



**Provincial Department of Education – Sabaragamuwa- Week School**

**Week:– 7<sup>th</sup> –13<sup>th</sup> Feb, 2021**

**Subject- Health**

**Grade 10**

**Translated by- Ms. E.G.I.J.Gamlath  
Kg/Dehi Rajasinghe C.C.**

**Let us learn about sports and outdoor activities.**

### **Football**

- 1) How many players can be registered per team for a standard football match?
- 2) What is the minimum and maximum number of players per team during a standard football match?
- 3) What is the length and width of a standard football field?
- 4) Name the basic skills of the game of football.
- 5) Name five kicks used in the game of football.
- 6) What are the methods used to stop the ball in the game of football?
- 7) What are the methods of hitting the ball head on the game of football?
- 8) What is the duration of a standard football match?
- 9) What is the weight of a standard football and its circumference?
- 10) What are the major mistakes made in the game of football?
- 11) Name the referee for a standard football match.
- 12) Write three functions of the chief Referee in a football match.
- 13) Write the three functions of a side umpire in a football match.
- 14) What is the equipment dose a football player use in the game?
- 15) What is the equipment dose a football referee use?