

**THIRD TERM EXAMINATION - 2021**

**GRADE 10 – Physical Education**

**02 Hours**

**Part – I**

**Select the correct answer.**

01. A person standing straight with hands by the side will have his center of gravity to which percentage?

i. 84% ii. 64% iii. 46% iv. 56%

02. The advantage of engaging in outdoor activities,

i. Self-courage improves

ii. Get used to the practice of using substitutes.

iii. Build up selfishness

iv. Loose happiness

03. The events that come under pentathlon are,

i. Long jump , Javelin , 200 m , Discuss throw , 1500 m

ii. Long jump , Put shot , 200 m , Pole vault , 400 m

iii. Hurdles 100 m , Javelin , 400 m , 200 m , Put shot

iv. Put shot , Javelin , 800 m , 200 m , Long jump

04. Rules and regulations are very important to play any game. Rules and regulations are important because,

i. To have a fair play

ii. To minimize accidents

iii. To maintain safety and dignity of the game

iv. All above

05. In the Olympic flag the five rings which are connected to each other indicates,

i. All participants of the Olympics

ii. The five main events held in Olympics.

iii. The five continents.

iv. The colours of the national flags in all countries.

06. We divided ourselves into two groups and played a fun game. For this game rules and regulations and time were decided by ourselves, we took part in,

i. An organize game ii. Lead up game

iii. Team game iv. Minor game

07. Which is not a method of kicking the ball in football?

i. Kicking with the toe ii. Kicking with the inside of the foot

iii. Kicking with the heel iv. All correct

08. Select the correct statement,

i. Pentathlon is a combined events for women’s

ii. Heptathlon is a combined events for women’s

iii. Decathlon is a combined events for only women’s

iv. Decathlon is a combined events only for men’s

09. The modern Olympics were started by,

i. Emperor William G. Morgan ii. Emperor Pierre de Coubertin

iii. Emperor Onamous iv. Emperor Theodosius

10. Which is the correct standard length of the batton used in relay races?

i. 25 – 27 cm ii. 28 – 30 cm iii. 40 – 45 cm iv. 10 – 12 cm

11. Which start technique is used for the 100 m race?

i. Crouch start ii. Medium start

iii. Standing start iv. Elongated start

12. Non visual pass is used for,

i. 4 x 100 m ii. 4 x 400 m iii. Both correct iv. Both wrong

13. Which is not a technique of high jump?

i. Scissor jump ii. Fosbery jump

iii. Western roll iv. Triple jump

14. There are \_\_\_\_\_\_\_\_\_ techniques of long jump,

i. 4 ii. 5 iii. 2 iv. 3

15. What category does high jump fall into in Athletics?

i. Vertical jump ii. Horizontal jump

iii. Jumping upwards iv. Jumping side ways

16. Which is the 1st event in a Pentathlon?

i. 200 m ii. Long jump

iii. 800 m iv. Discuss throw

17. When is the “Leo” star constellation visible?

i. Feb-March ii. April-May iii. May-June iv. Nov-Dec

18. Which is not a walk?

i. Forest expendition walk ii. Vehicle rally

iii. Rally iv. Political walk

19. Which is not a benefit of a fair game?

i. Cause stress ii. Protect value of the game

iii. Improve ethics iv. Reduce illegal drug use

20. A skill of volleyball is,

i. Footwork ii. Shooting

iii. Ball coutrolling iv. Blocking

**Part - II**

**Answer all 03 questions**

01. Engaging in outdoor activities provide an important opportunity for us to communicate with the natural environment.

i. Write 03 outdoor educational activities. **(03)**

ii. Write 04 advantages we gain by engaging in outdoor educational activities to improve the quality of life. **(04)**

iii. Write 03 factors to be considered when preparing a plan for a jungle exploration.

**(03)**

**(10 Marks)**

02. The events of Malith and Shehan are high jump and long jump respectively.

i. Write a suitable technique for each of the 2 events. **(02)**

ii. Write 02 rules related to Malith’s event. **(03)**

iii. Name the main stages of the event that Shehan participated. **(02)**

iv. State 02 rules and regulations related to the Shehan’s event. **(03)**

**(10 Marks)**

03. i. What are the 04 stages that can be studied under blocking in volleyball. **(03)**

ii. Write the 02 fouls committed during spiking in volleyball. **(02)**

iii. Name the panel of Judges in netball. **(02)**

iv. Write 02 methods of controlling the ball in football. **(03)**

**(10 Marks)**