



Provincial Department of Education – Sabaragamuwa- Week School

Week:- 14th –20th Feb, 2021

Subject- Health

Grade 10

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1. Let us learn about sports and outdoor activities.

❖ Answer all the questions given below.

1. What is outdoor education?
2. Name 05 outdoor activities which are related to outdoor education.
3. State 05 benefits which we gain from outdoor education.
4. What are the physical needs which improve through engaging in outdoor activities?
5. Name three mental needs and three Social needs which improve through engaging in outdoor activities.
6. State three factors which we should pay attention when planning a walk.
7. Student of grade 10 of a school is planning a jungle exploration with their Physical Education teacher. Describe the way they organized the jungle exploration.
8. Draw standard Symbols used in maps by an illustration.