

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 Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka

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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

සෞඛ්‍යය හා ශාරීරික 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

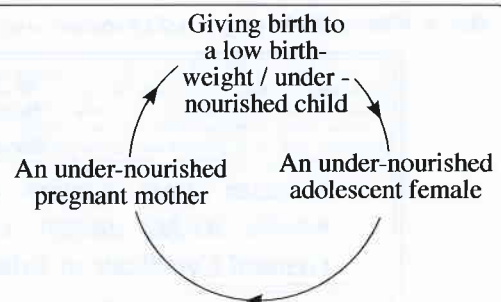
Note :

- 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 dietitian 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) Rana'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.

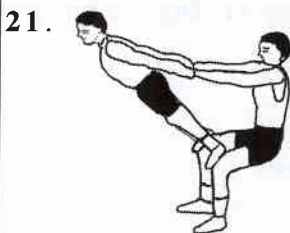
A - [Abstaining from alcohol consumption and smoking
 Risk of heart diseases and sexual impotence]

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.

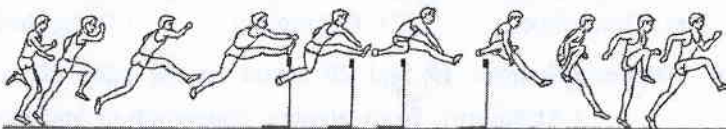
- Provide opportunities for all students to take part in sports activities
- Promote unity
- Appraise the sport talents of students
- Develop the ability to accept victory and defeat realistically

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.

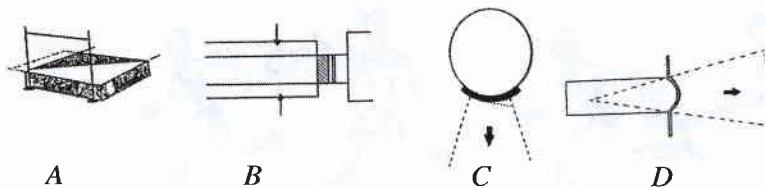
29. The number/s of the athlete/s using a runway during his/their event/s is/are

- (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.

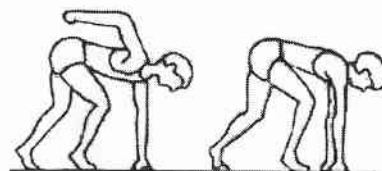


31. The play area/s corresponding to the event/s in which the athletes are not using any equipment during their event is/are
 (1) A. (2) B. (3) A and B. (4) C and D.
32. The area corresponding to the event in which the athlete should leave the play area through the back half following an attempt is,
 (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.

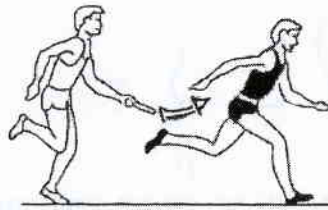


Figure 1

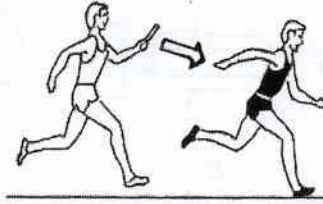


Figure 2

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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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

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 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. 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.

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

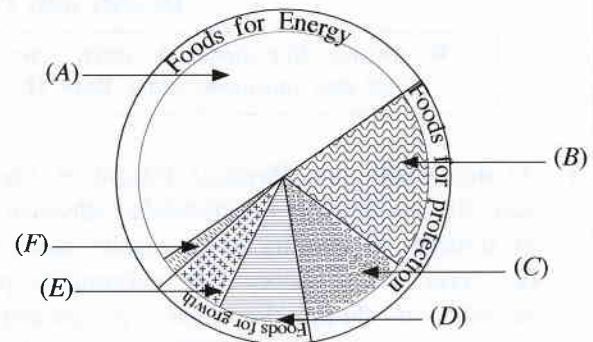
(02 × 10 = 20 marks)

Part I*Answer two questions only.*

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.
- Refrain from drinking tea and coffee soon before and after main meals.
 - 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.

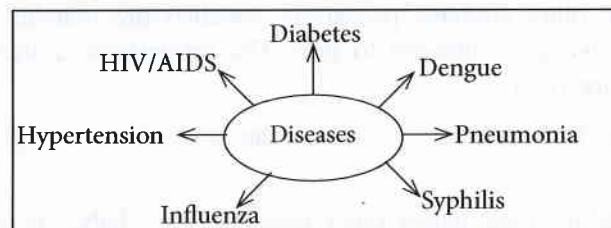
- (a) From the food items given below, write down separately, the food items that belong to the food groups (A) to (F).

- 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)

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



- 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)
 - (a) Write down separately, one symptom of each of the **two** sexually-transmitted diseases shown in the diagram.
(b) Mention **two** actions that can be followed to prevent such diseases. (03 marks)
 - 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)
4. Briefly explain how you would act to overcome the following challenges.
- You are required to prepare a leaflet to educate Grade 10 students about the ways to avoid sexual abuse.
 - Your younger brother tells you that he has been bitten by a dog.
 - 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.
 - 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.
 - Your adolescent brother/sister always gets into fights with your parents. (02 × 5 = 10 marks)

Part II*Answer two questions only.*

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)
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)
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)
- 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)

- 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)

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