



Provincial Department of Education – Sabaragamuwa – Week School

Week: Week: 12th -18th July 2021

Subject: Health & Phy.Edu

Grade -10

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Relay – Races

- Answer All Questions
1. What are the “baton” exchange techniques?
 2. What are the three types of baton exchanges according to the two players giving the baton & the hand receiving the baton?
 3. What is the internal exchange system?
 4. What is the external exchange system?
 5. What is the mixed transfer system?
 6. Name three special rules regarding the baton exchange.
 7. What is the distance of the “baton exchange zone”?
 8. Briefly describe the acceleration zone associated with ‘baton’ exchange.
 9. What are the standard stick exchange matches?