

The Pythagorean Theorem gives you:

$$7^2 + p^2 = 10^2 \Rightarrow 49 + p^2 = 100 \Rightarrow p^2 = 51 \Rightarrow p = \sqrt{51}$$

Then:

$$\sin P = \frac{o}{h} = \frac{\sqrt{51}}{10}$$