

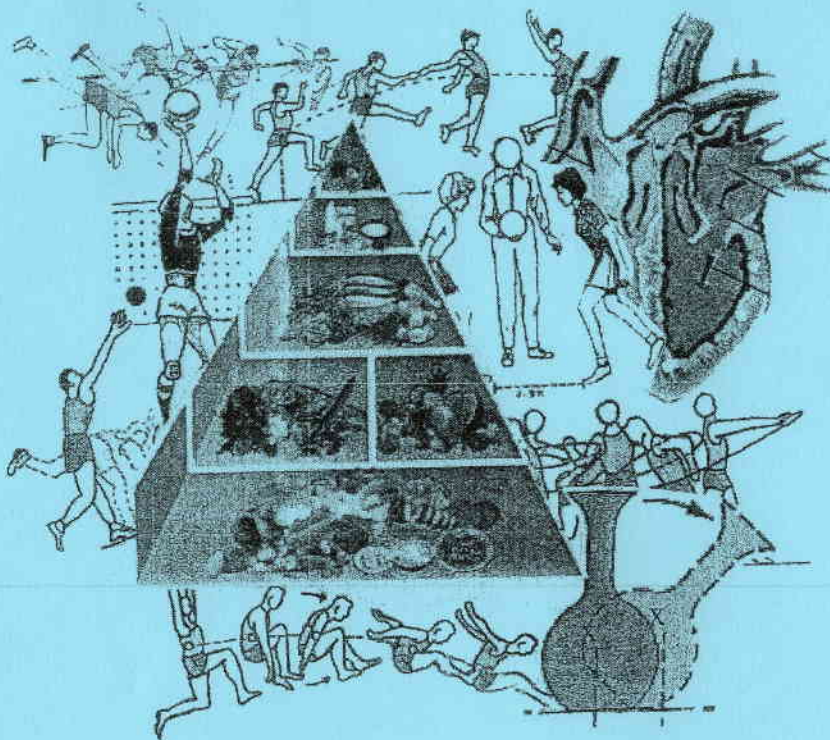


Department of Examinations - Sri Lanka

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

Health & Physical Education

1970-1971

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	06.	Total 10 marks		
	v	02		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		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 develop 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; $1 \times 2 = 02$ marks

(iii)

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

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

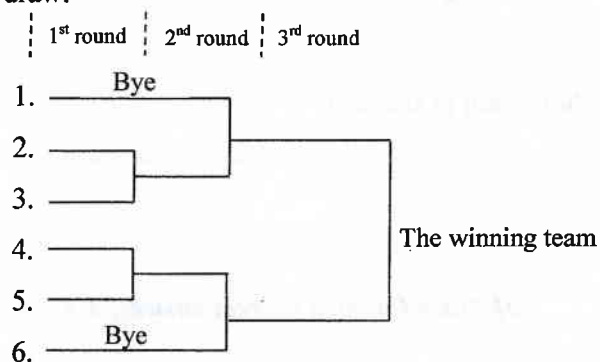
02 Marks for any answer that implies a similar meaning

(vi)

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

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



- (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

$\frac{1}{2}$ Marks each correct answer; $\frac{1}{2} \times 4 = 02$ 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; $1 \times 3 = 03$ marks

If the correct answer is given without an explanation: $\frac{1}{2} \times 3 = 1\frac{1}{2}$ 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; $2\frac{1}{2} \times 2 = 05$ 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

- 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)
- 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)
- 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; $1 \times 2 = 02$ 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

