

HEALTH AND PHYSICAL EDUCATION WORKSHEET – 2015-16

Second term

tenthrise.tk

GRADE: X

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1. What is the name of ATHLETICS?
(a) Sports (b) **Track &Field**
(c) Gymnastics (d) Decathlon
2. Time shall be taken from the.
(a) Sound of Gun (b) **Flash smoke**
(c) Whistle (d) None of these.
3. How many types of tracks are there?
(a) **Two type** (b) Three type
(c) Four type (d) five type
4. How many lanes are there in a standard track?
(a) **6 to 9** (b) 8 to 9
(c) 10 to 12 (d) 11 to 13
5. The following are the standard distance of hurdler Race for men.
(a) 100 & 400 mts. (b) **110 & 400 mts.**
(c) 80 & 200 mts. (d) All of these.
6. Direction of running shall be.
(a) Right hand side (b) **Left hand side**
(c) curve- running (d) none of these.
7. Standard width of the lane shall be.
(a) 1.20 mts (b) 1.22 mts
(c) **1.22 to 1.25 mts.** (d) 110 mts.
8. The Standard distance of Marathon Race.
(a) 26 kms. (b) 42 kms.
(c) **42.195 kms** (d) 42.123 kms
9. The procedure of doping test is including the collection of.
(a) Sugar sample (b) **Urine sample**
(c) Stool Sample (d) Blood Sample
10. How many athletes may be used as substitutes in Relays Race?
Event
(a) One athlete. (b) **Two athlete**
(c) Three athlete (d) none of these.

Playground safety

There are quite a few options to choose from when installing playground covering. First of all, some **natural materials** like grass, sand, bark mulch or wood chips have fall-absorbing qualities. They are the cheapest, but their fall protection isn't as high as with rubber. What is more, they need constant maintenance and renewal, because they decay and get dirty, not mention that they are dependent on the weather.

The role of Olympic education

Olympic Education is a learning process for the teaching of Olympism, whereas participants are encouraged to learn, comprehend, experience and propagate the Olympic principles. It rests on a deep knowledge of the educational and cultural principles of Olympism and supports the notion that man is united.

HEALTH AND SAFETY Education

As public health and safety standards evolve around the world, companies must make sure their employees receive essential education and training to stay ahead of the curve. NSF International understands the challenges businesses face, and provides timely and pertinent training and instruction at all levels, from plant floor to senior executives. With NSF International's effective training, all levels of operations can achieve positive results including product safety, successful audits, decreased re-work, positive culture change and brand recognition, and increased ROI.

The importance of early childhood development

For children not yet old enough to attend primary school, we offer a stimulating and educational environment at our nurseries. We will build SOS Nurseries beside our Children's Village when there are not existing services available. Here, young children develop their social, mental and motor skills, preparing them for primary school. Teaching, toys, and games at our nurseries are tailored to the local culture.

Sport and Peace-building

The role of sport in peace-building is one of the most hotly-debated areas in Sport & Development. Find out more on the main areas of contention, including: definitions of 'peace' and the role of sport in (re)building relationships; sport & peace-building at the grassroots and nation-state level; and the use of sport for the reintegration of child soldiers. The purpose of the section on Sport & Peace-building is to provide an overview of the main topics and concerns in this area. At no point should this section be considered to be exhaustive in its coverage of all areas and information relating to Sport & Peace-building, but that it rather seeks to provide a gateway for interested readers to access further sources of information.

Sport and Health

This section provides an overview of the related areas between sport and health. An

Introduction to the role of sport in enhancing physical and mental well-being is provided. A number of key themes related to sport and health are then explored in more detail:

The health benefits of sport and physical activity

Sport, physical activity and risk factors for major diseases

Tackling HIV/AIDS and other communicable diseases through sport

Practical implications for sport for HIV prevention programmes

Sport and public health campaigns.

Sport and Economic Development

This topic includes a number of diverse issues relating to sport's role in economic development in developing countries

Four main areas that present the limitations and the potential of sport to contribute to economic development are discussed in dedicated sub-sections:

Underdevelopment of sport and 'muscle drain' in developing countries.

Exploitation and child protection in sport.

Developing local markets through sport by means of hosting local sports events, producing low-cost and affordable sporting goods and through athletes' remittances. Building skills for employment

Through sport.

