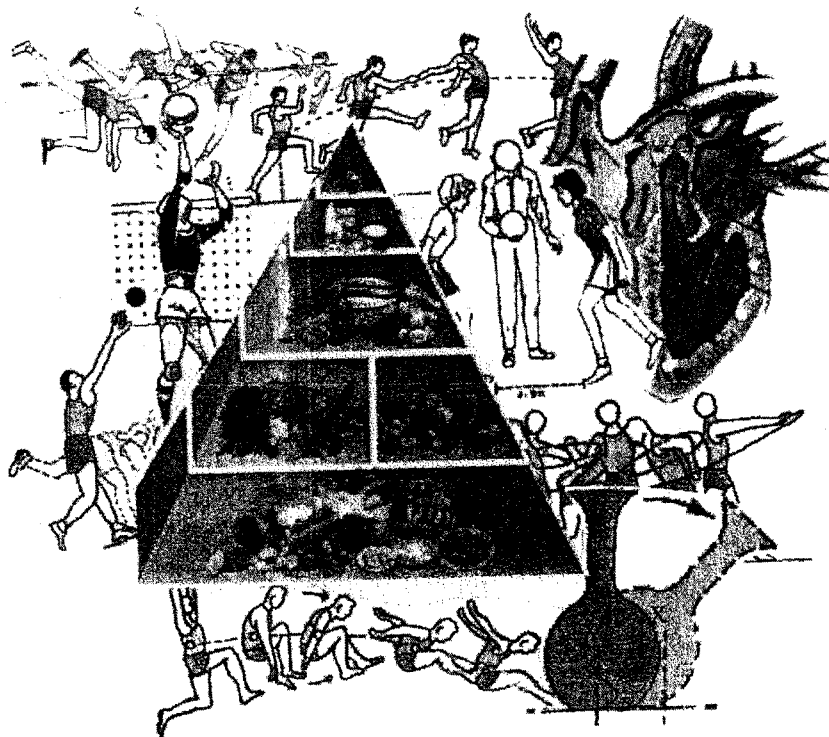




Department of Examinations - Sri Lanka
G.C.E. (O/L) Examination - 2018

86 - Health & 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 Examiners' meeting.

Amendments to be included



G.C.E. (O/L) Examination - 2018**86 - Health and Physical Education (Marking Scheme)****Paper I**

There are multiple choice questions (MCQ).

1 x 40 = 40

Paper II

Question No. 1 is compulsory. and Consists of 10 questions that require short answers.

2 x 10 = 20

Four out of Six Structured essay type questions. should be answered.

4 x 10 = 40

Calculating final marks

Paper I	-	40 marks
Paper II	-	<u>60 marks</u>
Final marks	-	<u>100 marks</u>

01. Summary for awarding Marks for the Subject 86 – Health and Physical Education

1.1 The total marks for this subject is 100.

1.2 There are two papers for this subject.

1.3 Paper I consists of 40 multiple choice questions.

1.4

- Paper II consists of seven structured and simple essay questions
- Question 1 is compulsory.
- Paper II consists of two parts: Part I and Part II. Four questions should be answered by selecting at least two questions from each of the two parts.

1.5 Total marks for Paper I is 40 (1 mark for each question; $1 \times 40 = 40$ marks).

1.6 Total marks for Paper II is 60.

- Marks for Question 1 = 20 (2×10)
- Marks for other four questions = 40 (4×10)
- Final marks should be calculated by adding the marks awarded for Paper I and Paper II.

02. An Introduction to the Objectives of Paper I

2.1 The 40 questions included in this paper are prepared after carefully studying the syllabi and the Teachers' Guides of the subject. A special attention is paid to the student's knowledge, understanding, application, analysis, synthesis and evaluation, and the objective was to investigate the level of skills developed within the student as a result of the new Education Reforms.

2.2 Instructions for awarding marks and the marks distribution for Paper I

2.2.1 One mark should be given for each correct or most appropriate answer choice marked by the student.

2.2.1 Marks should not be given if more than one answer choices are marked.

සියලු ම හිමිකම් ඇවිරිණි / முழுப் பதிப்புரிமையுடையது / All Rights Reserved

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
 Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka
 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, 2018 දෙසැම්බර්
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2018 டிசெம்பர்
 General Certificate of Education (Ord. Level) Examination, December 2018

සෞඛ්‍ය සහ ආරීච්ඡික අධ්‍යාපනය I, II
 சுகாதாரமும் உடற்கல்வியும் I, II
 Health and Physical Education I, II

07.12.2018 / 0830 - 1140

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 and decide on the questions that you give priority in answering.

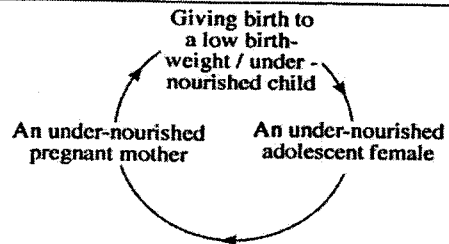
Health and Physical Education I

Note :

- Answer all questions.
- In each of the questions from 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.

- Rahini is a friendly student who is truly helping others in their joys and sorrows. According to this information, Rahini is a student
 - with total health.
 - who contributes to health promotion.
 - with total personality.
 - with good inter-personal relations and empathy.
- Several actions taken by the principal of Tharuyaya College to make the school a 'Health Promotion School' are listed below as A, B, C, D and E. Answer questions 2 to 4 based on the information given below.
 - A - Prohibit bringing polythene to the school completely
 - B - Conducting a Dengue-eradicating shramadana at school with the help of parents and villagers
 - C - Prohibiting selling instant food, junk food and carbonated drinks in the school cafeteria
 - D - Conducting the school medical inspection with the participation of the Medical Officer of Health (MOH)
 - E - Providing adequate toilet facilities
- The statement/s containing policies introduced by the principal to implement health promotion is/are
 - A.
 - A and C.
 - B and C.
 - C, D and E.
- The statement/s showing the community participation in health promotion is/are
 - A and E.
 - B and D.
 - C and D.
 - B.
- Statements that indicate the provision of services required for health promotion and building a health-promoting environment are
 - A and B.
 - B and C.
 - B and D.
 - D and E.
- When feeding a healthy infant, a mother should not
 - give breast milk whenever the baby needs milk during the first six months.
 - introduce complementary food on completion of the first six months.
 - limit foods containing salt and sugar in the first year.
 - provide three snacks in addition to the three main meals per day.

6. The following diagram shows
- (1) the factors contributing to nutritional deficiency.
 - (2) the vicious cycle of nutritional deficiency.
 - (3) the outcomes of a nutrient deficiency.
 - (4) the micronutrient deficiency cycle.



- Several needs of some individuals at different stages of life are listed below. Use the following information to answer questions 7 and 8.

Individual	Need
A	Likes to get a higher education and an employment suited to his/her education level.
B	Interested in different sources of income. Interested in the welfare of the family.
C	Prefers to get involved in religious activities. Expects more recognition and love from others.
D	Prefers the company of peers. Shows an interest in the opposite sex.

7. Of the above individuals, Praveen, who is a student in Grade 11, could most probably be
- (1) A. (2) B. (3) C. (4) D.
8. Praveen's grandfather could possibly be
- (1) A. (2) B. (3) C. (4) D.
- Answer questions 9 to 11 based on the given information.
- Some foods recommended by a dietician to overcome the nutritional deficiency conditions faced by the individuals *M*, *N* and *O* are given below.
- M* - Sea weeds, sea fish, iodized salt
N - Dark green vegetables and green leaves, yellow and orange coloured fruits, animal oils
O - Sprats, small fish, milk and milk products
9. The individual/s suffering from goitre could possibly be
- (1) *M* and *N*. (2) *N* and *O*. (3) *M*. (4) *O*.
10. The individual/s suffering from bone fractures could most likely be
- (1) *M*. (2) *N*. (3) *O*. (4) *M*, *N* and *O*.
11. The individual/s suffering from Bitot spots in eyes could possibly be
- (1) *M* and *O*. (2) *N* and *O*. (3) *N*. (4) *O*.
12. Individuals who have special nutritional needs are
- (1) a pregnant mother, a lactating mother, a teacher and a housewife.
 - (2) an athlete, a pregnant mother, a housewife and a patient.
 - (3) a patient, a pregnant mother, a lactating mother and a teacher.
 - (4) a pregnant mother, a lactating mother, a patient, and an athlete.
13. The reason behind the wide range of movements that can be seen in the arm of a discus thrower is
- (1) the humerus, which is long and strong.
 - (2) the strong scapula.
 - (3) the ball and socket joint between the humerus and the scapula.
 - (4) the strong biceps and triceps muscles.
14. The removes carbon dioxide gas which is a waste product, during exhalation, whereas the removes ammonia, urea and uric acid which are nitrogenous wastes. The most suitable words to fill in the blanks of the above sentence, in the correct order, are
- (1) excretory system and respiratory system.
 - (2) respiratory system and excretory system.
 - (3) circulatory system and excretory system
 - (4) respiratory system and circulatory system.

15. What is the appendage that closes the larynx when swallowing food?
 (1) Trachea (2) Pharynx (3) Epiglottis (4) Pleura
16. Rama, who is suffering from wasting, often tends to have fights with the villagers. He is devoted to his religion. The fields that cause disturbance to his well-being are
 (1) physical, mental and social. (2) mental, spiritual and social.
 (3) physical, spiritual and mental. (4) physical, mental, social and spiritual.
17. Three postures of Rama, Rana and Risu are shown in the following diagrams.



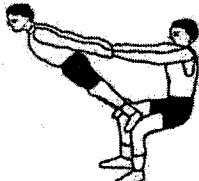
Rama



Rana



Risu

- Select the correct statement about the postures of Rama, Rana and Risu.
 (1) Rana's posture is correct whereas Rama's and Risu's postures are incorrect.
 (2) Risu's posture is correct whereas Rama's and Rana's postures are incorrect.
 (3) Rama's and Risu's postures are correct whereas Rama's posture is incorrect.
 (4) Postures of Rama, Rana and Risu are correct.
18. I can survive in blood, breast milk and sexual secretions of an infected individual, but I cannot survive in a normal environment. The disease condition that results from being infected by me is
 (1) Gonorrhoea. (2) Chlamydia. (3) Syphilis. (4) AIDS.
- Answer questions 19 and 20 based on the pairs of events A, B, C and D given below.
- A - [Abstaining from alcohol consumption and smoking
 Risk of heart diseases and sexual impotence]
- B - [Taking decisions with responsibility and critical thinking
 Winning the challenges successfully]
- C - [Education being competitive and exam-centred
 Causing mental stress to students]
- D - [Limiting the consumption of junk food and carbonated sweetened drinks
 Prevalence of obesity]
19. 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 D. (3) B and C. (4) C and D.
20. The pairs of events of which the increase of the first event results in the decrease of the second event are
 (1) A and B. (2) A and C. (3) A and D. (4) B and C.
21.  The most important fitness component required to perform the gymnastic activity shown in the diagram is
 (1) agility. (2) speed.
 (3) balance. (4) reaction speed.
22. A Physical Education teacher does the following activities with students while organizing an outdoor activity.
- Preparing a plan
 - Educating students about the position of constellations
 - Preparing a road map
 - Using a compass
- The teacher and the students are preparing for a
 (1) mountaineering adventure. (2) walk.
 (3) bicycle safari. (4) jungle exploration.

23. During ancient Olympics, the winners were awarded

- (1) copper medals. (2) trophies.
 (3) flower bouquets and medals. (4) olive branches.

24. Consider the following statements.

- A - The body can be maintained at an active state for a longer period.
 B - The athlete will be banned from sports.
 C - The victories of the athlete will be annulled.
 D - The country which is represented by the athlete will be disgraced.

Of the above statements, select the correct statements regarding the outcomes of an athlete using illegal performance-enhancing drugs.

- (1) A and B (2) A and D (3) A, B and C (4) B, C and D

25. We organized a physical education programme in our school to achieve the following objectives.

- Provide opportunities for all students to take part in sports activities
- Promote unity
- Appraise the sport talents of students
- Develop the ability to accept victory and defeat realistically

The programme that we organized is

- (1) the physical fitness programme. (2) the inter-house sports meet.
 (3) the friendly volleyball tournament. (4) the Colours Awarding Ceremony.

26. The diagram shows

- (1) a training activity of pole vault.
 (2) a training activity of high jump.
 (3) a training activity of triple jump.
 (4) the stages of the hurdling technique.



27. The athletes shown in the diagram are engaged in an

- (1) activity to practise handling the shot.
 (2) activity to practise bowling in cricket.
 (3) activity to practise shooting in basketball.
 (4) activity to practise shooting in netball.



- Some stages of athletes No. 18, 24 and 35 participating in throwing events are shown in the following diagrams. Answer questions 28 and 29 based on the given information.



28. Of the above athletes, the number/s of the athlete/s who can use the Parry O' Brien technique is/are

- (1) 18. (2) 18 and 35.
 (3) 24 and 35. (4) 35.

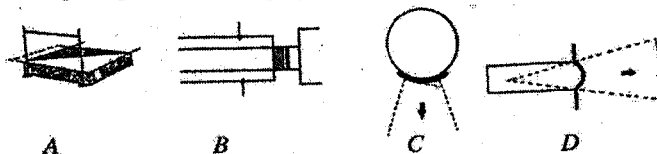
29. The number/s of the athlete/s using a runway during his/their event/s is/are

- (1) 24. (2) 18 and 35.
 (3) 24 and 35. (4) 35.

30. Before the bar clearance of the high-jump event, athlete No. 50 completed the take-off with a single foot while athlete No. 43 used both legs for the take-off. Accordingly, it can be concluded that

- (1) the jump of athlete No. 50 is successful.
 (2) the jump of athlete No. 43 is successful.
 (3) the jumps of both athletes are successful.
 (4) the jumps of both athletes are unsuccessful.

• Use the following diagrams of the play areas A, B, C and D to answer questions 31 and 32.



31. The play area/s corresponding to the event/s in which the athletes are not using any equipment during their event is/are
 (1) A. (2) B. (3) A and B. (4) C and D.

32. The area corresponding to the event in which the athlete should leave the play area through the back half following an attempt is,
 (1) A. (2) B. (3) C. (4) D.

33. During the 100 m sprint, when a runner hears the sound of the starter's gun, he exerts a force on the starting block using his foot. As a result, the runner is pushed forward. The reason for the above action is

- (1) the reactive force generated in response to the force exerted by the athlete on the starting block is acting upon the athlete's body.
- (2) the athlete exerting a larger force on the starting block.
- (3) the ground exerting a reactive force on the athlete's body.
- (4) increases the reaction speed of the athlete.

34. Choose the correct sentence about the following statement and the reason for the statement.

Statement : It is difficult to push a 6 kg shot kept on the ground using the foot compared to a 4 kg shot kept on the ground.

Reason : The inertia of the 6 kg shot is greater than that of the 4 kg shot.

- (1) The statement and the reason are correct.
- (2) The statement and the reason are incorrect.
- (3) The statement is correct whereas the reason is incorrect.
- (4) The statement is incorrect whereas the reason is correct.

35. The landing foot of the gymnast shown in the diagram is acting as

- (1) a Type I lever.
- (2) a Type II lever.
- (3) a Type III lever.
- (4) Type I and Type II levers.



36. During an activity to practise a technique, we placed either one hand or both hands on the ground in front of the body and quickly ran forward following the signal, as shown in the diagram.

We were practising

- (1) the standing start.
- (2) the crouch start.
- (3) the running technique.
- (4) fitness component-improving exercises.



37. Two baton-changing techniques are shown in the following figures.

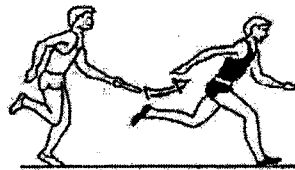


Figure 1

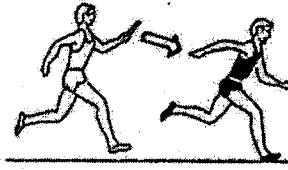


Figure 2

Select the correct statement about the above figures.

- (1) Figure 1 shows the down-sweep technique whereas Figure 2 shows the up-sweep technique.
- (2) Figure 1 shows the up-sweep technique whereas Figure 2 shows the down-sweep technique.
- (3) Figure 1 shows the down-sweep technique whereas Figure 2 shows the mix change.
- (4) Figure 1 shows the up-sweep technique whereas Figure 2 shows the mix change.

- Answer questions 38 and 39 based on the pairs of events *P*, *Q*, *R* and *S* given below.

P - [Following rules and regulations in sports
Ability to conduct a fair competition

Q - [An athlete having a larger supporting base
The athlete's ability to maintain balance

R - [Getting adequate exercises and rest
Disturbances to proper functioning of the muscular system

S - [Reduction of reaction speed of a sprinter
Ability to win sprinting events

38. The pairs of events of which the increase of the first event results in the increase of the second event are

- (1) *P* and *Q*. (2) *Q* and *R*. (3) *R* and *S*. (4) *P* and *S*.

39. The pairs of events of which the increase of the first event results in the decrease of the second event are

- (1) *P* and *Q*. (2) *Q* and *R*. (3) *R* and *S*. (4) *P* and *S*.

40. The country that won the Football World Cup held in July 2018 in Russia is

- (1) Germany. (2) France. (3) Croatia. (4) Belgium.

* *

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இலங்கைப் பரீட்சைத் திணைக்களம்

අ.පො.ස. (සා.පෙළ) විභාගය - 2018
க.பொ.த (சா.தர)ப் பரீட்சை - 2018

විෂය අංකය
பாட இலக்கம்

86

විෂය
பாடம்

Health and Physical Education

I පත්‍රය - පිළිතුරු
I பத்திரம் - விடைகள்

ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.	ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.	ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.	ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.
01.	4	11.	3	21.	3	31.	3
02.	2	12.	4	22.	4	32.	3
03.	4	13.	3	23.	4	33.	1
04.	4	14.	2	24.	4	34.	1
05.	4	15.	3	25.	2	35.	2
06.	2	16.	1	26.	4	36.	2
07.	4	17.	3	27.	1	37.	2
08.	3	18.	4	28.	4	38.	1
09.	3	19.	3	29.	1	39.	3
10.	3	20.	3	30.	1	40.	2

විශේෂ උපදෙස් } එක් පිළිතුරකට ලකුණු
விசேட அறிவுறுத்தல் } ஒரு சரியான விடைக்கு

01

බැගින්
புள்ளி வீதம்

මුළු ලකුණු / மொத்தப் புள்ளிகள் 01 X 40 = 40

පහත නිදසුනෙහි දක්වන පරිදි බහුවරණ උත්තරපත්‍රයේ අවසාන තීරුවේ ලකුණු ඇතුළත් කරන්න.
கீழ் குறிப்பிடப்பட்டிருக்கும் உதாரணத்திற்கு அமைய பல்தேர்வு வினாக்களுக்குரிய புள்ளிகளை பல்தேர்வு வினாப்பத்திரத்தின் இறுதியில் பதிக.

නිවැරදි පිළිතුරු සංඛ්‍යාව
சரியான விடைகளின் தொகை

25

40

I පත්‍රයේ මුළු ලකුණු
பத்திரம் I இன் மொத்தப்புள்ளி

25

40

03. An Introduction to the Objectives of Paper II

3.1 The seven questions included in this paper are prepared after carefully studying the syllabi and the Teachers' Guides of the subject. A special attention is paid to the student's knowledge, understanding, application, analysis, synthesis and evaluation, and the objective was to investigate the level of skills developed within the student as a result of the new Education Reforms.

3.2 Instructions for awarding marks and the marks distribution for Paper II

3.2.1 The total marks for Paper II is 60.

3.2.2 Paper II consists of two parts: Part I and Part II. Question 1 is compulsory. There are three questions in each part, which totals to six questions. 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 marks 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 Controllers' Meeting must be added to this marking scheme.

Mark Distribution for the Answers of Paper II

Question No.	Part	Marks	Question No.	Part	Marks		
01.	i	02	05.	i	02		
	ii	02		ii	03		
	iii	02		iii	05		
	iv	02		Total 10 marks			
	v	02		06.	i	02	
	vi	02			ii	03	
	vii	02			iii	05	
	viii	02			Total 10 marks		
	ix	02			07 A.	i	02
	x	02				ii	03
Total 20 marks			iii	05			
02.	i	02	Total 10 marks				
	ii	03	07 B.	i	02		
	iii (a)	03		ii	03		
	(b)	02		iii	05		
Total 10 marks				Total 10 marks			
03.	i	02	07 C.	i	02		
	ii (a)	01		ii	03		
	(b)	02		iii	05		
	iii	05		Total 10 marks			
Total 10 marks							
04.	i	02					
	ii	02					
	iii	02					
	iv	02					
	v	02					
	Total 10 marks						

- Marks for Paper I - 40
- Marks for Paper II - 60
- Total Marks - 100

G.C.E. (O/L) EXAMINATION – 2018
86 – HEALTH AND PHYSICAL EDUCATION

Paper II

Marking Scheme

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

Question No. 1 – Compulsory question

Objective: To investigate the ability to work toward total health

1. At the Health and Physical Education Day that we organized this time, we conducted several activities to develop health-related physical fitness components and improve the nutritional status of students. According to its results, our class teacher informed that the BMI of the students in our class is satisfactory. The community provided us kola kenda, mung kiribath and banana as refreshments during the event. The students displayed the following banner during the event.

**Too much of junk food could lead to
non-communicable diseases!**

A volleyball tournament was organized in the evening using the limited resources available in our school and six teams participated in the tournament. The players competed according to rules and regulations while other students peacefully watched the matches. One student fainted during the tournament and we gave first-aid to him. The programme concluded with a campfire and we enjoyed participating in it.

- (i) State the colour of the BMI category to which the students of our class belong, according to our teacher.
- (ii) Write down two unhealthy food habits other than the food habit mentioned in the banner.
- (iii) Mention two non-communicable diseases directly related to the circulatory system, which could result from unhealthy food habits.
- (iv) Give your ideas about the nutritive value of the refreshments provided by the community.
- (v) Briefly mention the first-aid procedure that the other students may have given to the fainted student.
- (vi) List two activities that can be conducted during the above event to developed cardiovascular fitness of students.
- (vii) Sketch the draw for the volleyball tournament held in the evening with the participation of six teams.
- (viii) Provide two examples from the passage to show that the tournament has been conducted according to the concept of fair play.
- (ix) Mention two factors that should be considered when preparing a campfire during a similar event.
- (x) Provide examples for two instances in which the positive inter-personal skills of students may have been developed during the above event.

(02 × 10 = 20 marks)

(i) Green

02 Marks for the correct answer

(ii)

- Consuming instant foods
- Consuming foods rich in salt, sugar and oils
- Drinking tea or coffee immediately after a main meal
- Skipping / delaying of main meals including breakfast
- Increasing the number of meals

01 Mark for each correct answer; 1 × 2 = 02 marks

(iii)

- Hypertension
- Atherosclerosis (Deposition of cholesterol in arteries)
- Myocardial infarction
- Stroke
- Angina Pectoris

01 Mark for each correct answer; 1 × 2 = 02 marks

(iv) Because these foods are mixed foods, several nutrients can be obtained at once by consuming these foods. They are wholesome and are balanced foods.

02 Marks for any answer that implies a similar meaning

(v)

- The patient should be laid flat on his or her back and elevate his/her legs. His/her clothes around the neck, chest and waist must be loosened. Adequate ventilation must be provided and the people gathered around the patient must be removed. When the patient has recovered, help him/her to sit.

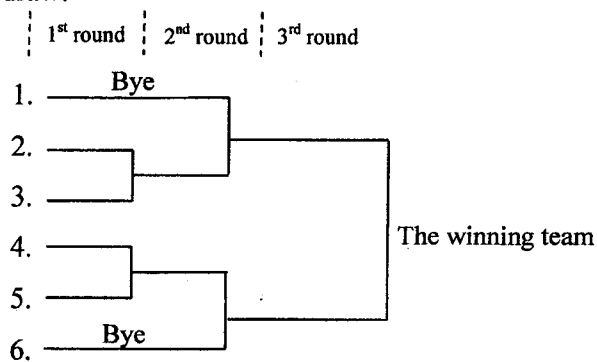
02 Marks for any answer that implies a similar meaning

(vi)

- Brisk walking
- Jogging
- Aerobic dancing
- Aerobic exercises
- Skipping
- Engaging in minor games

01 Mark for each correct answer; 1 × 2 = 02 marks

(vii) The draw:



02 Marks for sketching the correct draw

(viii)

- Players competing according to rules and regulations
- Other students (spectators) watching the matches peacefully

01 Mark for each correct answer that implies a similar meaning; 1 × 2 = 02 marks

(ix)

- Prepare the fire under the supervision of a knowledgeable person (teachers/elders)
- If there are buildings around the place where the campfire is set, inform the people residing in these buildings about the campfire
- Collect firewood beforehand
- Avoid using valuable timber as firewood
- Remove insects present in firewood
- The dresses of the participants should be not of flimsy material that fly easily with the wind
- Arrange a box of matches/lighter and any other required materials beforehand and keep them in a safer place
- Select few reliable students to take the responsibility of preparing the campfire
- Keep ready some raw leaves, water, wet gunny bags, so that they can be used when necessary (if the fire spreads)
- Make sure that the fire is set off (once the campfire is over)

01 Mark for each correct answer; $1 \times 2 = 02$ marks

(x)

- When organizing the Health and Physical Education Day
- When working with the community to arrange refreshments for participants
- When organizing and conducting the friendly volleyball tournament
- When giving first-aid to the fainted student
- When organizing the campfire
- When participating in the campfire

01 Mark for each correct answer; $1 \times 2 = 02$ marks

Total: $02 \times 10 = 20$ marks

To include amendments

Part I

Answer two questions only

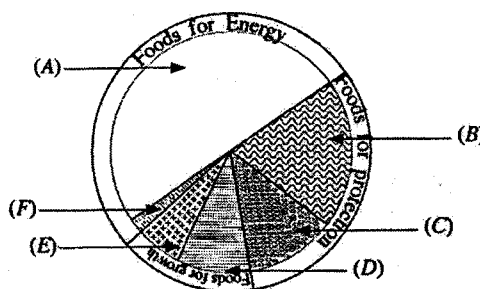
Question No. 2

Objectives: To investigate the use of healthy habits related to nutrition

2. (i) Two advices given by our Health and Physical Education teacher are given below. Provide reasons for the given advices using your knowledge on nutrition.
- (a) Refrain from drinking tea and coffee soon before and after main meals. (02 marks)
 - (b) Limit the consumption of foods rich in sugar, salt and fats and sweetened drinks. (02 marks)
- (ii) Mention three actions that can be taken to maintain the appropriate weight for your height. (03 marks)
- (iii) The following diagram shows the proportions of the food groups (A) to (F) that should be included in our daily meals.

- (a) From the food items given below, write down separately, the food items that belong to the food groups (A) to (F).

- Cereals and starchy foods
- Vegetables and green leaves
- Animal and plant proteins
- Milk and milk products
- Fruits
- Oil seeds



- (b) Write down separately, one function of each of the food groups (B) and (E). (05 marks)

- (i)
- (a) Reduces the absorption of iron present in meals
 - (b) Reduces the risk of developing non-communicable diseases such as heart diseases, hypertension, diabetes and cancer.

01 Mark for the correct answer; 1 × 2 = 02 marks

- (ii)
- Consume balanced meals
 - Engage in exercises regularly
 - Have adequate rest and sleep
 - Stress management
 - Maintain an active lifestyle

01 Mark for each correct answer; 1 × 3 = 03 marks

(iii)

(a)

- A – Cereals and starchy foods
- B – Vegetables and green leaves
- C – Fruits
- D – Animal and plant proteins
- E – Milk and milk products
- F – Oil seeds

½ Marks for each correct answer; ½ × 6 = 03 marks

(b)

B:

- Protects the body against diseases,
- helps to maintain vision and the health of hair and skin

E:

- Helps for the growth of the body, helps to build and repair tissues
- Helps to strengthen and develop teeth, nails and bones

01 Mark for each correct answer that implies a similar meaning; 1 × 2 = 02 marks

Total: 03 + 02 = 05 marks

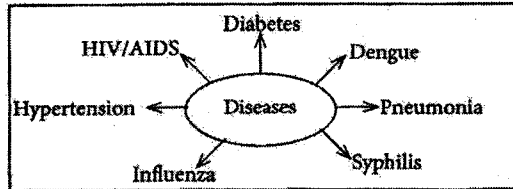
Total marks for the question: 02 + 03 + 05 = 10 marks

To include amendments

Question No. 03

Objective: To investigate about the skills required to prevent communicable and non-communicable diseases

3. Use the following diagram to answer the questions given below.



- (i) Of the diseases given in the above diagram, name two diseases that can directly affect the functioning of the respiratory system and state two methods by which the mentioned diseases could be spread. (02 marks)
- (ii) (a) Write down separately, one symptom of each of the two sexually-transmitted diseases shown in the diagram. (03 marks)
 (b) Mention two actions that can be followed to prevent such diseases. (03 marks)
- (iii) Describe five actions that can be taken to prevent the disease in the diagram that rapidly spread across the country recently through mosquitoes. (05 marks)

- (i)
 - Influenza
 - Pneumonia

½ Marks for each correct answer; ½ × 2 = 01 mark

Spreading methods

- From droplets
- Through air
- By using the handkerchiefs, towels, and utensils etc. that are used by the patients

½ Marks for each correct answer; ½ × 2 = 01 mark

Total: 1 + 1 = 02 marks

- (ii) HIV/AIDS:
 - Loss of body weight within a short period
 - Short breath (panting)
 - Excessive perspiration at night
 - Swelling of lymphatic glands
 - Diarrhoea that lasts for more than a month
 - Fever extending for more than a month
 - Tuberculosis, Pneumonia

Syphilis:

- Sores on and around genital organs
- Swelling of lymphatic glands
- Secretions from genital organs

½ Marks for each correct answer; ½ × 2 = 01 mark

Actions to prevent such diseases:

- Avoid unprotected sexual contacts
- Restrict sexual activities to one reliable partner
- Avoid blood transfusion from infected individuals
- Make sure that you do not use unsterilized syringe needles (for tattoos etc.) and blades
- If a mother is infected, she should be responsible about breast feeding her child

1 Mark for each correct answer; 1 × 2 = 02 marks

Total: 01 + 02 = 03 marks

(iii)

- Destroy water-accumulating bodies
- Break / crush the empty tins, curd pots, coconut shells, old clay pots, dishes etc.
- Add salt or soap to water in vases, ant traps etc. and frequently change water in such objects
- Clean clogged roof gutters to remove dirt and to prevent water collection
- Put sand inside used tires
- Avoid disposing of polythene bags to the external environment
- Direct infected patients to medical care
- Take necessary steps to educate neighbors on using mosquito nets and other methods to avoid mosquito bites
- Keep the environment clean
- Organize campaigns to educate the community on Dengue fever

01 Mark for each correct answer; 1 × 5 = 05 marks

Total: 02 + 03 + 05 = 10 marks

To include amendments

Question No. 04

Objective: To investigate about the skills required to overcome challenges faced during day-to-day life

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

- (i) You are required to prepare a leaflet to educate Grade 10 students about the ways to avoid sexual abuse.
- (ii) Your younger brother tells you that he has been bitten by a dog.
- (iii) You hear your friends mentioning that it may not be possible to pass the G.C.E.(A/L) Examination if they do not get 'A' passes for all 9 subjects of the G.C.E.(O/L) Examination.
- (iv) You observe that your sister/brother is not engaged in any sport or other co-curricular activities, but is interested only in attending tuition classes.
- (v) Your adolescent brother/sister always gets into fights with your parents.

(02 × 5 = 10 marks)

(i)

- I will prepare a leaflet by including the following information.
 - It is our body and it is my responsibility to protect it.
 - You should not allow anyone do anything that make you shameful
 - Do not accept gifts from strangers
 - Do not go to unwanted places
 - Do not allow others to do unwanted kissing/hugging and touching
 - If you are in a situation where there is a chance of being abused, leave the place to avoid the situation
 - Seek help from others during emergency situations
 - Oppose any actions that make you uneasy/uncomfortable
 - Avoid wearing tempting clothes and tempting gestures
 - Do not stay alone with persons other than your parents and reliable elders

02 Marks for any answer that implies a similar meaning

(ii)

- Allay the fear of brother/sister
- Immediately wash the area with the dog bite using running water and soap
- Give him immediate medical attention; take him/her to a doctor immediately

02 Marks for any answer that implies a similar meaning

(iii)

- Explain the friends that Nine A's is not a yardstick to assess the successful performance in A/L.
- Explain that if you work hard, you can get a good result for A/L examination even if you do not get Nine A's for O/L exam.

02 Marks for any answer that implies a similar meaning

(iv)

- Tell him/her that what he/she is doing is not a good practice
- Explain that he/she may have a higher risk of developing diseases if he/she works like this
- Show him/her the importance of engaging in physical activities for at least one hour per day, and guide him/her toward such activities
- Show him/her the importance of engaging in activities that help to develop mental health

02 Marks for any answer that implies a similar meaning

(v)

- Explain the parents that children of this age like attention and like to work independently and hence, show a tendency to disagree with parents' ideas.
- Advice your sister/brother against fighting explaining that it is not suitable to give way your emotions, and that you should learn to control your feelings wisely.
- Explain your parents that he/she is in a transition stage and that they should have patience over his/her behavior.
- Explain your sister/brother that parents are always working for the betterment of their children's lives.

02 Marks for any answer that implies a similar meaning

If a different answer is give, award marks depending on the relevance of the answer

Total: 2 × 5 = 10 marks

To include amendments

Part II

Answer two questions only

Question 05

Objective: To investigate the athletic skills

5. (i) Athlete No.12 is participating in a horizontal jumping event while athlete No.24 is participating in a vertical jumping event at the National School Games Festival. Write down separately, two jumping events that each of the two athletes No. 12 and No.24 could possibly be taking part in. (02 marks)
- (ii) Some stages of three athletes participating in a race-walking competition are shown in the below diagram. Explain separately, your ideas about each of the three stages by giving reasons. (03 marks)



(a)



(b)



(c)

- (iii) Explain two activities that are suitable to develop the throwing technique of a beginner competitor in your house, who is participating in the discus throw. (05 marks)

(i)

- Athlete No. 12 – Long jump, Triple jump
- Athlete No. 24 – High jump, Pole vault

½ Marks each correct answer; ½ × 4 = 02 mark

(ii)

- (a) – A correct race-walking stage because at least one foot of the athlete is in contact with the ground
- (b) – A wrong race-walking stage of the lack (/loss) of contact with the ground
- (c) – A wrong race-walking stage because the advanced leg is bent from the knee after the first touch.

01 Mark for each correct answer in which the reason is also explained; 1 × 3 = 03 marks

If the correct answer is given without an explanation: ½ × 3 = 1½ marks

(iii)

- Place a flag pole and throw a loop so that it falls on the flag pole
- Place some cardboard boxes on a bench in front of you and throw a loop so that it hits the boxes; the boxes should fall as a result of the hit.
- Throw the loop forward and upward from beside the body
- Roll the discus on the ground by releasing it from the index finger
- Release the discus to air using the rotation method.
- Stand by keeping your legs parallel and release the discus to the front.
- Stand by keeping one leg forward and release the discus to the front.
- Turn to a side and throw the discus
- Turn a complete circle and throw the discus
- Hold the discus at the back side of your body, stand facing the direction opposite to the throwing direction, turn to the front, and throw the discus to the front.

2½ Marks for each correct answer; 2½ × 2 = 05 marks

Total: 02 + 03 + 05 = 10 marks

To include amendments

Question No. 06

Objectives: To investigate the understanding about the use of energy systems during sports events and selecting events for athletes based on the distribution of muscle fiber types.

6. The muscle fibre types present in higher amounts in the legs and hands of four athletes, according to the results of a biopsy test, are given in the following table.

Athlete No.	Muscle fibre type
74	Red muscle fibres
86	White muscle fibres
63	Red muscle fibres
92	White muscle fibres

- (i) Of the above athletes, state the numbers of **two** athletes who will be more suitable to compete in the 10 000 m event. *(02 marks)*
- (ii) State a number of an athlete who will be more suitable to compete in high jump and explain the reasons for your answer. *(03 marks)*
- (iii) Explain the major process that is taking place to generate energy in the muscles of an athlete participating in the 10 000 m event. *(05 marks)*

(i)

- Athlete No. 74 and No. 63

01 Mark for each correct answer; 1 × 2 = 02 marks

(ii)

- Athlete No. 86 or No. 92

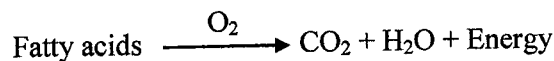
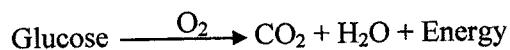
01 Mark for one correct answer

- Because high jump is an event that requires quick energy, energy should be produced rapidly by anaerobic respiration. White fibers have a greater ability to produce energy anaerobically. Since the above player has more white muscle fibers, he is more suitable for the high jump event (uses FTF to produce energy at a rapid rate).

**02 Marks for any answer that implies a similar meaning.
If not, award marks depending on the content of the answer.**

Total: 01 + 02 = 03 marks

(iii)



The energy produced by the above reactions are used to produce ATP according to the following reaction.



**05 Marks for any answer that implies a similar meaning.
If not, award marks according to the content of the given answer.**

2½ for mentioning only the equation related to glucose.

2½ for mentioning only the equation related to fatty acids.

Award full marks if the answer is given as an explanation (with all relevant information).

Total: 02 + 03 + 05 = 10 marks

To include amendments

Question No. 07

Objective: To investigate the understanding about skills and Rules and Regulations related to volleyball, netball and football

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

- A. (i) Write down the action that you will be taking as the referee, when a beginner volleyball player of your school commits a positional fault during a practice match. (02 marks)
- (ii) During the volleyball match between the Central and Southern province teams, the referee awarded the service and a point to the Southern province team following an offence **related to the ball**, which was committed by a Central province team player. List **three** offences that the above mentioned Central province team player may have committed. (03 marks)
- (iii) Describe **two** activities that are suitable to train beginner volleyball players to develop under-arm service. (05 marks)

- (i) Stop the game, indicate that a positional fault has occurred, and award the service and a point to the opponent team.

02 Marks for the correct answer;

½ Marks for mentioning about the method to correct the fault only;

01 Mark for mentioning about awarding the service or a point to the opponent team

- (ii)
- Serve by placing the ball on the palm
 - Holding the ball
 - Ball out
 - Hitting the ball for more than three times before sending it to the opponent team
 - Double hits
 - Catching or throwing the ball
 - Blocking the opponent service
 - Hitting the opponent ball
 - Spiking the opponent service

01 Mark for each correct activity; $1 \times 3 = 03$ marks

(iii)

- Do the under-arm service without the ball
- Do the under-arm service with the ball
- Do the under-arm service so that the ball hits the net
- Place the players 4-5 m from the net on either sides of the net and do the under-arm service so that the ball hits the net
- Divide into two groups, place the players about 5 m from the net on either sides of the net and do the under-arm service so that the ball goes above the net
- Divide into two groups, two teams stand 5 - 6m apart and do the under-arm service targeting the frontline

2½ Marks for each answer describing any of the above activities or any other suitable activity;

$$2\frac{1}{2} \times 2 = 05$$

Total: 02 + 03 + 05 = 10 marks

To include amendments

- B. (i) Explain the instructions that you will be giving to beginner netball players about awarding a free-pass to a team as a penalty. (02 marks)
- (ii) During the netball match between Western and North-western province teams, the Centre (C) of the Western province team committed a **ball-handling** offence and consequently, the judge awarded a free pass to the Centre (C) of the North-western province team. List **three** offences that the Centre (C) of the Western province team may have committed. (03 marks)
- (iii) Describe **two** activities that are suitable to train beginner netball players to develop footwork. (05 marks)

(i)

- Award a free pass to an opponent team player who can play in that area, at or close to the point where the infringement occurred.
- The footwork rule should also apply during this pass.
- The ball must leave the player's hands within 3 seconds.

02 Marks for an answer implying a similar meaning;

01 Mark for mentioning about 'award a free pass to the opponent team at or close to the point where the infringement occurred' only; ½ Marks for mentioning about the Footwork Rule and about ball leaving the player within 3 seconds.

(ii)

- Rolling the ball to another player
- Tossing the ball and replaying it
- Dropping the ball and replaying it
- Passing the ball while lying on the ground or kneeling
- Holding the ball for more than 3 seconds
- Over a third
- Bouncing

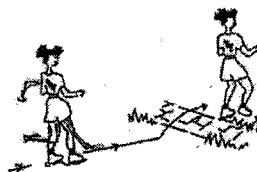
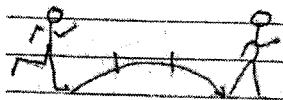
01 Mark for each correct answer; 1 × 3 = 03 marks

(iii)

- Hopping over previously marked markers and running forward



- Running slowly while jumping over obstacles



- Slowly run forward, touch the mark with the leg, and run to the left. Do the same activity in alternate direction



2 ½ Marks for each suitable activity; 2 ½ × 2 = 05 marks

Total: 02 + 03 + 05 = 10 marks

Total: 02 + 03 + 05 = 10 marks

To include amendments

- C. (i) Assume you are training the beginner football players of your school. Write the facts that you should consider when a player is taking a penalty kick. (02 marks)
- (ii) During the football match between Northern and Eastern province teams, the referee awarded a penalty kick to an Eastern province team player following an offence committed by a Northern province team player within the penalty area. State three offences that the above-mentioned Northern province team player may have committed. (03 marks)
- (iii) Describe two activities that are suitable to train beginner football players to develop kicking with the inside of the foot. (05 marks)

(i)

- Only the goal keeper and the player taking the penalty kick can stay within the penalty area.
- The referee must identify the player taking the penalty kick.
- The ball must be placed stationary on the penalty mark.
- The ball must be kicked forward.
- The goal keeper must stay within the goal posts, on the goal line, facing the opponent player until the penalty kick is taken.
- If additional time is needed for the penalty kick, that time should be added to the relevant half of the game.

01 Mark for each correct answer; for two correct answers: 1 × 2 = 02 marks

(ii)

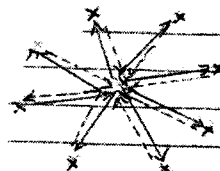
Major offences committed within the penalty area:

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charging at an opponent
- Striking or attempting to strike an opponent
- Pushing an opponent
- Holding an opponent
- Spitting at an opponent

01 Mark for each correct answer; 1 × 3 = 03 marks

(iii)

- Divide into two groups and pass the ball by kicking with the inside of the foot
- Kick the ball to a wall; When the ball bounces and comes back to you, kick with the inside of the foot



2 ½ Marks for explaining one suitable activity; 2 ½ × 2 = 05 marks

Total: 02 + 03 + 05 = 10 marks

To include amendments

