



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

**Week: 18**

**Subject: Health and Physical Education**

**Grade -10**

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➤ Answer all the questions given below.

1. Draw a Volleyball court and mention length and width.
2. Who is the founder of Volleyball game?
3. What are the foods should be given to a four months old baby?
4. Which micro-nutrient should be taken by a woman who expect a baby after marriage?
5. How many type of postures are there? What are they?