04) Human body has been created to lead its positions correctly. But it is not easy as there are some factors which influence for bad postures. They are called congenital factors and environmental factors.

- (i) Write two advantages of correct postures. (02 marks)
- (ii) Name two reasons for congenital factors. (02 marks)

- (iii) (a) Write two advantages of Vitamin D for human body. (02 marks)
 (b) What is the disease that can be have due to lack of vitamin 'D'? (01 mark)
- (iv) (a) What are two nutrients that are essential for growth of the bones. (02 marks)
 (b) What is the weakening of bone disease that can be seen in adults? (01 mark)
- (05) There are some part of the body that makes our external appearance. Among them skin is the largest organ of the body. Good health habits should be followed, to keep them healthy.
- (i) Write two functions of the body. (02 marks)
 (ii) Name two diseases related to hair. (02 marks)
 (iii) Name three healthy habits to protect nails. (03 marks)
 (iv) How many types of teeth, and name two of them. (03 marks)
- (06) Out of the athletic events relay is an event where the runners take part as teams and victory can be achieved through the skills of all the runners. Throwing and jumping events are done in individually.
- (i) Name the four phases of high jump technique. (02 marks)
 (ii) Name two throwing events that are done in within a circle. (02 marks)
 (iii) Name three occasions that are considered as failiures in a long jump. (03 marks)
 (iv) Write three rules of changing the batton. (03 marks)
- (07) When the man is away from natural environment it was essential to involve in sports and exercise to spend the leisure time effectively. They were engaged in organized games such as volley ball, net ball and foot ball to spend the leisure time.
- (i) Name the four phases of spiking in volleyball. (02 marks)
 (ii) What is defending the player in netball? (02 marks)
 (iii) Write three skills of football. (03 marks)
 (iv) Write three factors that should be considered when blocking in volley ball. (03 marks)