ish¿u ysñlï weúßKs $ All Rights Reserved

St. Peter's College

St. Peter's College

St. Peter's College

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

புனித பேதுரு கல்லூரி

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

Ydka; mS;r úÿy,

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

St. Peter's College

86

E

**I**

**YdÍßl wOHdmkh**

**Physical Education**

**meh**

**Hour**

**10 fY%aKsh – m<uq jdr we.hsu - 2023**

***Grade 10 – First Term Examination - 2023***

Ydka; mS;r úÿy, - fld<U 04

புனித பேதுரு கல்லூரி, கொழும்பு 4

***St. Peter's College - Colombo 04***



**1**

Name: ………………………………………………. Class: …………… Index No: ………….

* **Answer all the questions.**

01. Which helps to maintain posture?

i. Centre of gravity ii. Length of the arms

iii. Length of legs iv. Gap between feet

02. When seated, the centre of gravity is situated,

i. On the knee ii. On the hips

iii. At the end of the spine iv. On the belly button

03. A dynamic posture is,

i. Sitting ii. Standing iii. Running iv. Lying

04. Teacher gets one of her student to run 4 rounds of 200 m track. Which fitness factor does she wants to measure of the student?

i. Flexibility ii. Strength iii. Speed iv. Endurance

05. Mirissa village engage in “Olinda Keliya”, “Porapol Gassema” , “Panchcha Dameema” in New Year season. They are engage in,

i. Organized games ii. Minor games

iii. Folk games iv. Lead up games

06. The maximum number of players that can blocked the ball in volleyball.

i. 1 ii. 2 iii. 3 iv. 5

07. In football, “Throw in” is used:

i. To finish the game. ii. To restart the game.

iii. To score a goal. iv. The throw the ball in to the goal.

08. The minimum number of players needed for a netball game is:

i. 7 ii. 5 iii. 4 iv. 3

09. The number of players that play at a given time in a football game is:

i. 12 ii. 11 iii. 14 iv. 15

10. Maximum number of steps, when preparing for spiking is,

i. 2 ii. 4 iii. 1 iv. 3

***(21020 Marks)***

**Part II**

* **Answer all the questions.**

01. i. What are the biomechanical principles that help to maintain posture? ***(02)***

ii. What is meant by the centre of gravity? ***(02)***

iii. What are the factors that help maintain the balance at different body posture? ***(02)***

iv. What are the factors to be considered when sitting correctly? ***(02)***

v. Describe the correct posture when using a computer. ***(02)***

***(10 Marks)***

02. i. Write 03 special features of volleyball which have made it popular. ***(03)***

ii. Write 04 main stages of spiking in volleyball. ***(02)***

iii. Write 04 main stages of blocking in volleyball. ***(02)***

iv. Name the officials who are involved in judging a volleyball game. ***(02)***

***(10 Marks)***

03. i. Name 04 types of kicks used in football. ***(02)***

ii. Write 04 methods of controlling the ball in football. ***(02)***

iii. Write 03 methods of heading the ball. ***(03)***

iv. Write 03 duties of the main referee of a football match. ***(03)***

***(10 Marks)***