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கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2025(2026)
General Certificate of Education (Ord. Level) Examination, 2025(2026)

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය I, II
 சுகாதாரமும் உடற்கல்வியும் I, II
Health and Physical Education I, II

පැය තුනයි
 மூன்று மணித்தியாலம்
Three hours

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 மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

Health and Physical Education I

Instructions:

- * Answer all questions.
- * In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which is correct or most appropriate.
- * Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.
- * Further instructions are given on the back of the answer sheet. Follow them carefully.

1. The areas of well-being in a person with total health are
 - (1) physical, mental, emotional and spiritual areas.
 - (2) physical, mental, social and spiritual areas.
 - (3) social, mental, spiritual and emotional areas.
 - (4) social, physical, emotional and spiritual areas.
2. Nimal who is efficient and handsome, is a skilled athlete. According to this information, we can conclude that he has
 - (1) physical well-being.
 - (2) mental well-being.
 - (3) social well-being.
 - (4) emotional balance.
- Several programmes concluded by the principal of Handagama Vidyalaya to make the school a health promotion school are denoted by letters A, B, C, D and E. Answer questions from 3 to 5 based on this information.
 - A - Prohibiting bringing polythene to school.
 - B - Conducting the School Medical Inspection (SMI) for the respective grades according to the correct procedures.
 - C - Cleaning and beautifying the school premises using different methods.
 - D - Taking steps to innovate the teaching-learning process of all subjects to make students good citizens.
 - E - Conducting a medical camp with the assistance of the Medical Officer of Health (MOH) and health staff.
3. The letter indicating a policy formulated by the principal under the health promotion strategies is
 - (1) A.
 - (2) B.
 - (3) C.
 - (4) D.
4. According to the health promotion strategies, the tasks denoted by letters B and E belong to
 - (1) building a health-promoting environment.
 - (2) formulating policies.
 - (3) recruiting and organizing health services.
 - (4) developing skills required for health promotion.
5. According to the health promotion strategies, the task denoted by C belongs to
 - (1) formulating policies.
 - (2) developing skills.
 - (3) obtaining community participation.
 - (4) developing a favourable environment.

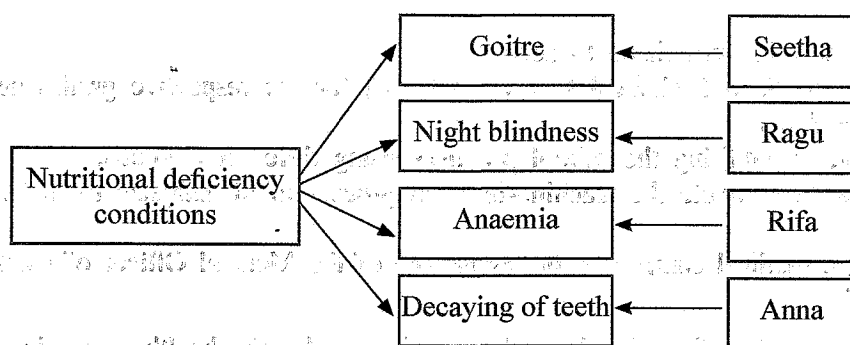
- Answer questions 6 and 7 based on the Body Mass Index chart that shows different nutritional statuses.
- 6. A female student who never engages in exercise and frequently consumes junk food and instant food could fall into the
 - (1) green zone.
 - (2) orange zone.
 - (3) light purple or dark purple zone.
 - (4) light purple or green zone.
- 7. The student in the orange zone is likely to
 - (1) be wasted.
 - (2) have the appropriate weight.
 - (3) be over-weight.
 - (4) be obese.
- 8. A challenge to maintain a good health condition in Sri Lanka is
 - (1) the school medical service.
 - (2) conducting clinics for pregnant mothers and infants.
 - (3) the service of midwives.
 - (4) the economic status and the competitive lifestyle.

- Answer the questions 9 and 10 based on the following information.

My younger sister and I were sitting on a bus stop chair, waiting for the school bus. My elder brother and younger brother were standing near us. When the bus arrived, my sister and I walked to the bus while my brothers ran to get into the bus.

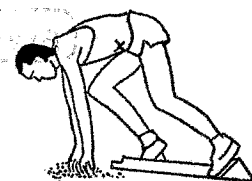
9. According to the above information, dynamic postures have been displayed by
 - (1) my elder brother and younger brother only.
 - (2) me and my sister only.
 - (3) my elder brother, younger brother and sister only.
 - (4) all of us.
10. Static postures have been displayed by
 - (1) me and my sister only.
 - (2) my elder brother and younger brother only.
 - (3) my elder brother, younger brother and sister only.
 - (4) all of us.

- The following diagram shows some nutritional deficiency conditions of four students, disclosed through a medical test. Answer questions from 11 to 13 based on this.

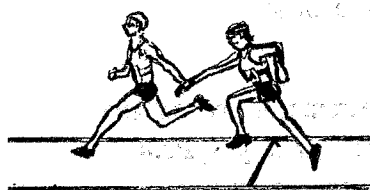


11. Among these students, an enlarged thyroid gland can be seen in
 - (1) Ragu.
 - (2) Seetha.
 - (3) Rifa.
 - (4) Anna.
12. The micronutrient associated with Ragu's disease condition is
 - (1) iodine.
 - (2) calcium.
 - (3) vitamin A.
 - (4) iron.
13. To recover from his/her disease condition, Rifa should consume adequate amounts of
 - (1) iron-rich foods.
 - (2) vitamin A-rich foods.
 - (3) iodine-rich foods.
 - (4) calcium-rich foods.

14. For a foetus to develop properly, the fertilization of an ovum by a sperm must occur in
 (1) the uterus. (2) the Fallopian tube.
 (3) the vagina. (4) the ovary.
15. What is the system that is directly associated with tuberculosis and asthma?
 (1) Circulatory system (2) Respiratory system
 (3) Excretory system (4) Nervous system
16. The government ordered those of us living in mountainous areas to leave immediately from our houses because there were cracks on mountain slopes and the trees on the slopes were tilted. According to these facts, the natural disaster that can follow is
 (1) flooding. (2) a Tsunami.
 (3) an earthquake. (4) a landslide.
17. A trained first aider used a triangular bandage as a sling to treat an accident victim. This could be a patient with a
 (1) crown injury.
 (2) dislocated elbow.
 (3) wounded foot.
 (4) dislocated knee.
18. Select the **incorrect** statement about stress.
 (1) Stress can disturb our activities.
 (2) Subjecting to mental stress for a longer period can cause depression.
 (3) Moderate stress can increase our efficiency.
 (4) Mental stress can never be managed.
- Study the pairs of events A, B, C and D and answer questions 19 and 20.
- A - [Unplanned pregnancies
Healthy child birth
- B - [Marriages between blood relations
The ability for children to contract genetical disorders
- C - [Feeding the infant with formula milk only during the first six months
Developing immunity in the infant
- D - [Parents receiving love and kindness of children and grand children during elderly years
Happiness and mental satisfaction of the elderly
19. The pair/pairs of events in which the **increase** of the first event results in an **increase** of the second event is/are
 (1) B only. (2) D only. (3) A and C. (4) B and D.
20. The pairs of events in which an **increase** of the first event results in the **decrease** of the second event are
 (1) A and B. (2) A and C. (3) B and C. (4) B and D.
21. The figure shows a stage of a running start. This stage is the
 (1) 'On your mark' stage of the standing start.
 (2) 'On your mark' stage of the crouch start.
 (3) 'Get set' stage of the crouch start.
 (4) 'Go' stage of the standing start.



- Figures A and B show two instances in which the runners exchanged batons during a 100×4 m relay. Answer questions 22 and 23 based on this.



End of the baton changing zone

A



End of the baton changing zone

B

22. Which of the following statements is correct about the baton changes?
- (1) The baton change of the runners shown in figure A is correct.
 - (2) The baton change of the runners shown in figure B is correct.
 - (3) The baton changes of the runners shown in both figures A and B are correct.
 - (4) The baton changes of the runners shown in both figures A and B are incorrect.
23. The baton change shown in figures A and B is a
- (1) visual change.
 - (2) non-visual change.
 - (3) mixed change.
 - (4) outside change.
24. Consider the following facts.
- A - Preserving the ethics and valuable attitudes of the sport.
 - B - Preventing misconduct and doping.
 - C - Preventing physical and mental distress to others.

Which of the above facts are expected to be fulfilled by maintaining fair play in sports?

- (1) A and B.
 - (2) A and C.
 - (3) B and C.
 - (4) A, B and C.
25. An athlete participating in a hurdles event is shown in the figure. The event shown in the figure is a
- (1) running event and the athlete is doing it correctly.
 - (2) running event and the athlete is doing it incorrectly.
 - (3) jumping event and the athlete is doing it correctly.
 - (4) jumping event and the athlete is doing it incorrectly.

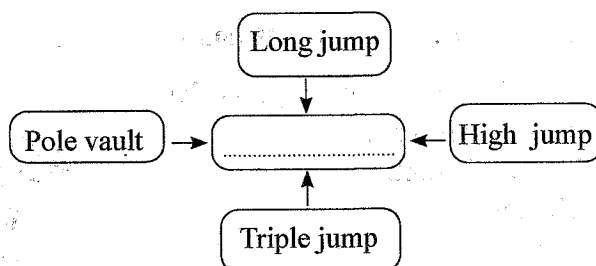


26. Select the correct option about the following statement and the reason.

Statement – A French Pierre de Coubertin started the modern Olympic Games in 1896 A.D.

Reason – His expectation was to develop good global relationships and world peace through Olympic Games.

- (1) The statement is correct and the reason is incorrect.
 - (2) The statement is incorrect and the reason is correct.
 - (3) The statement and the reason are correct.
 - (4) The statement and the reason are incorrect.
27. Select the option with the **most suitable** words to fill in the blank of the following diagram.

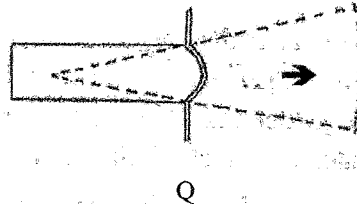
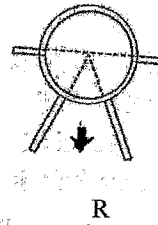
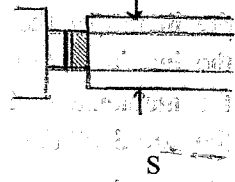


- (1) Vertical jumping events
- (2) Horizontal jumping events
- (3) Jumping events
- (4) Mixed events

- Two announcements made by an announcer during the All Island School Games and sketches of several play areas are given below. Answer the questions 28 and 29 based on this.

Announcement ① – Under - 18 competitors participating in the javelin throw, please report to the relevant play area.

Announcement ② – Under - 16 competitors participating in the discus throw event, please report to the relevant play area.



28. What is the letter denoting the play area to which the competitors must report according to Announcement ①?

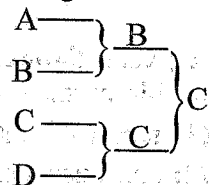
(1) P (2) Q (3) R (4) S

29. According to Announcement ②, the competitors must report to play area

(1) P. (2) Q. (3) R. (4) S.

30. A **disadvantage** of holding a tournament according to the draw shown in the diagram is

- (1) the number of matches to be played is fewer.
 (2) less physical resources are used to hold competitions.
 (3) a reduced number of referees are required to conduct the tournament.
 (4) the increased ability to choose the true winner.



31. An athlete who participated in an event in the Olympic Games won the first place. Based on the results of a test he was subjected to, his victory was annulled and he was banned from sports. This incident brought disgrace to the country this athlete represented. According to this information, the reason for the above consequences could be the athlete

- (1) consuming banned stimulants. (2) failing to obey the decisions of the judges.
 (3) disturbing other competitors. (4) breaking the rules and regulations of the event.

32. The following diagram shows footwork of an athlete during a jumping event, whose dominant leg is the right leg:



This athlete participated in

- (1) high jump. (2) long jump. (3) triple jump. (4) pole vault.

33. In sports such as rugby and football, what is the skill-related physical fitness component that is most useful to move the ball forward by by-passing the opponents and instantly changing the posture?

(1) Power (2) Agility (3) Balance (4) Co-ordination

34. Glucose/Fatty acids $\xrightarrow{O_2}$ $CO_2 + H_2O + \text{Energy}$

The pair of events that are producing most of the energy using the above equation is

- (1) 100 m running and 100×4 m relay.
 (2) 10 000 m running and marathon.
 (3) 100 m running and 1 500 m running.
 (4) 100×4 m relay and 3 000 m running.

35. An activity that helps to maintain balance during walking is
- (1) moving hands and legs in opposite directions.
 - (2) moving hands and legs in the same direction.
 - (3) widening the supporting base.
 - (4) maintaining the centre of gravity at a level close to the ground.
36. It is difficult to stop a leather ball rolling on a turf compared to a tennis ball rolling on the same turf. The reason for this is
- (1) the inertia of the tennis ball is greater than that of the leather ball.
 - (2) the inertia of the leather ball is greater than that of the tennis ball.
 - (3) the momentum of the tennis ball is greater than that of the leather ball.
 - (4) the speed of the leather ball is greater than that of the tennis ball.
37. The figure shows a gymnast standing on one leg during an exercise. Her leg standing on the ground acts as
- (1) a type I lever.
 - (2) a type II lever.
 - (3) a type III lever.
 - (4) type II and III levers.
- 
38. A javelin thrower left the playground before the javelin landed during the first attempt. As the judge of this event, you must
- (1) report the attempt as a correct attempt in the results sheet.
 - (2) announce that the attempt is an incorrect attempt and report it in the results sheet.
 - (3) warn this competitor and allow him/her another attempt.
 - (4) remove the competitor from the competition.
39. John, who is in Grade 10, jogs for approximately 12 minutes per day on three days per week. The health-related physical fitness component that will be developed in John because of this activity is
- (1) cardiovascular endurance.
 - (2) flexibility of joints.
 - (3) muscular strength.
 - (4) reaction speed.
40. Sri Lankan male and female athletes won several gold, silver and bronze medals during an international athletics competition held in 2025 making our country the runners-up. This competition is
- (1) Asian Games.
 - (2) Olympic Games.
 - (3) Commonwealth Games.
 - (4) South Asian Senior Athletics Championship.

සියලු ම හිමිකම් ඇවිරිණි / முழுப் பதிப்புரிமையுடையது / All Rights Reserved]

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සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය I, II
சுகாதாரமும் உடற்கல்வியும் I, II
Health and Physical Education I, II

Health and Physical Education II

* Answer five questions only, selecting question No. 1, two questions from Part I and two questions from Part II.

1. We organized a jungle exploration as an outdoor activity under the guidance of our teacher. Our teacher pointed out several benefits of outdoor educational activities including the development of exploration skill. He reminded the points, such as the date and the time of departure and the objectives of the journey, as the points to focus on when planning the jungle exploration. He also instructed us to bring instruments such as a compass and explained the reason for that. We all started the jungle exploration early in the morning.

The Past Pupils' Association provided us with lunch and fruit juice. We received brown rice, dhal curry, deviled potatoes, mixed green leaf *malluma* and fish as our lunch and bananas as the dessert. During the jungle exploration, we all drank mixed fruit juice prepared by fresh fruits such as papaya, water melon and mandarin oranges that they gave.

We had our lunch on a rock plateau while observing the biodiversity of nature and discussing the experiences we gained. We took a short break after lunch, sang, danced and enjoyed together, and returned to the school concluding the exploration.

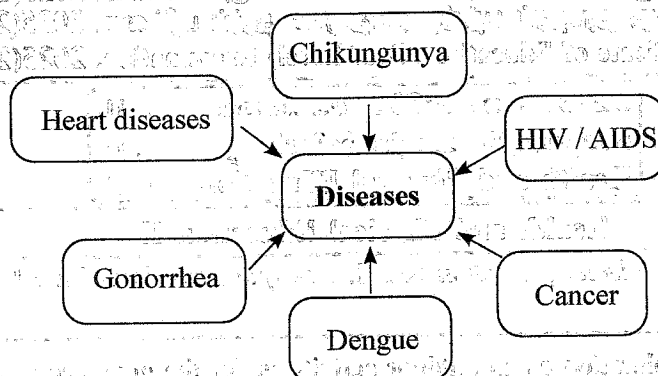
Answer the questions from (i) to (x) based on the above case.

- Mention **two** benefits of outdoor educational activities other than developing exploration skills.
- Write **two** outdoor activities that the school students can participate in, other than jungle exploration.
- In addition to the facts mentioned in the case, state **two** other points that should be focused on when planning a jungle exploration.
- As the teacher explained, for what purpose is it necessary to take a compass for a jungle exploration?
- Write **two** social skills that are developed in students when getting together and organizing a jungle exploration.
- Write **two** benefits the students can gain by consuming the healthy food provided by the Past Pupils' Association.
- Mention **two** mixed food items that the students consumed during this journey.
- Present **two** occasions in which the students may have gained mental satisfaction during this jungle exploration.
- Write **two** personal skills that can be developed in students when participating in programmes like these.
- Write **two** instances where the biodiversity can be observed during these kind of jungle explorations.

(02 × 10 = 20 marks)

Part I*Answer two questions only.*

2. Answer the question given below using the following diagram on several diseases.



(i) Name the sexually-transmitted diseases in the diagram and mention **one** action that can be followed to prevent these diseases. (02 marks)

(ii) (a) Name **two** common non-communicable diseases that are **not** mentioned in the diagram.

(b) Mention **two** causes for the diseases you mentioned above in question 2. (ii) (a).

(03 marks)

(iii) (a) Write **two** common symptoms of the diseases in the diagram that are transmitted by mosquitos.

(b) Mention **three** actions that should be taken to prevent the spreading of those diseases.

(05 marks)

3. (i) Mention **two negative** outcomes of food spoilage. (02 marks)

(ii) From food manufacturing to consumption, write **three** instances in which food safety can be compromised. (03 marks)

(iii) Write **five** actions that should be followed to ensure food safety during one instance you mentioned above in question 3. (ii). (05 marks)

4. Briefly explain how you would act to overcome the following challenges successfully.

(i) You see that your elder brother is driving the car extremely fast when you are travelling with him.

(ii) You see that some students of your classroom are harassing/ragging a new student who came to your school from another school.

(iii) You see that your younger sister is consuming fast food and junk food as a habit.

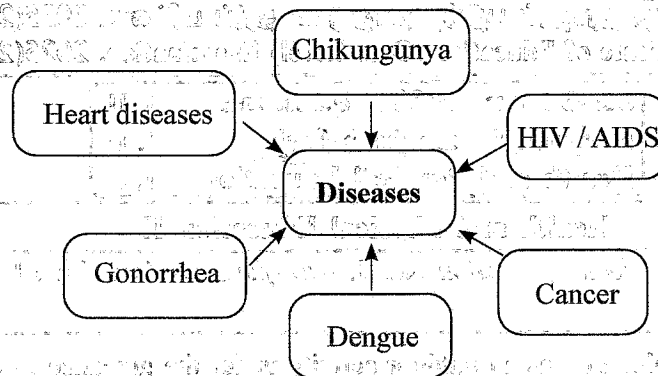
(iv) Your adolescent friend tells you that he/she is afraid of the physical changes in his/her body.

(v) Your friend brings his/her mobile phone to school and asks you to join him/her to watch a video, although bringing phones to school is prohibited.

(02 × 5 = 10 marks)

Part I*Answer two questions only.*

2. Answer the question given below using the following diagram on several diseases.



(i) Name the sexually-transmitted diseases in the diagram and mention **one** action that can be followed to prevent these diseases. (02 marks)

(ii) (a) Name **two** common non-communicable diseases that are **not** mentioned in the diagram.

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(ii) You see that some students of your classroom are harassing/ragging a new student who came to your school from another school.

(iii) You see that your younger sister is consuming fast food and junk food as a habit.

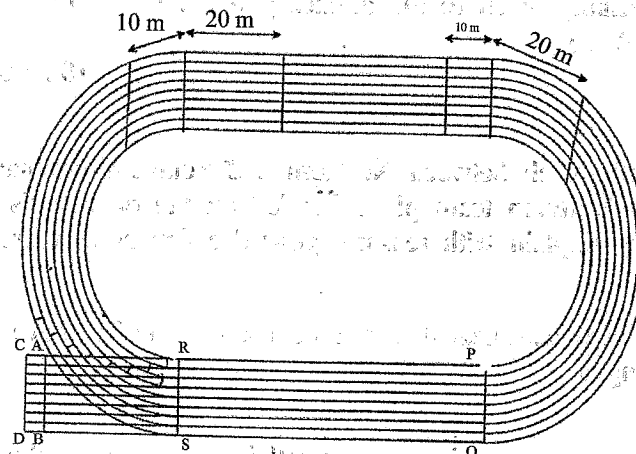
(iv) Your adolescent friend tells you that he/she is afraid of the physical changes in his/her body.

(v) Your friend brings his/her mobile phone to school and asks you to join him/her to watch a video, although bringing phones to school is prohibited.

(02 × 5 = 10 marks)

Part II*Answer two questions only.*

5. A sketch of a standard track is shown in the following diagram. Answer question 5 (i) based on this information.



- (i) According to the diagram, write down the letters corresponding to the lines regarding the following events.
- Starting line of the 100 m running event
 - Starting line of the 110 m hurdles event
 - Finishing line of the 100 m running event
 - Finishing line of the 400 m running event
- (02 marks)
- (ii) Mention **three** features of a standard track. (03 marks)
- (iii) (a) If you are a judge at the inter-school sports meet of your school, explain how you would decide the winner of a running event.
- (b) Athlete number 50 jumped before the sound of the gun at the first instance during the start of the 100 m running event. If you are the starter, write your decision during the above instance. (05 marks)
6. (i) If you are assigned the task of training the marching squad of your school inter-house sportsmeet, mention **three** types of basic turns that you will be practicing with the participants. (02 marks)
- (ii) Mention **three** qualities that are developed by participating in a marching squad. (03 marks)
- (iii) (a) Mention the energy system that the athlete shown in the diagram uses to produce most of the energy during his event.



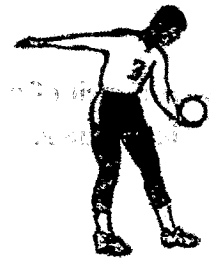
- (b) Write down separately **two** differences each which can be seen in the muscle fibres that abundantly present in the legs of a trained sprinter and a trained long-distance runner. (05 marks)

7. Answer only **one** question from the questions A, B and C.

A. (i) (a) An offence conducted by a volleyball player during the underarm service is shown in the diagram. What is this offence?

(b) Mention the penalty given to the offence you mentioned in question A (i) (a).

(02 marks)



(ii) During a volleyball match between Northern and Southern provinces, the ball that is passed over the net by a Northern team player landed on the opponent's (Southern team) side after hitting the antenna. Explain with reasons, your decision as a referee during this situation.

(03 marks)

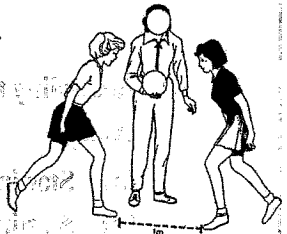
(iii) Design and write **two** activities that can be used to further develop the volleyball receiving skill after practising it.

(05 marks)

B. (i) (a) A penalty given for an offence in netball is shown in the diagram. What is that penalty?

(b) State **one** offence for which the penalty you mentioned in question B (i) (a) will be given.

(02 marks)



(ii) During a netball match between the Red and Blue teams, the ball passed by Red team's Goal Attack (GA) to the Goal Shooter (GS) inside the goal circle hit the goal post and left the ground crossing the goal line. Explain with reasons, your decision as a judge during this situation.

(03 marks)

(iii) Design and write **two** activities that can be used to further develop the shoulder pass skill in netball after practising it.

(05 marks)

C. (i) (a) An instance of restarting play during a football game is shown in the diagram. Name that instance.

(b) Write the reason for awarding the instance you mentioned in question C (i) (a).

(02 marks)



(ii) During a football match between the Western and Central provinces, a Western province player pushed a Central province player. Explain with reasons, your decision as a judge during this situation.

(03 marks)

(iii) Design and write **two** activities that can be used to further develop the skill of kicking with the toe in football after practising it.

(05 marks)

14. For a foetus to develop properly, the fertilization of an ovum by a sperm must occur in
 (1) the uterus. (2) the Fallopian tube.
 (3) the vagina. (4) the ovary.
15. What is the system that is directly associated with tuberculosis and asthma?
 (1) Circulatory system (2) Respiratory system
 (3) Excretory system (4) Nervous system
16. The government ordered those of us living in mountainous areas to leave immediately from our houses because there were cracks on mountain slopes and the trees on the slopes were tilted. According to these facts, the natural disaster that can follow is
 (1) flooding. (2) a Tsunami.
 (3) an earthquake. (4) a landslide.
17. A trained first aider used a triangular bandage as a sling to treat an accident victim. This could be a patient with a
 (1) crown injury.
 (2) dislocated elbow.
 (3) wounded foot.
 (4) dislocated knee.
18. Select the **incorrect** statement about stress.
 (1) Stress can disturb our activities.
 (2) Subjecting to mental stress for a longer period can cause depression.
 (3) Moderate stress can increase our efficiency.
 (4) Mental stress can never be managed.
- Study the pairs of events A, B, C and D and answer questions 19 and 20.
- | | |
|-----|---|
| A - | [Unplanned pregnancies
Healthy child birth |
| B - | [Marriages between blood relations
The ability for children to contract genetical disorders |
| C - | [Feeding the infant with formula milk only during the first six months
Developing immunity in the infant |
| D - | [Parents receiving love and kindness of children and grand children during elderly years
Happiness and mental satisfaction of the elderly |
19. The pair/pairs of events in which the **increase** of the first event results in an **increase** of the second event is/are
 (1) B only. (2) D only. (3) A and C. (4) B and D.
20. The pairs of events in which an **increase** of the first event results in the **decrease** of the second event are
 (1) A and B. (2) A and C. (3) B and C. (4) B and D.
21. The figure shows a stage of a running start. This stage is the
 (1) 'On your mark' stage of the standing start.
 (2) 'On your mark' stage of the crouch start.
 (3) 'Get set' stage of the crouch start.
 (4) 'Go' stage of the standing start.

