

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2024(2025)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2024(2025)
 General Certificate of Education (Ord. Level) Examination, 2024(2025)

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

පැය තුනයි
 மூன்று மணித்தியாலம்
 Three hours

අමතර කියවීමේ කාලය - මිනිත්තු 10 යි
 மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
 Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions and decide on the questions that you give priority to in answering.

Health and Physical Education I

Instructions:

- * Answer all questions.
- * In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which is correct or most appropriate.
- * Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.
- * Further instructions are given on the back of the answer sheet. Follow them carefully.

- Answer questions from 1 to 3 using the information about the students mentioned below.

- Kavee ● Obedient to parents and teachers. Excels in studies
 ● Contributes to solving all the problems in the class
 ● A healthy, popular athlete who has won the most number of medals at the inter-house sports meets
- Nishi ● Shows reluctance towards studies
 ● Talented in sports, dancing and singing
 ● Often gets into fights with classmates
- Dhanu ● Leads a religious life
 ● Often encounters illnesses
 ● Shows reluctance towards studies as well as co-curricular activities

1. According to the above information, you can conclude that Kavee is
 (1) equipped with total health. (2) a popular athlete.
 (3) an obedient student. (4) an intelligent student.
2. Out of these students, the student/students who should further develop mental health is/are
 (1) Nishi. (2) Dhanu.
 (3) Nishi and Dhanu. (4) Dhanu and Kavee.
3. The student/students with poor physical health is/are
 (1) Dhanu. (2) Nishi.
 (3) Dhanu and Nishi. (4) all three, Kavee, Nishi and Dhanu.
4. The principal and the school community of Tharugama Vidyalaya organized a *shramadana* to clean the school to make the school a health promoting school. Under health promotion strategies, this programme falls into
 (1) formulating policies. (2) developing competencies.
 (3) reorganizing health services. (4) obtaining community participation.

5. A psychosocial need of a child in the neonatal stage is
- (1) complementary foods free from salt and sugar.
 - (2) a well-ventilated room.
 - (3) protection from physical injuries.
 - (4) love and affection.
- Answer question 6 based on the following information.
- Several changes that will be faced during a certain stage of life are given below.
- Rapid physical growth
 - Quickly responding to feelings such as anger and happiness
 - Shows an interest in associating with the opposite sex
6. All these changes can be seen more often in
- (1) Nirasha who is studying in Grade 4.
 - (2) Kannan who is studying in Grade 11.
 - (3) Anjela who is in middle age.
 - (4) Nasreen who is in old age.
7. Middle-aged women often engage in religious activities. They act in this manner to
- (1) fulfil their physical needs.
 - (2) fulfil their mental needs.
 - (3) fulfil their social needs.
 - (4) fulfil their spiritual needs.
8. In the Body Mass Index (BMI) chart, the colour of the zone that indicates the BMI value of a healthy individual is
- (1) orange.
 - (2) green.
 - (3) light purple.
 - (4) dark purple.
9. The BMI of a student suffering from undernutrition can be
- (1) above 27 kgm^{-2} .
 - (2) between $23.0 - 26.9 \text{ kgm}^{-2}$.
 - (3) between $18.5 - 22.9 \text{ kgm}^{-2}$.
 - (4) less than 18 kgm^{-2} .
10. There is a higher tendency for contracting diseases such as diabetes and heart diseases in
- (1) people with over-weight and obesity.
 - (2) people with over-weight and wasting.
 - (3) people with obesity and wasting.
 - (4) people with obesity and undernutrition.
11. The digestion process starts in the
- (1) mouth.
 - (2) duodenum.
 - (3) stomach.
 - (4) small intestine.
12. When a runner is participating in the 200 m running event, the systems that directly contribute to movements are
- (1) nervous system, circulatory system and muscular system.
 - (2) skeletal system, muscular system and circulatory system.
 - (3) nervous system, muscular system and skeletal system.
 - (4) nervous system, circulatory system and skeletal system.
13. Nipun who has Bitot's spots in eyes says he cannot see letters clearly when reading newspapers. The reason for this condition could be
- (1) vitamin A deficiency.
 - (2) iodine deficiency.
 - (3) calcium deficiency.
 - (4) vitamin D deficiency.
14. Rhihanna who has an enlarged thyroid gland is suffering from a disease condition called
- (1) anaemia.
 - (2) goitre.
 - (3) night blindness.
 - (4) thalassaemia.

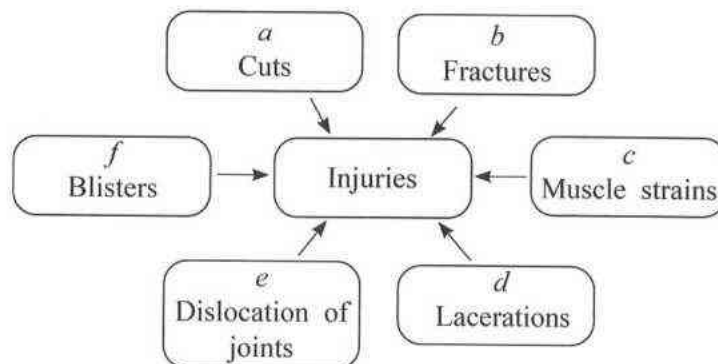
15. Kanchana is a pregnant mother suffering from anaemia. To control this condition, she should eat more
- (1) sea weeds and sea fish.
 - (2) iodized salt and vitamins.
 - (3) yellow fruits and vegetables.
 - (4) meat, fish and green leaves.
- Answer questions 16 and 17 based on the following statements about mental stress.
- A* - Mental stress is mind's response to a certain challenge or a risk.
B - Moderate stress can enhance the productivity of an individual.
C - Mental stress cannot be managed.
16. Of these statements, the **false** statement/statements is/are
- (1) *B*.
 - (2) *C*.
 - (3) *A* and *B*.
 - (4) *B* and *C*.
17. An action that can cause mental stress is
- (1) engaging in physical activities.
 - (2) engaging in studies.
 - (3) subjecting to violence.
 - (4) engaging in home gardening.
18. Avishka felt sad because he could not win the 400 m running event at National School Athletics tournament due to a leg injury. Sandun who recognized his feelings, consoled him and helped to give him first aid.
- According to this description, the competency that has been developed in Sandun is
- (1) empathy.
 - (2) problem solving.
 - (3) correct decision making.
 - (4) showing kindness.
19. Lahiru became the class monitor with the agreement of all the students in the class. He was also appointed as the President of the Village Youth Society as he won the hearts of neighbours. According to the above information, select the option that contains the most suitable sentence to describe Lahiru.
- (1) He is an efficient student.
 - (2) He is equipped with total personality.
 - (3) His interpersonal skills are developed.
 - (4) He is a healthy student.
- Study the pairs for events *A*, *B* and *C* and answer question 20.
- A* - { Having unprotected sexual relationships
The risk of contracting HIV/AIDS disease conditions
- B* - { Developing the ability to manage emotions
The ability to minimize problems faced in day-to-day life
- C* - { Avoiding drunk driving
Tendency for road accidents
20. The pair/pairs of events in which the **increase** of the first event results in the **decrease** of the second event is/are
- (1) *A*.
 - (2) *C*.
 - (3) *A* and *B*.
 - (4) *B* and *C*.
21. The starter gave the command 'on your mark, get set, go/sound of the gun' to start the event that Sasindu participated in. Which of the following is the event he participated in?
- (1) Marathon running
 - (2) 1500 m running
 - (3) 800 m running
 - (4) 400 m running

- Select the options that contain the most suitable words to fill in the blanks of questions 22 and 23.
22. In running events, the winner is selected according to the sequence in which the of the runner reaches the vertical plane of the nearer edge of the finish line.
 (1) head (2) hands (3) chest (4) torso
23. In a 4×100 m relay race held on a 400 m track, the baton-changing method in which the four runners exchange the baton using inside and outside change methods within their respective baton-changing zones is called
 (1) visual change (2) non-visual change
 (3) mixed change (4) underhand change
24. Select the correct option regarding the following statement and the reason.
 Statement :- In international competitions, some athletes try to achieve victory by using banned performance-enhancing drugs, disregarding the concept of fair play.
 Reason :- Trying somehow to bring fame to the country they represent
 (1) The statement and the reason are true.
 (2) The statement and the reason are false.
 (3) The statement is true and the reason is false.
 (4) The statement is false and the reason is true.
25. The following figure shows four students *P*, *Q*, *R* and *S* standing in different ways.



Of these students, who can maintain balance for the longest period?

- (1) *P* (2) *Q* (3) *R* (4) *S*
- Some injuries that an athlete could encounter are given by letters *a*, *b*, *c*, *d*, *e* and *f* in the following diagram. Answer questions 26 and 27 based on this information.



26. Of these injuries, the internal injuries that can occur to an athlete are
 (1) *a*, *b* and *f*. (2) *a*, *d* and *f*.
 (3) *b*, *c* and *e*. (4) *c*, *d* and *e*.
27. Of the injuries given in the diagram, the injuries for which first aid can be given using the PRICES method are denoted by letters
 (1) *a*, *d* and *f*. (2) *b*, *c* and *e*.
 (3) *b*, *c* and *f*. (4) *c*, *d* and *f*.

28. The factors that determine the distance that a long jump athlete jumps are

- (1) take-off velocity, take-off angle and take-off power.
- (2) take-off height, take-off velocity and take-off power.
- (3) take-off angle, take-off height and take-off force.
- (4) take-off height, take-off angle and take-off velocity.

- Numbers of some athletes and the running events they participate in are given in the following table. Answer questions 29 and 30 based on this information.

Athlete No.	Events
04	4 × 100 m relay, 1 st runner
51	1500 m running
64	Marathon running
85	800 m running
92	200 m running

29. The numbers of athletes who start their events with a standing start are

- (1) 04, 51 and 64.
- (2) 04, 51 and 92.
- (3) 04, 64 and 85.
- (4) 51, 64 and 85.

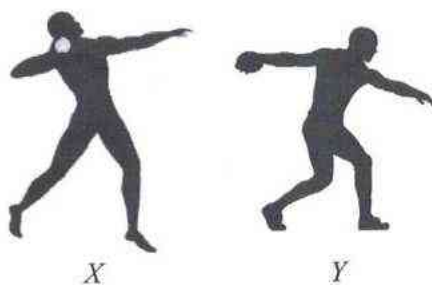
30. What are the numbers of athletes who will be using starting blocks to start their events?

- (1) 04 and 51
- (2) 04 and 64
- (3) 04 and 85
- (4) 04 and 92

31. Kumari participated in the Under 18 Women Hurdles event of National School Games. The event that she participated in is

- (1) 100 m hurdles running.
- (2) 110 m hurdles running.
- (3) 200 m hurdles running.
- (4) 300 m hurdles running.

- The following diagram shows athletes *X* and *Y* who are participating in two throwing events. Answer question 32 based on this information.



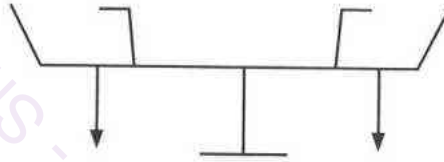
32. Which of the following options correctly lists the events participated by these athletes?

- (1) *X* discus throw, *Y* shot put
- (2) *X* shot put, *Y* discus throw
- (3) *X* shot put, *Y* hammer throw
- (4) *X* hammer throw, *Y* discus throw

- Answer questions 33 and 34 based on the following information.

Four teams participate in the volleyball tournament of the school's inter-house sports meet. The school has limited facilities. The school does not have enough funds and has only one play area and a volleyball. The results of the tournament have to be announced soon. The school has one Physical Education teacher and one coach.

33. Under these circumstances, the most suitable method to prepare the draw to conduct this tournament is the
- (1) league method. (2) combination method.
(3) challenging method. (4) knockout method.
34. If the number of matches in this tournaments is determined using the formula $n - 1$, the number of matches that should be held is
- (1) 3. (2) 4. (3) 6. (4) 8.
35. A seesaw kept on a support is shown in the below diagram.



This seesaw is balanced because

- (1) its centre of gravity is positioned near the ground.
(2) the forces acting on both sides of its centre of gravity are equal.
(3) its supporting base is large.
(4) its line of gravity is in a lower level.
36. In football, the goal keeper has to change his/her postures instantly according to the movement of the ball to catch the ball. What is the skill-related fitness quality that should be developed in goal keeper to achieve this?
- (1) Strength (2) Power
(3) Agility (4) Coordination
37. One of the reasons for winning sprint races is to start the race as soon as the gunshot is heard. To achieve this, the athlete should develop
- (1) reaction speed. (2) balance.
(3) coordination. (4) power.
38. The maximum angle through which an athlete's elbow joint, which acts as a hinge joint in the javelin throw event, can move is
- (1) 45°. (2) 90°. (3) 180°. (4) 360°.
39. The energy system that contributes most to producing energy for events such as jumps, throws and lifts is the
- (2) creatine phosphate method.
(2) lactic acid method.
(3) aerobic method.
(4) respiratory method.
40. 2024 Olympic Games were held in Paris, France. What year will the next Olympic Games be held?
- (1) 2025 (2) 2026 (3) 2027 (4) 2028

සියලු ම හිමිකම් ඇවිරිලි / முழுப் பதிப்புரிமையுடையது / All Rights Reserved]

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Department of Examinations, Sri Lanka

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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. A friendly netball and football tournament was held between Namalgama Vidyalaya and our school last Saturday at the school playground. The tournament was organized with the help of the School Sports Society and the school community.

Tournament organizing duties were assigned to several committees and the invitations were designed and distributed by the documentation committee.

The opening ceremony was held festively with the participation of all parties including the invited guests, the principal, the staff and the competitors, and the netball tournament was held first. The invitees watched matches seated and some students watched matches while seating on the steps of the pavilion or standing around the playground.

Football matches were held after lunch. With the aim of promoting indigenous foods among students, the refreshments committee, together with villagers, served brown rice, fish, mixed green leaf mallow, three curries and a vegetable salad for lunch followed by fruit salad for dessert for the guests and students. Furthermore, participants were given the opportunity to have natural fruit juices such as papaya and wood apple juice during the tournament.

At the end of the tournament, the principal addressed the gathering and presented several important facts including the need to engage in sports and exercises for a healthy life. The tournament concluded after the awarding of trophies followed by the vote of thanks.

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

- Write **two** committees other than the committee mentioned in the case, that can be appointed to ease the organizing process.
- Write **two** duties that can be assigned to the documentation committee in addition to designing and distributing invitations.
- Write **two** instances in the case in which the School Sports Society has obtained community participation according to the concept of Health Promotion.
- Name **two** groups of people who have maintained static postures while watching matches.
- Write **two** mixed foods that are consumed by the students mentioned in the case.
- Name **two** macronutrients that are included in the lunch prepared by the villagers.
- Write **two** benefits the students can gain by consuming indigenous foods.
- Write **two** organized games that are **not** mentioned in the case.
- Mention **two** psychosocial skills that will be developed in students by participating in events like these.
- In addition to sports and exercises mentioned by the principal, mention **two** other needs that are necessary to build health.

(02 × 10 = 20 marks)

Part I*Answer two questions only.*

2. Healthy food consumption is important for a healthy life and the correct understanding of food consumption is important for that.
- Name **two** microorganisms that can cause food spoilage during various instances from food production to consumption. (02 marks)
 - (a) What is meant by 'food adulteration'? (01 mark)
(b) Give **two** examples for food adulteration. (02 marks)
 - (a) Mention **two** actions that can be taken to minimize nutrient loss during food preparation. (02 marks)
(b) Mention **three** actions that can be taken to enhance the nutritive value of foods. (03 marks)
3. Human sex is determined by the biological existence of one system and it is important to maintain health of this system to prevent diseases.
- Name the system that has significant structural differences in males and females and mention its major function. (02 marks)
 - Mention **two** diseases associated with the system you named in above (i) and write the main method of transmitting these diseases. (03 marks)
 - (a) Name **two** groups of people that have a higher risk of transmitting the diseases you mentioned in above (ii). (02 marks)
(b) Mention **three** good habits that can be followed to prevent the transmission of the diseases you mentioned in above (ii). (03 marks)
4. We have to face several challenges in our day-to-day life. We should develop life competencies to overcome these challenges successfully. Briefly explain how you would act to overcome the following challenges successfully.
- You heard your mother telling your brother/sister who is in Grade 10, that he/she should stop all sports he/she has been engaging in so far, and engage only in his/her studies.
 - You come to know that your brother/sister in Grade 9 has received an invitation to start a love affair through social media.
 - You find out that your best friend is hanging out with a group of older friends who consume drugs.
 - Your friend tells you that he/she cannot prepare for the G.C.E. (O/L) Examination because his/her mother and father constantly fight at home.
 - When you visited your friend, you came to know that they are not helping their grand mother in any way. (02 × 5 = 10 marks)

Part II*Answer two questions only.*

5. Correct techniques, an understanding of the rules and regulations and training are essential to show talents in athletics.

- The numbers of two athletes who participated in National School Games and the techniques they practised are given below.

Athlete Number	Technique
46	Hitch kick technique
78	Parry O' Brien technique

- Mention separately, the events these two athletes participated in, in front of their numbers. (02 marks)
- (a) Name the muscle fibre type that could be found abundantly in the limbs of the athletes mentioned in above (i). (01 mark)
(b) Mention **two** characteristics of the muscle fibre type you mentioned in above (ii) (a). (02 marks)

- (iii) (a) Briefly write **two** activities that you can demonstrate for a beginner athlete to familiarize him/herself with the shot. (02 marks)
- (b) An athlete who participated in a shot put event left the circle through the back half after throwing, before the shot touched the ground. As the judge of this event, explain your decision with reasons during this instance. (03 marks)

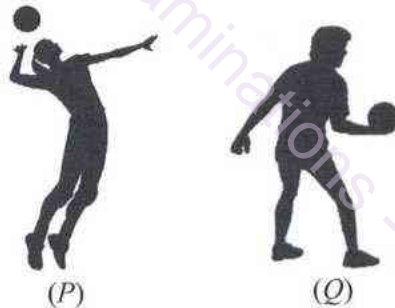
6. Inter-house sports meet is a major event among the co-curricular activities of a school. It must be managed correctly to develop personal skills.

- (i) Name **two** co-curricular Physical Education activities in school in addition to the inter-house sports meet for which you can contribute in managing. (02 marks)
- (ii) If your group is assigned to organize the inter-house sports meet of your school, mention the **three** phases that you should pay attention to, when organizing the event. (03 marks)
- (iii) (a) Mention **two** physical benefits you can gain by participating in co-curricular Physical Education programmes in school including the inter-house sports meet. (02 marks)
- (b) If four teams are participating in the volleyball tournament of the inter-house sports meet, prepare the draw for the tournament according to the league method. (03 marks)

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

When playing volleyball, netball and football, understanding the skills as well as the rules and regulations are important.

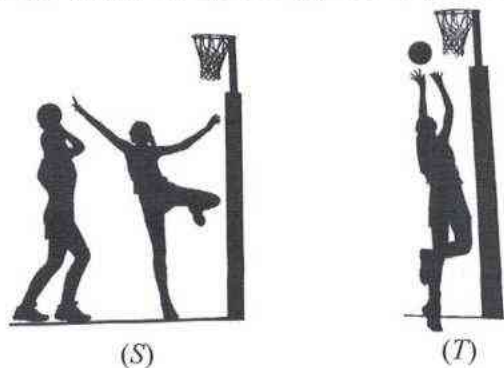
- A. (i) Two volleyball skills are shown below in figures (P) and (Q). Write these **two** skills separately.



(02 marks)

- (ii) During the volleyball match between the Northern and Southern Province teams, a back-row player of the Southern team came to the front row and slammed the ball which was over the net, to the opposing team using the technique shown in figure (P). As the referee, explain your decision with reasons during this situation. (03 marks)
- (iii) Design and present with diagrams, **two** activities with the ball, that can be done as a team to practise the skills shown in figures (P) and (Q) above. (05 marks)

- B. (i) Two netball skills are shown in figures (S) and (T). Write these **two** skills separately.



(02 marks)

- (ii) During the netball match of the Red and Blue teams, when the goal shooter of the Red team was shooting, the goal keeper of the Blue team blocked her maintaining a 3-feet distance and got hold of the ball that slipped from the goal shooter by jumping up. As the umpire, explain your decision with reasons during this situation. (03 marks)
- (iii) Design and present with diagrams, **two** activities with the ball, that can be done as a team to practise the skills shown in figures (S) and (T) above. (05 marks)

- C. (i) Two football skills are shown below in figures (M) and (N). Write these **two** skills separately.



(M)



(N)

(02 marks)

- (ii) During the football match between the Western and Central Province teams, a player of the Central Province team spat on a player of the Western Province team. As the referee, explain your decision with reasons during this situation. (03 marks)
- (iii) Design and present with diagrams, **two** activities with the ball, that can be done as a team to practise the skills shown in figures (M) and (N) above. (05 marks)

* * *