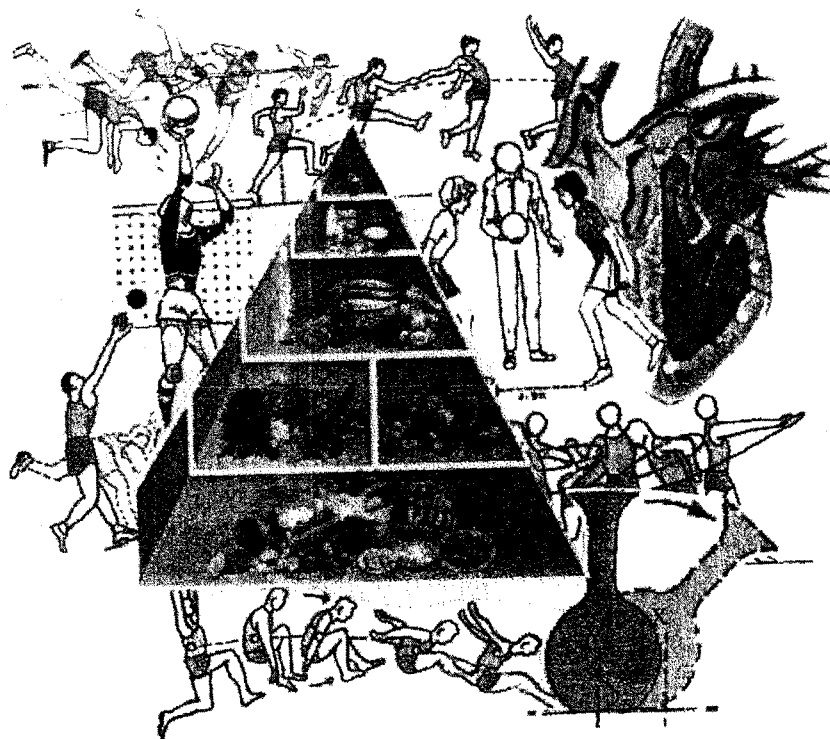




Department of Examinations - Sri Lanka  
G.C.E. (O/L) Examination - 2018

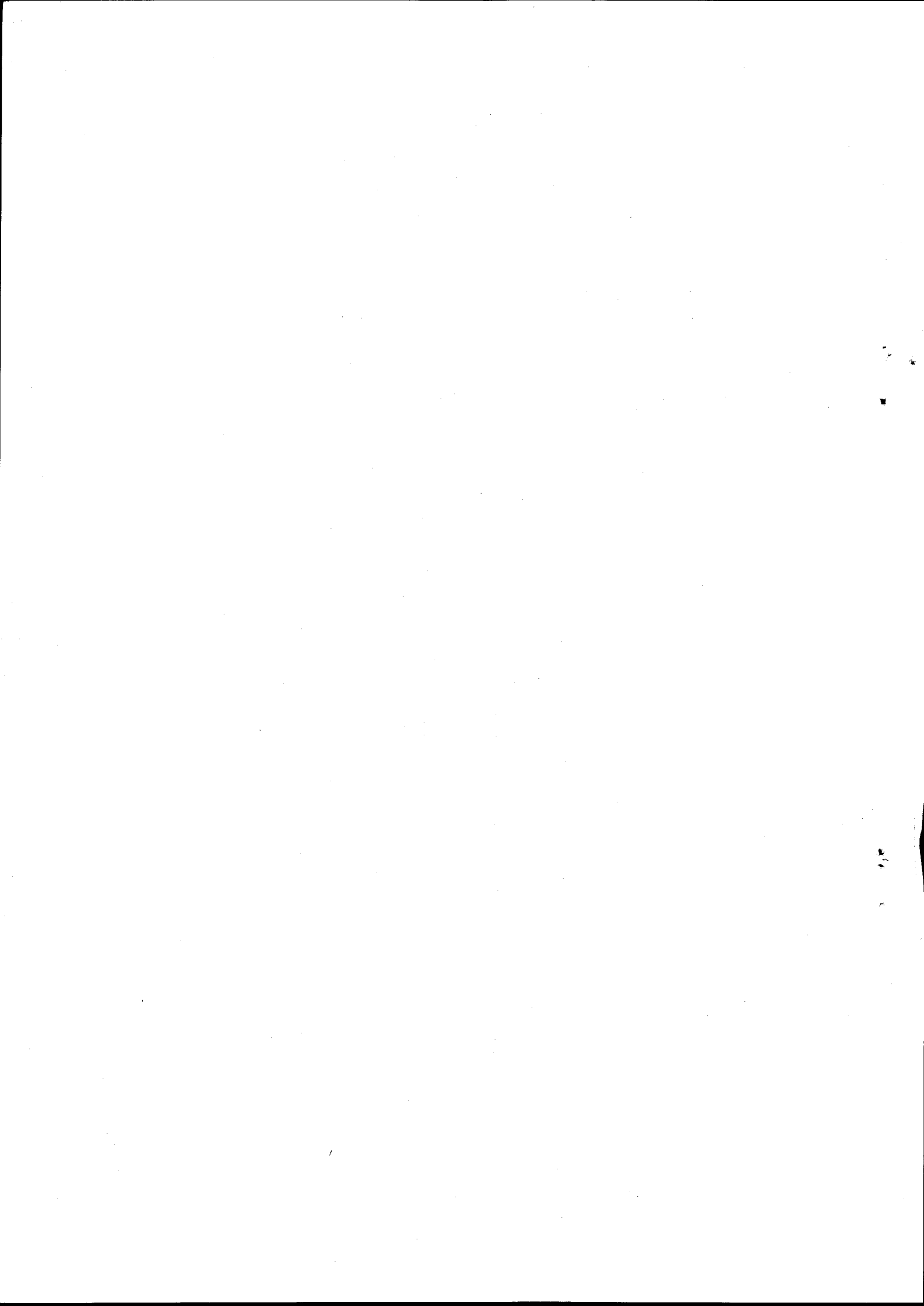
# 86 - Health & Physical Education

## 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 ( $2 \times 10$ )
- Marks for other four questions = 40 ( $4 \times 10$ )
- 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.

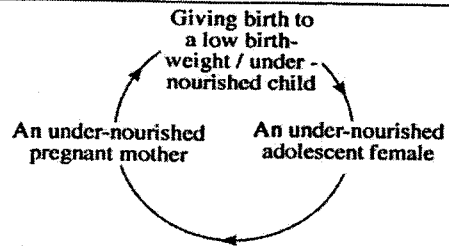
2.2 Instructions for awarding marks and the marks distribution for Paper I

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.



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

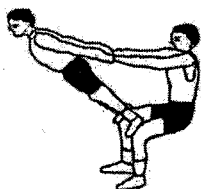


Risu

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 Rana'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*.


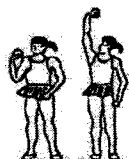

21.



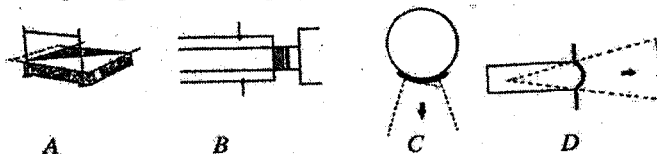
- The most important fitness component required to perform the gymnastic activity shown in the diagram is  
 (1) agility. (2) speed.  
 (3) balance. (4) reaction speed.

22. A Physical Education teacher does the following activities with students while organizing an outdoor activity.

- Preparing a plan
  - Preparing a road map
  - Educating students about the position of constellations
  - 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.

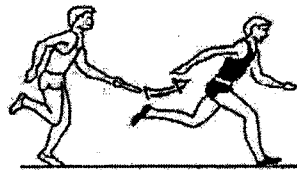


Figure 1

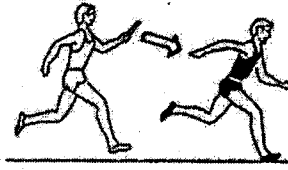


Figure 2

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.

\* \*

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව  
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 × 40 = 40

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

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		<b>Total 10 marks</b>			
	v	02		06.	i	02	
	vi	02			ii	03	
	vii	02			iii	05	
	viii	02			<b>Total 10 marks</b>		
	ix	02			07 A.	i	02
	x	02				ii	03
<b>Total 20 marks</b>		iii	05				
		<b>Total 10 marks</b>					
02.	i	02	07 B.			i	02
	ii	03				ii	03
	iii (a)	03		iii		05	
	iii (b)	02		<b>Total 10 marks</b>			
	<b>Total 10 marks</b>						
03.	i	02	07 C.	i		02	
	ii (a)	01		ii	03		
	ii (b)	02		iii	05		
	iii	05		<b>Total 10 marks</b>			
	<b>Total 10 marks</b>						
04.	i	02					
	ii	02					
	iii	02					
	iv	02					
	v	02					
	<b>Total 10 marks</b>						

- 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**

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*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.

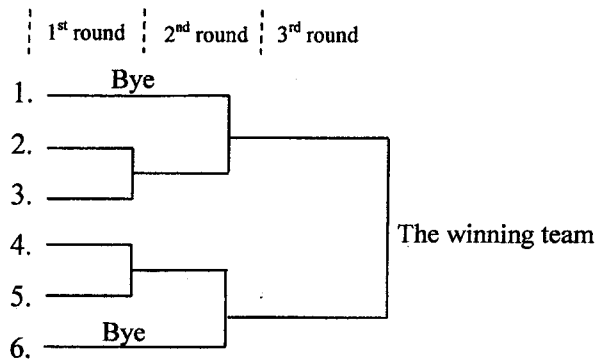
*02 Marks for any answer that implies a similar meaning*

(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**