



Provincial Department of Education – Sabaragamuwa – Week School

Week: 33

Subject: Health and Physical Education

Grade -10

**Translated by: T.G.P.M.K.
Abeygunawardhana.**

6. Let us adhere to rules, regulations and ethics in sports

➤ Answer all the questions given below.

1. Why sports need rules and regulations? State five factors.
2. When the first Olympic games were held??
3. When the Olympic games were banned?
4. When the modern Olympic games were started?
5. What are changes that can be occur due to in taking doping in sports?