



Provincial Department of Education – Sabaragamuwa- Week School

Week:– 21st -27th Feb, 2021

Subject- Health

Translated by- Kg/Dehi Sirisaman National School

Grade 10

I'm learning about Sports

- Answer all the questions.
 - 1) Classify athletics into five main categories.
 - 2) Categorize athletic events.
 - 3) Name mixed events or preliminary matches that fall under the category of athletics.
 - 4) What are the events for each of the preliminaries?
 - 5) Name the standard walking events.
 - 6) Briefly explain the differences between walking & running.
 - 7) Name two main rules relevant to walking competition.
 - 8) Name two main rules relevant to walking competition.
 - 9) What caused a player to be disqualified during a walking competition?
 - 10) Draw a diagram of the signs provided in the event of a breach of a competition rules, during a walking race.
 - 11) What are the starting method used in walking competitions & the commands used in it?
 - 12) There are two main ways in which running events begins. what is this?
 - 13) What are the three standard events that start under crouch start & the commands used in that crouch system?
 - 14) What are the three standard events that start under standing start & the command used in that standing system?