

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2023(2024)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2023(2024)
 General Certificate of Education (Ord. Level) Examination, 2023(2024)

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

පැය තුනයි.
 மூன்று மணித்தியாலம்
 Three hours

අමතර කියවීමේ කාලය - මිනිත්තු 10 යි
 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 newly appointed principal of Handagama Vidyalyaya engages in the following activities.
 - Creating a favourable school environment with the help of the surrounding community.
 - Developing competencies of students and developing favourable policies with the help of teachers.
 - Obtaining the required services to improve health of the school community.

With these activities, the principal is attempting to

 - (1) improve the teaching-learning process of the students of the school.
 - (2) make the school environment attractive.
 - (3) improve the health of students.
 - (4) make the school a health promoting school.
 - Answer questions 2 and 3 using the following information about two students.

Hakeem - Consumes junk food and instant food as a regular habit. Never engages in exercise.
 Rani - Makes it a habit to engage in suitable exercises and consumes a balanced diet.
2. The colour of the region of the Body Mass Index (BMI) chart to which Rani belongs could be
 - (1) dark purple. (2) light purple. (3) green. (4) orange.
3. According to the BMI chart, Hakeem could belong to the
 - (1) dark purple or light purple region. (2) orange or yellow region.
 - (3) green or light purple region. (4) yellow or dark purple region.
4. Out of the following, what is an action that has **not** been taken by the government to provide a better health status for the Sri Lankan population?
 - (1) the high-quality health care service given to citizens for free.
 - (2) establishing hospitals and health care clinics covering all regions of the country.
 - (3) implementing immunization programmes at the national level.
 - (4) implementing a state policy to reduce the population density.
5. The food items that the four mothers A, B, C and D fed to their healthy neonates continuously for about six months are listed below.

A - Milk powder B - Breast milk C - Cow's milk D - Goat milk

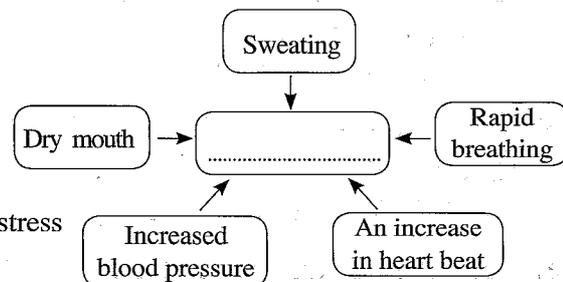
Of these mothers, the mother who has given the food that meets all nutrient requirements of the child is

 - (1) A. (2) B. (3) C. (4) D.

6. Rihanna is 13 years old. Ravi is 15 years old. Raja is 21 years old. Of these persons, those who are in adolescent stage are
- (1) Ravi and Raja only. (2) Rihanna and Ravi only.
 (3) Rihanna and Raja only. (4) all Rihanna, Ravi and Raja.
- Some symptoms of the micronutrient deficiencies diagnosed in the three persons P, Q and R through medical tests are listed below. Use this information to answer questions from 7 to 9.
- P - Has an enlarged thyroid gland.
 Q - Has night blindness.
 R - Is pale.
7. The disease condition that can be seen in person P is
- (1) thalassaemia. (2) anaemia.
 (3) goitre. (4) haemophilia.
8. The micronutrient that is deficient in person Q to cause the given disease condition could be
- (1) vitamin A. (2) iodine. (3) iron. (4) calcium.
9. The most suitable food that can be consumed by person R to minimize his disease condition would be
- (1) gotu kola. (2) butter. (3) prawns. (4) sprats.
10. The system that functions to bring oxygen from lungs and nutrients absorbed from the gastrointestinal tract into human cells, and take away wastes generated within cells for removal, is the
- (1) respiratory system. (2) circulatory system.
 (3) digestive system. (4) excretory system.
11. Geetha, who is the monitor of Grade 11, is a friend of all her classmates. She is also a popular prefect. According to this informations, Geetha is a
- (1) student with good interpersonal skills. (2) compassionate student.
 (3) student who is skilled in studies. (4) student having empathy.

12. Select the option containing the most suitable topic to fill in the blank of the diagram.

- (1) The causes of bad emotions
 (2) The causes of mental stress
 (3) The effects of emotions
 (4) The activities that should be controlled to manage stress



- Answer questions 13 and 14 based on the following information.

Raja observed the following while looking at the heavy winds and rains from his home located at the foot of a mountain.

- Cracking of the slope
 - Muddy water seeping from the slope
 - The trunk of a tree on the mountain has bent
13. According to these observations, the accident that is most likely to occur is
- (1) a landslide. (2) flood. (3) a hurricane. (4) a tornado.
14. In this occasions, Raja should
- (1) build a drainage that facilitates water flow.
 (2) go to that area and find out the reason for bending of the tree.
 (3) check the cracked places.
 (4) leave the house immediately and go to a safe place.

15. The first thing that a first aider should do is
- (1) direct the patient for medical assistance immediately.
 - (2) find out the nature of the accident that the patient has faced.
 - (3) give artificial respiration to the patient immediately.
 - (4) give the patient something to drink.
16. Kumar appears to be frustrated because his best friend has moved to another school. He forgets facts related to learning and pays less attention to studies. Also, it can be seen that he has become inactive and rarely associates with others. The cause for these observations could be,
- (1) his emotions achieving a balanced state.
 - (2) collapsing of his bad interpersonal relationships.
 - (3) the impairment of his personality development.
 - (4) the mental stress he has encountered.
17. When you are picking your pen that fell on the ground and placing it on your desk, your elbow joint works as a
- (1) ball and socket joint.
 - (2) hinge joint.
 - (3) gliding joint.
 - (4) pivot joint.
18. A factor that will **not** impair the functioning of the muscular system is
- (1) nutritional deficiencies.
 - (2) incorrect postures.
 - (3) inadequate rest.
 - (4) engaging in exercise adequately.
19. What is the option that contains the correct statement about the postures shown in the diagrams A and B ?
- (1) Only the posture shown in diagram A is correct.
 - (2) Only the posture shown in diagram B is correct.
 - (3) Both postures shown in diagrams A and B are correct.
 - (4) Both postures shown in diagrams A and B are incorrect.
- 

A



B
- Study the pairs for events A, B, C and D, and answer question 20.
- | | | |
|---|---|--|
| A | - | Pregnant mothers consuming balanced diets during the prenatal stage
Delivering infants with deficiency symptoms |
| B | - | Minimizing the consumption of high-sugar foods
Risk of developing diseases such as diabetes |
| C | - | Using the internet, social media and mobile phones wisely
Ability to avoid sexual molestation and abuse |
| D | - | Competitive lifestyle and bad interpersonal relationships
Developing mental stress in a person |
20. The pairs of events of which the **increase** of the first event results in the **increase** of the second event are
- (1) A and B.
 - (2) A and C.
 - (3) B and D.
 - (4) C and D.
21. An athlete jogged two rounds on a standard track to warm up. The distance that the above athlete ran is
- (1) 200 m.
 - (2) 400 m.
 - (3) 600 m.
 - (4) 800 m.
22. The two major starting techniques used in running events are,
- (1) the standing start and the crouch start.
 - (2) the standing start and the short start.
 - (3) the standing start and the medium start.
 - (4) the standing start and the elongated start.

23. The group of events that start with the command 'on your mark, get set, go/sound of the gun' is
- (1) 100 m running, 200 m running, 400 m running and 800 running.
 - (2) 100 m running, 200 m running, 400 m hurdles and 400 m × 4 relay.
 - (3) 110 m hurdles, 200 m running, 400 m running and 1500 m running.
 - (4) 100 m hurdles, 200 m running, 400 m running and 800 m running,
24. All competitors came to participate in a 100 m running event wearing spikes, but one athlete reported to the starting point without wearing spikes. If you are the starter of this event, you will
- (1) not allow this athlete to participate in the event.
 - (2) allow this athlete to participate in the event.
 - (3) hold the event for a short while and instruct this athlete to find a pair of spikes, wear them and participate in the event.
 - (4) allow the athlete to participate in the event by giving him the spikes of another competitor.
25. The athlete shown in the diagram may be participating in the event
- (1) 200 m running.
 - (2) 800 m running.
 - (3) 110 m hurdles.
 - (4) 1500 m running.

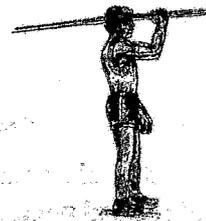


26. Under practicals, the Physical Education teacher taught the students a jumping technique that consists of the following stages.
- Approach run
 - Take-off
 - Bar clearance
 - Landing

This technique can be the

- | | |
|-----------------------------|---------------------|
| (1) hitch kick technique. | (2) hang technique. |
| (3) Fosbury flop technique. | (4) sail technique. |
27. According to the classification of athletic events, hurdles running belongs to
- | | |
|---------------------|-----------------------|
| (1) track events. | (2) field events. |
| (3) vertical jumps. | (4) horizontal jumps. |

28. A stage of the javelin throw event is shown in the diagram. This stage is
- (1) the preparation stage.
 - (2) the throwing stage.
 - (3) the power position stage.
 - (4) the releasing stage.

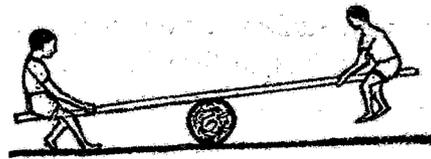


29. During a Physical Education lesson, the teacher drew a finishing line in the play area. Then she engaged the students in the following activities in the given order to teach a jumping event.
- Reach the finishing line by hopping.
 - Reach the finishing line by stepping.
 - Reach the finishing line by taking off using one leg and landing on both legs.
 - Perform all these activities in combination as the last step.

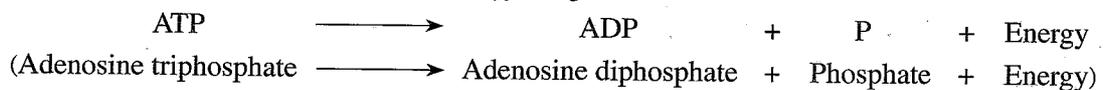
According to this description, the teacher has guided the students to learn the

- | | |
|------------------|--------------------------|
| (1) long jump. | (2) standing broad jump. |
| (3) triple jump. | (4) high jump. |
30. The most suitable outdoor activity to study the biodiversity of fauna and flora is
- | | |
|-----------------------|-------------------------|
| (1) mountaineering. | (2) jungle exploration. |
| (3) a bicycle safari. | (4) walks. |

31. Select the **incorrect** statement out of the following statements.
- (1) The flexibility and elasticity of muscles can be increased through training.
 - (2) An individual's performance can be increased by engaging in exercises.
 - (3) The range of motion of the arm will be reduced by the ball and socket joint.
 - (4) Heart muscles will be strengthened by long-term training.
32. The compound that is produced in the mitochondria to provide energy for muscle contraction is
- (1) adenosine triphosphate (ATP).
 - (2) adenosine diphosphate (ADP).
 - (3) creatine phosphate (CP).
 - (4) glucose.
33. Out of the following programmes conducted in a school, the Physical Education programme that provides the most opportunities to display the skills of students is
- (1) Kalā Ulela.
 - (2) a shramadāna programme to clean the school.
 - (3) the inter-house sports meet.
 - (4) a religious programme.
34. When an object is released or projected into the air, the object is called a projectile. Of the following events, the event in which the athlete's body acts as a projectile is
- (1) the marathon.
 - (2) hurdles running.
 - (3) 100 m running.
 - (4) 800 m running.
35. The diagram shows two children playing on a seesaw. This seesaw acts as
- (1) a type I lever.
 - (2) a type II lever.
 - (3) a type III lever.
 - (4) type I and II levers.



36. The following equation shows how energy is generated for motor activities.



The energy required to convert ADP back to ATP is produced by

- (1) anaerobic respiration only.
 - (2) aerobic respiration only.
 - (3) anaerobic and aerobic respiration.
 - (4) external respiration only.
37. To be used as a fuel source for motor activities, excess glucose is stored as glycogen in
- (1) the liver only.
 - (2) muscles only.
 - (3) the liver and muscles.
 - (4) the stomach and the intestine only.
38. The health-related physical fitness quality that directly contributes to maintaining good health of a person is
- (1) agility.
 - (2) reaction speed.
 - (3) power.
 - (4) body composition.
39. In a 100 m × 4 relay event held on a standard track, the runner/runners who should run on the lane assigned to the respective team is/are,
- (1) the 1st runner only.
 - (2) the 1st and 2nd runners only.
 - (3) the 1st, 2nd and 3rd runners only.
 - (4) all four runners.
40. The athlete who won a gold medal for Sri Lanka at the women's 800 m running event of the 19th Asian Games held in Hangzhou, China is,
- (1) Tharushi Karunaratne.
 - (2) Nadeesha Dilhani.
 - (3) Hasanthika Abeyratne.
 - (4) Nadeesha Ramanayake.

සියලු ම හිමිකම් ඇවිරිණි / முழுப் பதிப்புரிமையுடையது / All Rights Reserved

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 இலங்கைப் பரீட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம்
 Department of Examinations Sri Lanka
 86 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2023(2024)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2023(2024)
 General Certificate of Education (Ord. Level) Examination, 2023(2024)

සෞඛ්‍යය 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. The Health Promotion Committee and the Sports Committee of Sandagama Vidyalaya collectively organized a one-day workshop under the theme "Let's win the challenges of youth". The adolescent students of nearby schools also participated in the event. The principal, who started the workshop, welcomed the gathering and explained that they will be undergoing numerous changes because adolescence is a transitional phase.

After that, the Medical Officer of Health (MOH), who conducted the guest lecture, engaged the students in a group activity. Students were guided to discuss within their groups, the changes they experienced, the challenges they had to face because of these changes, and how they acted to overcome these challenges, and present the findings.

The MOH then further explained the facts such as the development of the reproductive system, creativity, and a liking to associate with peers respectively, as examples for physical, mental and social changes that occur in adolescents, using the student findings as well. He also pointed out the issues faced by them such as problems with adults and problems caused by inappropriate use of social media, and how competencies such as correct decision making should be improved to resolve these problems.

In the evening, the Sports Committee organized some organized games such as volleyball, several recreation games, and a campfire to display the skills of adolescents. In the end, the students who were happy about participating in all activities sang songs and dismissed after concluding the workshop.

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

- State **two** physical changes that can occur in adolescents in addition to the change mentioned by the MOH.
- Write **two** mental changes that occur in adolescents in addition to creativity.
- State **two** social changes in addition to the social change mentioned in the case, that can be seen in adolescents.
- State **two** challenges/problems other than the problems mentioned in the case, which will be faced by the adolescents due to numerous changes they undergo.
- Write **two** competencies other than correct decision making that should be developed in adolescents to overcome the various challenges they are facing.
- Write **two** organized team games other than volleyball, that can be played by adolescents.
- State **two** characteristics of recreation games that the adolescents participated in.
- Write down **two** facts that the Sports Committee should pay attention to, when organizing the campfire.
- In addition to the facts mentioned in the case, write **two** benefits that the adolescents can gain by participating in a campfire.
- Write **two** favourable personal qualities that will be developed in adolescents by engaging in sports.

(02 × 10 = 20 marks)

Part I*Answer two questions only.*

2. Total health of people in poor countries and countries affected by war is deteriorating due to reasons such as diseases, weaknesses, and the lack of proper nutrition.
- Explain 'Total Health' according to World Health Organization. (02 marks)
 - State **three** challenges in addition to above-mentioned challenge, that will be a threat to maintaining total health. (03 marks)
 - Practising correct food habits is one lifestyle that helps to maintain total health. Write **five** other lifestyles that lead to total health. (05 marks)
3. Two instructions that were included in an article prepared under the topic "Let's Consume Healthy Foods" are listed below. Answer the following questions based on this information.
- Pesticide application should be stopped two weeks before harvesting the crops.
 - Refrain from consuming spoiled food.
- Write **two** occasions other than food production where attention should be paid to, regarding food protection. (02 marks)
 - Explain **three** methods by which you will identify spoiled food when you go to the market to buy food. (03 marks)
 - (a) State **two** causes of food spoilage.
(b) State **three harmful** effects of consuming spoiled food. (05 marks)
4. Briefly explain how you would act to overcome the following challenges successfully.
- You observe that your younger sister/brother spends most of the time looking at the mobile phone.
 - Your friend tells you that he/she is afraid to sit for G.C.E.(O/L) Examination although he/she studied well.
 - You observe that your brother/sister, who is an adolescent, often engages in disputes with adults.
 - You come to know that there is a Dengue patient in a neighbouring house.
 - Your friends invite you to pay a visit to your Grade 1 teacher who is retired now, to check his/her health.
- (02 × 5 = 10 marks)

Part II*Answer two questions only.*

5. (i) Write down separately, the **two** tournament types that use the following formulas to prepare the draws.
- (a) $n - 1$ (b) $\frac{n(n-1)}{2}$
- n = Number of teams participating in the tournament. (02 marks)
- Mention **one** benefit and **two drawbacks** of the tournament type that uses the formula in question 5. (i) (b) to determine the number of matches. (03 marks)
 - Seven teams participated in the provincial volleyball tournament this time. The organizing committee conducted the tournament according to the method that uses the formula in question 5. (i) (a) to determine the number of matches. Write **five** possible reasons for selecting this method. (05 marks)

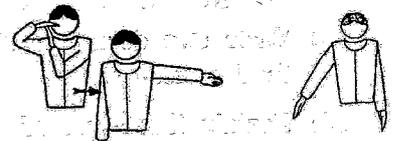
6. Events and player numbers of several Under-18 athletes who participated in National School Games are given in the following table. Answer the questions based on this information.

- (i) Write down separately, the muscle fibre types that most likely to be present abundantly in legs of player No. 34 and No. 67. (02 marks)
- (ii) Of the above events, write down separately, **two** field events that use the anaerobic method to produce energy, and **one** track event that uses the aerobic method to produce energy for the event. (03 marks)
- (iii) Design and explain an activity that is suitable to train new athletes in your house, who will be participating in the long jump event. (05 marks)

Player No.	Events
34	100 m running
45	Shot put
56	High jump
67	1500 m running
78	Javelin throw
89	Long jump

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

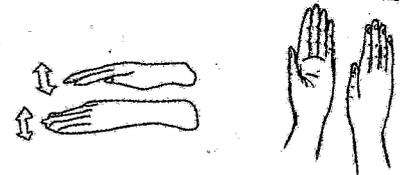
A. (i) Two hand signals used in refereeing volleyball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(a) (b) (02 marks)

- (ii) State **three** instances in volleyball where the referee will award a service and a point to the opponent team as a penalty for an offence. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the setting skill for new players who are training for volleyball. (05 marks)

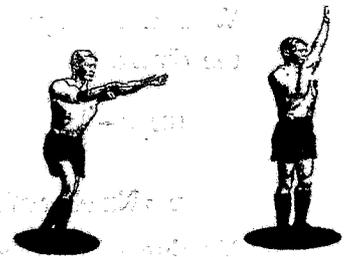
B. (i) Two hand signals used in umpiring netball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(a) (b) (02 marks)

- (ii) State **three** instances in netball where the umpire will award a penalty pass or a shot to the opponent team as a penalty for an offence committed by players. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the bounce pass skill for new players who are training for netball. (05 marks)

C. (i) Two hand signals used in refereeing football matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(a) (b) (02 marks)

- (ii) State **three** instances in football where a referee will show a red card for committing a foul by a player. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the dribbling skill for new players who are training for football. (05 marks)

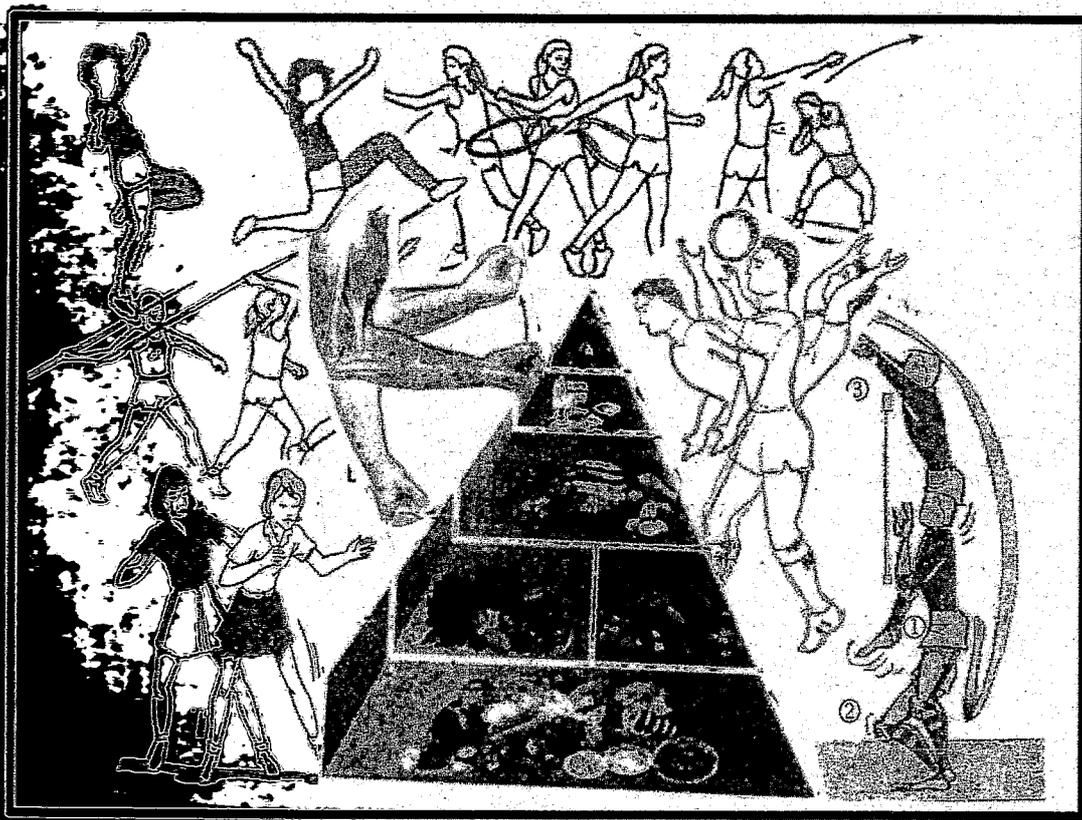


Department of Examinations – Sri Lanka

G.C.E. (O/L) Examination – 2023(2024)

86 – Health and Physical Education

Marking Scheme



This document has been prepared for the use of Marking Examiners.
Some changes would be made according to the views presented at the Chief Examiner's Meeting.

Amendments to be included.

G.C.E.(O/L) EXAMINATION – 2023(2024)

Common Techniques of Marking Answer Scripts

It is compulsory to adhere to the following standard method in marking answer scripts and entering mark sheets.

1. Each Assistant Examiner should use a red ballpoint pen for marking answer scripts.
2. A purple ballpoint pen should be used by Chief Examiners.
3. The code number of the Assistant Examiner should be noted down on the front page of each answer script. Enter marks in **clear numerals**.
4. Write off incorrectly written numerals with a clear single line and authenticate the alterations with the Examiner’s initial.
5. Enter the marks of each subsection of a question as a rational number in the given space Δ and the final marks of each question should be entered as a total rational number in the given space \square by denoting the respective question number as well. Use the column assigned for the Examiners to write marks.
6. Evaluation Mark Finalizer should use a blue or black colour pen to verify the accuracy of the marks.

Example: Question No. 03

	(i)	✓	$\Delta \frac{4}{5}$
	(ii)	✓	$\Delta \frac{3}{5}$
	(iii)	✓	$\Delta \frac{3}{5}$

(03)	(i)	$\frac{4}{5}$	+	(ii)	$\frac{3}{5}$	+	(iii)	$\frac{3}{5}$	=	$\square \frac{10}{15}$
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MCQ answer scripts: (Template)

1. Mark the correct options on the template according to the Marking Scheme. Cut off the marked windows with a blade. Cut off the cages for Index Number and the number of correct options to be able to keep the template correctly on the answer script. Cut off a blank space to the right of each options column to mark the answers. Cut off the cages for the subject number and the subject to be visible. Submit the prepared template to the Chief Examiner for approval.
2. Then, check the answer scripts carefully. If there are more than one or no answers marked to a certain question write off the options with a line. Sometimes candidates may have erased an option marked previously and selected another option. In such occasions, if the erasure is not clear write off those options too.
3. Place the template on the answer script correctly. Mark the right answers with a '✓' and the wrong answers with an 'X' against the options column. Write down the number of correct answers inside the cage given under each column. Then, add those numbers and write the number of correct answers in the relevant cage.

Structured Essay-type and Essay-type Answer Scripts:

1. Cross off any pages left blank by candidates. Underline wrong or unsuitable answers and write cross marks. Point-out areas by a check mark, where marks can be offered.
2. Use the right margin of the overland paper to write down the marks.
3. Write down the marks given for each question against the question number in the relevant cage on the front page in two digits. The selection of questions should be in accordance with the instructions given in the question paper. Mark all answers and transfer the marks to the front page and write off answers with lower marks if extra questions have been answered against instructions.
4. Add the total marks carefully and write in the relevant cage on the front page. Turn pages of the answer script and add all the marks given for all answers again. Check whether that total tallies with the total marks written on the front page.

Preparation of Mark Sheets.

Except for the subjects with a single question paper, the final marks of two papers will not be calculated within the evaluation board. Therefore, add separate mark sheets for each question paper. Enter the paper I marks in the "Total Marks" column of the mark sheet and write them in words as well. Enter paper II Marks in the " Total Marks" Column and include the relevant details. For the subject 43 Art, Paper I, II and III Marks should be entered numerically in the separate mark sheets and should also be written in words.

For subjects 21 Sinhala language and literature and 22 Tamil Language and literature, the paper I marks once entered numerically should be written in words. Use separate marks sheets for papers II and III and enter the total marks in the "Total marks column". Write the relevant detailed marks against each of the total marks.

N.B.:-

- I. Final marks for paper I, paper II or paper III should always be rounded up to the nearest whole number and they should never be kept as decimal or half values.
- II. Each page of the mark sheet should be compulsorily verified by the Assistant Examiner who entered marks into the mark sheet, the Assistant Examiner who checked the mark sheet, the Verifying Examiner of the evaluation marks and the Chief Examiner by placing respective code numbers and the signature.

01. 86 – Summary of Awarding Marks for Health and Physical Education Subject

- 1.1 A hundred (100) marks will be awarded for this subject.
- 1.2 There are two papers on this subject.
- 1.3 Paper I consists of 40 multiple-choice questions.
- 1.4
 - ◆ Paper II consists of structured essay and simple essay questions.
 - ◆ Question 1 is compulsory
 - ◆ Paper II consists of two parts: Part I and Part II. A total of four questions must be answered from Paper II by selecting at least two questions from each of the two parts.
- 1.5 The total marks awarded for Paper I is 40 (01 mark for each correct answer).
- 1.6 The total marks awarded for Paper II is 60.
 - ❖ Twenty (20) marks for the first question (2 × 10).
 - ❖ Forty (40) marks for other questions
 - ❖ Final marks should be calculated by adding the total marks obtained for Paper I and Paper II

2.0 An Overview of the Learning Outcomes of Paper I

- 2.1 The 40 questions in this section have been prepared to refer to the Health and Physical Education syllabi and the Teachers' Guides. Special attention is paid to the student's memory, understanding, applications, analysis, evaluation, and creativity, and it is expected to investigate to what extent, the competencies related to the new Education Reforms are developed within the student.
- 2.2 Instructions for awarding marks and the marks distribution for Paper I
 - 2.2.1 One point should be awarded to each correct or most appropriate answer.
 - 2.2.2 Marks should not be awarded for questions in which more than one answer choice is selected.

Department of Examinations – Sri Lanka

G.C.E. (O/L) Examination – 2023(2024)

Subject No.

86

Subject

Health and Physical Education

Paper I – Answers

Question No.	Answer No.						
01.	4	11.	1	21.	4	31.	3
02.	3	12.	3	22.	1	32.	1
03.	1	13.	1	23.	2	33.	3
04.	4	14.	4	24.	2	34.	2
05.	2	15.	2	25.	3	35.	1
06.	2	16.	4	26.	3	36.	3
07.	3	17.	2	27.	1	37.	3
08.	1	18.	4	28.	1	38.	4
09.	1	19.	1	29.	3	39.	4
10.	2	20.	4	30.	2	40.	1

Special instructions:

01

Mark for each correct answer

Total marks = 01 × 40 = 40

Enter marks in the last column of the answer script of the multiple-choice question paper as shown in the following example.

Number of correct answers

25
40

Total marks for Paper I

25
40

3.0 An Overview of the Learning Outcomes of Paper II

- 3.1 The seven questions in this paper are prepared after carefully studying the Health and Physical Education syllabi and the Teachers' Guides. Special attention is paid to the student's memory, understanding, applications, analysis, evaluation, and creativity, and it is expected to investigate to what extent, the competencies related to the new Education Reforms are developed within the student.
- 3.2 Instructions for awarding marks and the marks distribution for Paper II
- 3.2.1 The total marks for Paper II are 60.
- 3.2.2 Paper II consists of two parts: Part I and Part II. Question 1 is compulsory and consists of 10 short questions. Part I and Part II contain six questions, three questions in each part. Students are instructed to answer four questions by selecting at least two questions from each of the two parts.
- 3.2.3 Except for the compulsory question, the maximum mark that can be awarded for each question in Part I and Part II is 10. The mark distribution for each question is indicated in the marking scheme. Further, the suggestions for modifications provided at the Chief Controller's Meeting must be added to this marking scheme.

Distribution of Marks for Paper II

Question No.	Part	Marks	Question No.	Part	Marks	
1.	i	02	5.	i (a)	01	
	ii	02		(b)	01	
	iii	02		ii	03	
	iv	02		iii	05	
	v	02		Total 10 marks		
	vi	02		6.	i	02
	vii	02			ii	03
	viii	02			iii)	05
	ix	02			Total 10 marks	
	x	02			Total 20 marks	
2.	i	02	7. A.	i (a)	01	
	ii	03		(b)	01	
	iii	05		ii	03	
		Total 10 marks	iii	05	Total 10 marks	
3.	i	02	7. B.	i (a)	01	
	ii	03		(b)	01	
	iii (a)	02		ii	03	
	(b)	03		iii	05	
		Total 10 marks	Total 10 marks			
4.	i	02	7. C.	i (a)	01	
	ii	02		(b)	01	
	iii	02		ii	03	
	iv	02		iii	05	
	v	02		Total 10 marks		
		Total 10 marks				

Paper I - 40 Marks

Paper II - 60 Marks

Total - 100 Marks

(i)

- Rapid growth of the body
- Development of secondary sexual characteristics
- Increased sweat production/perspiration
- Sexual arousal caused by sex hormones

Males:

- Initiation of sperm production
- Growth of beard
- An increase in muscle mass
- Broadening of shoulders
- The voice becomes deep

Females:

- Start of menstruation
- Skin becomes fair
- Development of breasts

01 Mark for a correct answer implying a similar meaning; 01 × 2 = 02 marks

(ii)

- Respond quickly to emotions such as anger, joy etc.
- A liking to work independently
- Preference for exploration and researching
- Tendency to stand against injustices
- Interest in starting romantic relationships
- Desire to display capabilities and be outstanding
- Prefers the company of adults
- Interest in experiencing new things
- Interest in his/her body
- Generation of sexual feelings

01 Mark for a correct answer implying a similar meaning; 01 × 2 = 02 marks

(iii)

- A liking to become sociable
- A liking for working in groups
- Exchanging ideas among groups
- Interest in working for the common good

01 Mark for a correct answer implying a similar meaning; 01 × 2 = 02 marks

(iv)

- Problems associated with the development of secondary sexual characteristics
 - Delayed growth of beard
 - Size of the penis
 - Changes in the voice

- Delayed semen production
- Preoccupation with the size of the breasts
- Irregularities in the menstrual cycle
- Pain and discomfort during periods
- Nutritional problems
- Problems due to sexuality
 - Myths regarding sexuality
E.g., Menstruation being considered a period of uncleanness
 - Sexual abuse
 - Unwanted pregnancies
- Problems due to peer groups
- Problems encountered with false media campaigns
- Problems due to education and exam pressure
- Problems arising from the use of illicit substances such as alcohol, illicit drugs, tobacco and banned stimulants
- Problems due to growth and appearance

01 Mark for each correct answer implying a similar meaning; 01 × 2 = 02 marks

(v)

- Thinking skills: Making responsible decisions, creativity, analytical thinking, logical thinking
- Effective communication
- Controlling emotions
- Stress management
- Positive thinking to resolve problems

01 Mark for each correct answer implying a similar meaning; 01 × 2 = 02 marks

(vi)

- | | | | |
|--------------|-------------|----------------|----------------|
| ● Netball | ● Cricket | ● Badminton | ● Hockey |
| ● Basketball | ● Elle | ● Table tennis | |
| ● Football | ● Throwball | ● Tennis | |

01 Mark for each correct answer; 01 × 2 = 02 marks

(vii)

- Rules and regulations can be formulated according to preference.
- The number of players can be decided according to preference.
- Playground can be selected according to preference.
- The duration of the game can be decided according to preference.
- Required equipment can be decided according to preference.
- The judging panel can be decided according to preference.
- The game should provide enjoyment and enthusiasm

01 Mark for each correct answer implying a similar meaning; 01 × 2 = 02 marks

(viii)

- Obtain permission during the preparation stage
- Consider the weather and climatic conditions
- Organize health and sanitary facilities
- Arrange first aid
- Protect the environment
- Pay attention to safety measures
- Collect firewood required for the campfire
- After the event is over, the campfire should be put out properly and the place should be cleaned well
- Pay attention to the surrounding environment

01 Mark for a correct answer implying a similar meaning; $01 \times 2 = 02$ marks

(ix)

- Provides joy and entertainment
- Develops self-esteem
- Develops self-actualization
- Develops the ability to explore
- Develops leadership skills
- Develops the ability to work in teams
- Develops the ability to make good, correct decisions
- Develops problem-solving skills
- Provides the opportunity to share experiences
- Provides the opportunity to share knowledge

01 Mark for each correct answer implying a similar meaning; $01 \times 2 = 02$ marks

(x)

- Develops physical fitness
- Ability to spend leisure time productively
- Reduction of mental stress
- Provides enjoyment
- Adhering to rules and regulations
- Develops the ability to work in teams
- Develops leadership and followership qualities
- Provides an opportunity to express views/ideas
- Develops the ability to admire the skills of others
- Develops the ability to respect others

01 Mark for each correct answer implying a similar meaning; $01 \times 2 = 02$ marks

Total marks for the question: $02 \times 10 = 20$ marks

To include modifications if any

Part I

Answer two questions only.

Question No. 2.

Learning outcome: To investigate the ability to work toward the development of total health

2. Total health of people in poor countries and countries affected by war is deteriorating due to reasons such as diseases, weaknesses, and the lack of proper nutrition.
- (i) Explain 'Total Health' according to World Health Organization. (02 marks)
- (ii) State **three** challenges in addition to above-mentioned challenge, that will be a threat to maintaining total health. (03 marks)
- (iii) Practising correct food habits is one lifestyle that helps to maintain total health. Write **five** other lifestyles that lead to total health. (05 marks)

(i)

- Total health is not only being free from diseases and disabilities but also have physical, mental, social and spiritual well-being.

02 Marks for an answer implying a similar meaning.

Award 02 marks if only the three parts: physical, mental, and social well-being are mentioned.

(ii)

- The increase in the population density
- Low economic status
- A reduction in the education level
- Negative effects of tourism
- Bad influence of media
- Negative effects of technology development
- Competitive lifestyle
- Natural disasters
- Displacement / Refugee status
- Changes in interpersonal relationships and the family system
- Inadequate health services

01 Mark for each correct answer implying a similar meaning; 01 × 3 = 03 marks

(iii)

- An active lifestyle and exercise
- Maintaining an appropriate body mass index (BMI)
- Adequate sleep and rest
- Following accepted rules and regulations
- Leading a simple lifestyle
- Stress management
- Avoiding alcohol, drugs and smoking

01 Mark for each correct answer implying a similar meaning; $01 \times 5 = 05$ marks

Total marks for the question: $02 + 03 + 05 = 10$ marks

To include modifications if any

Question No. 3.

Learning outcome: To inquire about food safety

3. Two instructions that were included in an article prepared under the topic “Let’s Consume Healthy Foods” are listed below. Answer the following questions based on this information.
- Pesticide application should be stopped two weeks before harvesting the crops.
 - Refrain from consuming spoiled food.
- (i) Write **two** occasions other than food production where attention should be paid to, regarding food protection. (02 marks)
- (ii) Explain **three** methods by which you will identify spoiled food when you go to the market to buy food. (03 marks)
- (iii) (a) State **two** causes of food spoilage.
- (b) State **three harmful** effects of consuming spoiled food. (05 marks)

(i)

- Food transportation
- Food storage
- Selling foods
- Food preparation
- Food consumption

01 Mark for each correct answer; $01 \times 2 = 02$ marks

(ii)

- Changes in taste
- Change in colour
- Change in texture / Slimy texture
- Foul smell / Off odour
- Changes in shape and appearance
- Expiration of food

01 Mark for each correct answer implying a similar meaning; $01 \times 3 = 03$ marks

(iii)

(a)

- Actions of microorganisms (moulds, bacteria)
- Actions of animals (rats, cockroaches)
- Interactions between foods and the environment (browning, rancidity of oil) ...

01 Mark for each correct answer implying a similar meaning; $01 \times 2 = 02$ marks

Award full marks if two examples are given for any fact

(b)

- Incidence of illnesses/diseases (eg: vomiting, diarrhoea)
- Food allergies
- Food poisoning
- Death

01 Mark for each correct answer implying a similar meaning; $01 \times 3 = 03$ marks

Total marks: $02 + 03 = 05$ marks

Total marks for the question: $02 + 03 + 05 = 10$ marks

To include modifications if any

Question No. 4.

Learning outcome: To investigate the development of skills required to overcome challenges faced in daily life

4. Briefly explain how you would act to overcome the following challenges successfully.
- (i) You observe that your younger sister/brother spends most of the time looking at the mobile phone.
 - (ii) Your friend tells you that he/she is afraid to sit for G.C.E.(O/L) Examination although he/she studied well.
 - (iii) You observe that your brother/sister, who is an adolescent, often engages in disputes with adults.
 - (iv) You come to know that there is a Dengue patient in a neighbouring house.
 - (v) Your friends invite you to pay a visit to your Grade 1 teacher who is retired now, to check his/her health.
- (02 × 5 = 10 marks)

(i)

- Explain to him/her about the negative effects of using the mobile phone for longer periods (e.g., deterioration of eyesight, reducing the time for studies, unsuitable relationships
- Engage him/her in productive activities (e.g., playing games, reading) instead of using the mobile phone / Direct him/her to engage in productive activities.
- Ask elders (mother, father, teachers) to advise him/her on the harmful effects of using the mobile phone.

Award marks appropriately for an answer that implies a similar meaning considering the facts that are mentioned; maximum 02 marks

(ii)

- Explain to him/her that he/she does not have to be afraid to sit for the G.C.E. (O/L) examination because it is not a competitive examination and he/she has worked hard and studied well.
- Explain to him/her that he/she should face the examination with self-confidence as he/she has prepared well.
- Direct him/her to a suitable person to advise him/her to reduce exam fear and mental stress.

Award marks appropriately for an answer that implies a similar meaning considering the facts that are mentioned; maximum 02 marks

(iii)

- Explain to him/her that this stage is a transition stage and that he/she should resolve any issues with elders without engaging in disputes.
- Explain to parents that they should understand the features of the adolescence that he/she is undergoing and that problems should be solved calmly without disputes.
- Explain that they prefer working with peers than with elders.

Award marks appropriately for an answer that implies a similar meaning considering the facts that are mentioned; maximum 02 marks

(iv)

- Create awareness among neighbours to avoid spreading the disease in the neighbourhood.
- Pay attention to maintaining cleanliness in your home and the surrounding environment.
- Create awareness among all to minimise the causes of dengue spread.
- Direct the patient to get medical treatments.

Award marks appropriately for an answer that implies a similar meaning considering the facts that are mentioned; maximum 02 marks

(v)

- Admire this deed mentioning that paying gratitude is a good habit.
- Make arrangements to participate in this activity happily.
- Contribute to this deed with the highest possible capacity.
- Inform the teacher before visiting her.

Award marks appropriately for an answer that implies a similar meaning considering the facts that are mentioned; maximum 02 marks.

Total marks for the question: 02 + 02 + 02 + 02 + 02 = 10 marks

To include modifications if any

Part II

Answer two questions only.

Question No. 5.

Learning outcome: To investigate the ability to organize tournaments

5. (i) Write down separately, the two tournament types that use the following formulas to prepare the draws.

(a) $n - 1$ (b) $\frac{n(n-1)}{2}$

n = Number of teams participating in the tournament. (02 marks)

- (ii) Mention **one** benefit and **two drawbacks** of the tournament type that uses the formula in question 5. (i) (b) to determine the number of matches. (03 marks)
- (iii) Seven teams participated in the provincial volleyball tournament this time. The organizing committee conducted the tournament according to the method that uses the formula in question 5. (i) (a) to determine the number of matches. Write **five** possible reasons for selecting this method. (05 marks)

(i)

(a) $(n - 1)$: Knockout tournament(b) $\frac{n(n-1)}{2}$: League tournament*01 Mark for each correct answer; 01 + 01 = 02 marks*

(ii)

Advantages of league tournaments:

- The best team can be selected.
- As each team has to play the other teams many times, the participants get the opportunity to improve their talents.
- All the participating teams can be ranked according to their talents.
- Teams can remain in the tournament despite being defeated.

Disadvantages of league tournaments:

- Organizing the tournament is difficult because the number of matches to be played is higher.
- More physical resources like funds, playgrounds, and equipment are needed.
- More judges are needed to hold a large number of matches.
- It takes a long time to complete all the matches.
- Teams that suffer continuous defeats may get discouraged.

01 Mark for each correct answer implying a similar meaning; 01 × 3 = 03 marks

(iii)

- The number of matches to be played is lower.
- Organizing tournaments is comparatively easier.
- The tournament can be finished within a short period.
- The amount of physical resources like equipment, funds, stadiums etc. required for holding the tournament is less.
- The tournament can be held with few judges/referees.

*01 Mark for each correct answer implying a similar meaning; 01 × 5 = 05 marks**Total marks for the question: 02 + 03 + 05 = 10 marks***To include modifications if any**

Question No. 6.

Learning outcome: To examine the ability to determine muscle fibre recruitment and energy system usage in athletics events and investigate the ability to develop athletics skills

6. Events and player numbers of several Under-18 athletes who participated in National School Games are given in the following table. Answer the questions based on this information.

(i) Write down separately, the muscle fibre types that most likely to be present abundantly in legs of player No. 34 and No. 67. (02 marks)

(ii) Of the above events, write down separately, two field events that use the anaerobic method to produce energy, and one track event that uses the aerobic method to produce energy for the event. (03 marks)

(iii) Design and explain an activity that is suitable to train new athletes in your house, who will be participating in the long jump event. (05 marks)

Player No.	Events
34	100 m running
45	Shot put
56	High jump
67	1500 m running
78	Javelin throw
89	Long jump

(i)

- No. 34: Fast-twitch fibres / White fibres
- No. 67: Slow-twitch fibres / Red fibres

01 Mark for each correct answer; 01 + 01 = 02 marks

(ii)

- Anaerobic: Shot put, high jump, javelin throw, long jump
- Aerobic: 1500 m running

01 Mark for each correct answer; 02 + 01 = 03 marks

(iii)

E.g.,

- Draw a starting line and direct athletes to take off from the starting line.
- Direct athletes to go a few steps forward and take off from the starting line.
- Direct athletes to run slowly and take off from the starting line.
- Direct athletes to run fast and take off from the starting line.
- Hang a support (using a rope) about 6 inches above the ground, and engage the athletes in the above-mentioned activities while touching the support.
- Vary the height of the support and repeat the above-mentioned activities.

Maximum 05 marks for designing and explaining a suitable activity to practice long jump

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

Question No. 7.

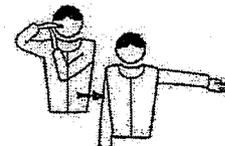
Learning outcome: To investigate the ability to enforce rules and regulations and act to develop skills in volleyball, netball, and football

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

Question No. 7. A.

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

- A. (i) Two hand signals used in refereeing volleyball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(a)



(b)

(02 marks)

- (ii) State **three** instances in volleyball where the referee will award a service and a point to the opponent team as a penalty for an offence. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the setting skill for new players who are training for volleyball. (05 marks)

(i)

- (a) Time-out / To the requesting team

Award full marks if only "Time-out" is mentioned

- (b) Ball "in"

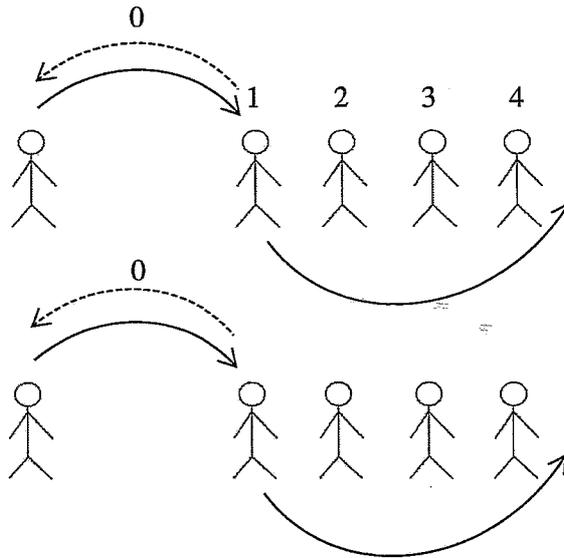
01 Mark for a correct answer; 01 + 01 = 02 marks

(ii)

- Fouls committed during service
- Fouls committed while receiving
- Fouls committed during the setting
- Fouls committed during spiking/attacking
- Fouls committed during court defending
- Ball "out"
- Fouls committed by the Libero player
- The ball landing on the opponent's court
- Rotation fouls

01 Mark for a correct answer; 01 × 3 = 03 marks

(iii) An example of a lead-up game to practice setting:



- Allow the players to stand in two lines as shown in the diagram.
- One player should stand in front of the line (~ 2 m away) with the ball.
- The above-mentioned player should throw the ball to the first player on the line.
- The 1st player should set the ball according to the correct technique and move to the back of the line (stand behind the last player on the line).
- This should be continued till all players of the team have performed the setting skill.
- The team that finishes first by performing the technique correctly will win the game.

Maximum 05 marks for designing and explaining a suitable lead-up game to practice the setting skill.

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

Question No. 7. B.

B. (i) Two hand signals used in umpiring netball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(a)



(b)

(02 marks)

(ii) State **three** instances in netball where the umpire will award a penalty pass or a shot to the opponent team as a penalty for an offence committed by players. (03 marks)

(iii) Design and describe a lead-up game that is suitable to practice the technique of the bounce pass skill for new players who are training for netball. (05 marks)

(i)

- (a) Stepping
- (b) Short pass

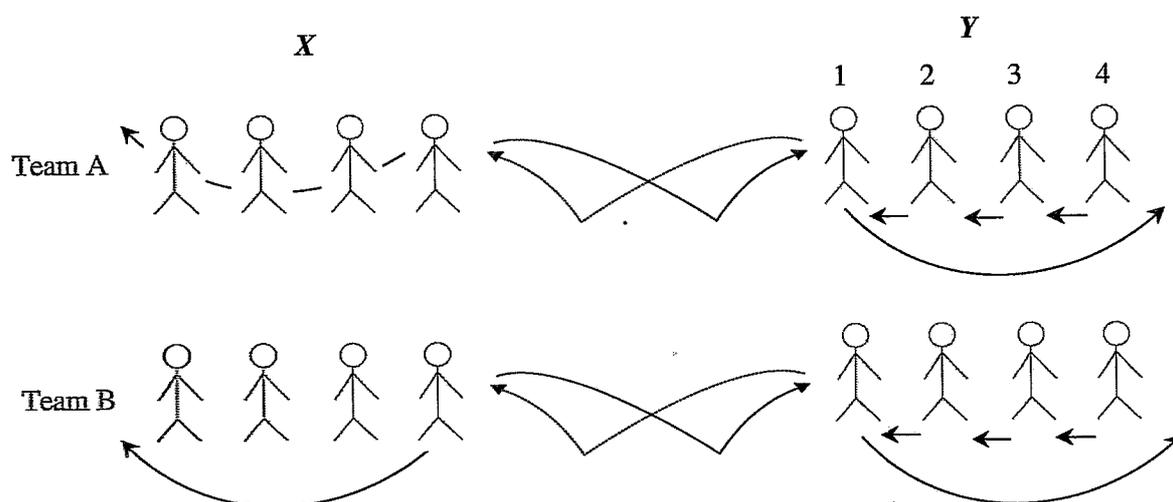
01 Mark for a correct answer; 01 + 01 = 02 marks

(ii)

- Obstructing the player in possession of the ball within a distance of less than 3 feet from the landing foot of that player.
- Coming into contact with, pushing, causing to fall hitting the opposing player or grabbing the ball off the opposing player while defending or attacking.
- Obstruct shooting without maintaining the 3 feet distance.
- Shaking the goalpost by the defending player to obstruct the shooter

01 Mark for a correct answer; 01 × 3 = 03 marks

(iii) An example of a lead-up game to practice the bounce pass:



- Divide players into two teams A and B as shown in the diagram.
- Divide players in each team into two groups X and Y so that each group has the same number of players.
- The 1st player of group X passes the ball to the 1st player of group Y using the bounce pass and then goes to the back of the line and stands.
- The 1st player of group Y passes the ball to the 2nd player of group X using the bounce pass, then goes to the back of the line.
- This should be continued until all players of the team have performed the bounce pass.
- The team that finishes first by performing the technique correctly will win the game.

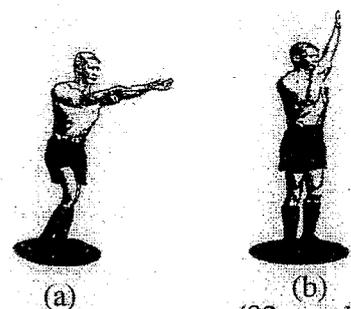
Maximum 05 marks for designing and explaining a suitable lead-up game to practice the bounce pass skill.

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

Question No. 7. C.

C. (i) Two hand signals used in refereeing football matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(a) (b)
(02 marks)

- (ii) State **three** instances in football where a referee will show a red card for committing a foul by a player. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the dribbling skill for new players who are training for football. (05 marks)

* * *

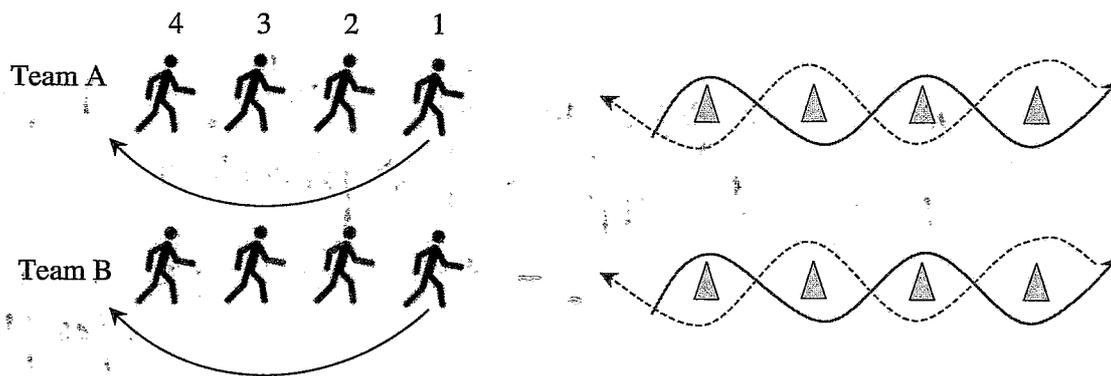
- (i)
 - (a) Advantage
 - (b) Indirect freekick

01 Mark for a correct answer; 01 + 01 = 02 marks

- (ii)
 - Serious foul play-
 - Violent conduct
 - Spitting at an opponent or any other person
 - Deliberate scoring a goal with the hands
 - Using offensive, insulting or abusive language and/or action(s)
 - Receiving a second yellow card (caution) in the same match

01 Mark for a correct answer; 01 × 3 = 03 marks

(iii) An example of a lead-up game to practice dribbling:



- Divide the players into two teams A and B as shown in the diagram.
- Place 4 cones in front of the line with the same distance between two adjacent cones.
- The 1st player of each team must pass the ball in between the cones, bring the ball to his initial position the same way, give the ball to the 2nd player of his team, and go back to the line.
- This should be continued until all players of the team have performed the skill.
- The team that finishes first by performing the technique correctly will win the game.

Maximum 05 marks for designing and explaining a suitable lead-up game to practice the dribbling skill.

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any