

**SECOND TERM EXAMINATION - 2020**

**GRADE 10 – Physical Education**

**Part – I**

Select correct answer.

1. The bio mechanical factor related to the posture.

i. Stand at attention ii. Stand at ease

iii. Balance iv. Stand ease

2. When hitting the ball in volley ball, the fingers should be,

i. Spread out ii. Flexed a little

iii. Brought together and made rigid iv. Relax

3. The events that only one bib may be worn either on the chest or at a back are,

i. High jump and long jump ii. Long jump and triple jump

iii. Hurdle and pole vault iv. High jump and pole vault

4. The answer in which only the outdoor activities that many give us experience are included is,

i. Exploring jungle, Inter house sport meet.

ii. Organizing bikes, climbing hills.

iii. March past, climbing hills.

iv. Cooking food and coaching camps.

5. In netball, national or an international level game consist of,

i. Four – 15 min quarter ii. Four – 10 min quarter

iii. Four – 20 min quarter iv. Two – 15 min quarter

6. Jumping events can be divided into 2 groups. What are the events related to horizontal jump?

i. Pole vault and high jump ii. Long jump and triple jump

iii. High jump and long jump iv. Pole vaul and triple jump

7. Human body is created with the collection of cells same as an object is being created. Since there is a weight on each cell. The weight will work around a certain point, this point is,

i. Point of balance

ii. Putting an external force towards the body

iii. Centre of momentum

iv. Centre of gravity

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

i. All participants of the Olympics.

ii. The five main events held in Olympic.

iii. The five Continents.

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

9. The signal given below that indicates in race walking is,

i. Losing contact with the ground.

ii. Not moving the hands and shoulders in correct manner.

iii. Not having the legs in proper manner.

iv. Bending the knee.

10. The duration of single round in a game of football is,

i. 30 min ii. 10 min iii. 45 min iv. 20 min

**Part – II**

**Answer all questions.**

01. Rules and regulations in sports have been formulated for sports in order to ensure fairness and equality.

i. Write 04 needs for rules and regulations in sports. **(02 Marks)**

ii. Name 02 programs that are implemented at school level on sports and health education.

**(02 Marks)**

iii. Write 03 advantages can be gained by holding the inter house sport meet.

**(03 Marks)**

iv. Write 03 bad effects of doping in sports. **(03 Marks)**

02. Athletics provides opportunities and experience to the life.

i. Prepare the diagram of classifying events of athletics. **(03 Marks)**

ii. Write 02 offences committed at the start of race. **(02 Marks)**

iii. Write 03 techniques of high jump. **(03 Marks)**

iv. Write the stages of “liner shot put” technique. **(02 Marks)**

03. In our life we adopt static and dynamic postures.

i. Write 02 main bio mechanical factors that related to the daily activities. **(02 Marks)**

ii. Explain what is “centre of gravity” **(02 Marks)**

iii. Write 03 factors that help to maintain balance in the physical activities.

**(03 Marks)**

iv. Write 03 points that we should be mindful when in a correct sitting position.

**(03 Marks)**

04. Engaging in a sports and outdoor activities create the opportunity for us to spend our leisure time effectively.

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

ii. Write 04 major fouls that could be committed during a game of football. **(02 Marks)**

iii. Write the 04 major stages of spiking in volleyball. **(02 Marks)**

iv. Write 02 occasions where the ball is tossed between 2 players in netball. **(02 Marks)**

v. Write 04 advantages can gain by engaged in outdoor educational activities.

**(02 Marks)**