

**அல்லிகா பொட்டு சுற்றிக் கணக்கு (சுமானால் பெல்) விஷயத்தின்
கல்விப் பொதுத் தராதரப் பத்திர் (சாதாரண தர)ப் பரிட்சை, 2021(2022)**
General Certificate of Education (Ord. Level) Examination, 2021(2022)

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Health and Physical Education	I, II

ஒரே நூற்று
மூன்று மணித்தியாலம்
Three hours

அன்றை தியலில் காலை - மீதின்னு 10 நி
மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
Additional Reading Time - **10 minutes**

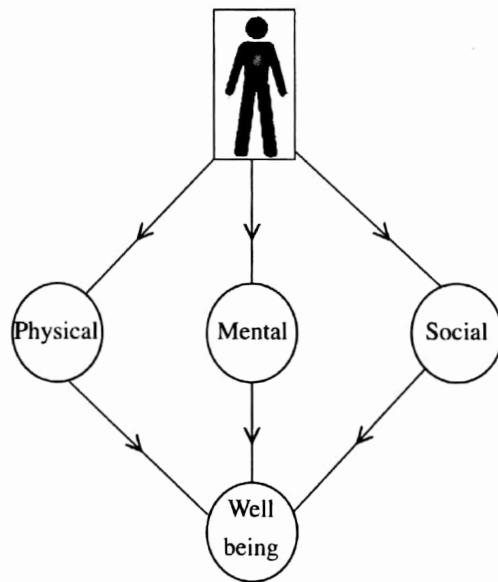
Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

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.

1. A student has presented the following diagram to describe a concept.



The concept presented by the above diagram is

- (1) Health promotion. (2) Total personality.
(3) Total health. (4) The well-being of life.

- Use the following information to answer question 2 and 3.

Several programmes conducted by the principal and the teachers of Malyaya Vidyalaya to convert the school into a Health Promotion School, are listed as A, B and C.

- A – Holding a shramadana with the assistance of parents and villagers to clean the school.
 - B – Conducting a vaccination programme with the help of the Medical Officer of Health (MOH) and the Public Heath Inspector (PHI) to protect the students over 12 years from COVID-19.
 - C – Making it compulsory to sell healthy foods in the school canteen.

2. Under the health promotion strategies, the programme denoted by 'A' belongs to
 (1) developing skills.
 (2) obtaining community participation.
 (3) building a healthy environment.
 (4) formulating policies.
3. The programme/programmes implemented under recruitment of services necessary for health promotion is/are
 (1) A. (2) B. (3) A and C. (4) B and C.

● Use the following information to answer questions 4 and 5.

The colours indicating the Body Mass Index (BMI) ranges that determine the different nutritional statuses are as follows.

* Orange * Green * Light purple * Dark purple

4. What is the colour of the range to which Radha, who is a student with a weight appropriate for her height, belong?
 (1) Green (2) Orange (3) Light purple (4) Dark purple
5. The colour range of Neero, who is an obese student, is
 (1) dark purple. (2) green. (3) orange. (4) light purple.
6. What is the choices that lists the stages of childhood in the correct order?
 (1) Prenatal stage, infant stage, neonatal stage and childhood
 (2) Prenatal stage, neonatal stage, infant stage and childhood
 (3) Neonatal stage, prenatal stage, childhood and infant stage
 (4) Neonatal stage, prenatal stage, infant stage and childhood
7. The diagrams X, Y and Z given below indicate several postures.



Out of the above diagrams, the letters of the diagrams showing incorrect postures are,
 (1) X and Y. (2) X and Z. (3) Y and Z. (4) X, Y and Z.

● Use the following information to answer questions 8 and 9.

Based on the information revealed at the School Medical Inspection (SMI), four students received medical advice to increase the consumption of food containing micronutrients as follows.

Kumari	-	Foods rich in iodine
Nadan	-	Foods rich in vitamin A
Jeseema	-	Foods rich in calcium
Christy	-	Foods rich in iron

8. Out of these students, the student who is most likely to be suffering from goitre is,
 (1) Kumari. (2) Nadan. (3) Jeseema. (4) Christy.
9. Which of the following students is more likely to have Bitot spots?
 (1) Jeseema. (2) Christy. (3) Kumari. (4) Nadan.



17. When cleaning our classroom, Niroopa works together with all others. Fathima works together with her group members. Shivam works only with his three friends. Out of them, the person/persons with the **best** inter-personal skills is/are,

- (1) Fathima. (2) Niroopa.
 (3) Niroopa and Fathima. (4) Shivam, Fathima and Niroopa.

18. Select the correct answer choice regarding the following statement and the reason.

Statement – It is essential to breast feed a child until he/she completes at least six months.

Reason – Breast milk contains all nutrients required for the growth of a child's body and brain up to six months, in adequate amounts.

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

19. A social change that could be observed in Meena who is in Grade 11 is,

- (1) preferring to work independently.
 (2) showing creativity.
 (3) quickly responding to feelings such as anger and joy.
 (4) associating with opposite sex.

20. Several facts that were included in a handout prepared by a medical doctor to educate a patient are given below.

- * The outward appearance becomes less attractive due to the discolouration of lips, teeth and nails.
- * Causes sexual dysfunction.
- * Causes oral, oesophageal and lung cancers.
- * Increases the risk of dying from heart attacks.

A regular habit of this patient could be,

- (1) practising unsafe sex with many people.
 (2) consuming foods rich in sugar, salt and fats.
 (3) not engaging in exercises regularly.
 (4) consuming alcohol and smoking.

● Answer question **21** and **22** using the following information.

Younger sister comes running and throws the tennis ball far. Younger brother comes running and jumps over a water hole. Mom is watching them while standing beside dad, who is seated. Grandfather is lying on a bed in his room.

21. Out of these, static postures are shown by,

- (1) brother and sister. (2) mother and father.
 (3) father and grandfather. (4) mother, father and grandfather.

22. Dynamic postures are shown by,

- (1) sister. (2) grandfather. (3) brother and sister. (4) mother and father.

23. During a Physical Education practical lesson to teach a skill, the teacher instructed to move the feet as shown in the diagram. This skill is,

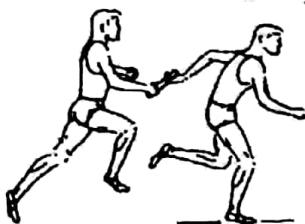
- (1) the correct footwork for running.
 (2) the footwork for the approach run in jumps.
 (3) the correct footwork in race walking.
 (4) the footwork for the approach run in the javelin throw.



24. The two main techniques that are used to start running events are,

- (1) the crouch start and the medium start.
- (2) the standing start and the elongated start.
- (3) the crouch start and the elongated start.
- (4) the standing start and the crouch start.

25.



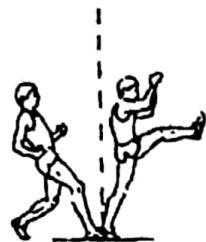
The baton change that occurred between the 1st and 2nd runners of a team during a 4 × 100 m relay race is shown in the diagram. This baton change is

- (1) a non-visual inside pass.
- (2) a visual inside pass.
- (3) a non-visual outside pass.
- (4) a visual outside pass.

26. The take-off of an athlete engaging in a jumping event is shown in the diagram.

This athlete's event could most likely be

- (1) long jump.
- (2) high jump.
- (3) triple jump.
- (4) pole vault.



27. When Olympic Games first started, the winners were awarded,

- | | |
|----------------------|-------------------------|
| (1) gold medals. | (2) trophies. |
| (3) an olive branch. | (4) a bunch of flowers. |

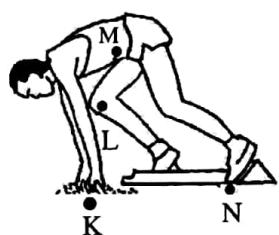
28. An Olympic gold medallist had to face the following instances after undergoing a test.

- * Banned from participating in sports.
- * Stripped off of the gold medal.
- * Brought disgrace to his/her country.

The reason for these consequences could be

- (1) breaking competition rules and regulations.
- (2) not accepting the decision of the judge board.
- (3) obstructing other players.
- (4) consuming banned performance-enhancing drugs.

29.



The centre of gravity of the athlete in the diagram who is in the starting position of a sprint event is located at point

- (1) K.
- (2) L.
- (3) M.
- (4) N.

30. The weightlifter shown in the diagram has achieved balance by,

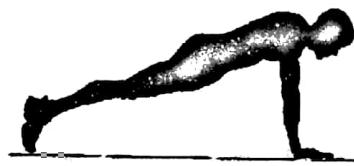
- (1) positioning his centre of gravity lower.
- (2) moving body parts in opposite directions.
- (3) widening his supporting base.
- (4) leaning his body towards an external force.



31. During an exercise, which of the following compounds is broken down to produce energy for muscle contraction?

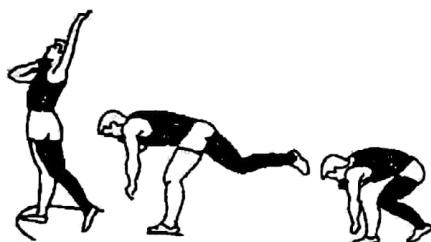
- (1) Adenosine triphosphate (ATP)
- (2) Adenosine diphosphate (ADP)
- (3) Creatine phosphate (CP)
- (4) Glucose

32. An athlete engaging in push-ups to develop a health-related physical fitness component is shown in the diagram. The fitness component that will be mostly developed in him by engaging in this activity is,



- (1) respiratory fitness/cardiovascular fitness.
- (2) muscular endurance.
- (3) muscular strength.
- (4) flexibility.

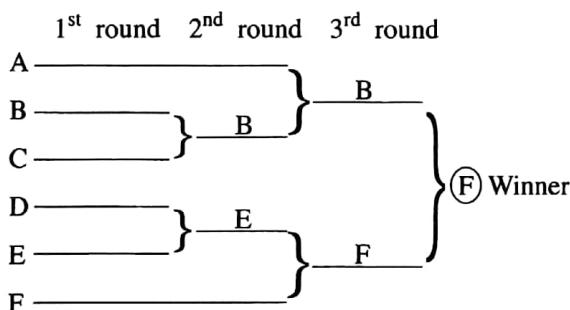
33.



Several steps of a stage in the linear shot put technique is shown in the diagram. This stage is

- (1) the preparation.
- (2) gliding.
- (3) the power position.
- (4) releasing.

● The draw of a volleyball tournament with six teams A, B, C, D, E and F is shown below. Answer questions 34 and 35 based on it.



34. According to the draw, which of the following team/teams has/have been awarded a bye in the first round?

- (1) A
- (2) F
- (3) B and E
- (4) A and F

35. Which of the following is **not** an advantage of organizing this type of a tournament?

- (1) The tournament can be organized at a low cost.
- (2) Judging can be done with a few referees.
- (3) The true winner can be selected.
- (4) The tournament can be finished within a short time.

36. Out of the following pairs of sports, select the pair that requires the highest level of hand-eye coordination.

- (1) Badminton and chess
- (2) Badminton and table tennis
- (3) Cricket and carrom
- (4) Checkers and hockey

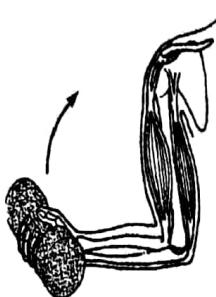
37. a, b, c and d below denote different instances in sports.

- a – 100 m sprint, 4 × 100 m relay
- b – Approach run in long jump
- c – Moving pieces to relevant places in chess
- d – Running between wickets in cricket

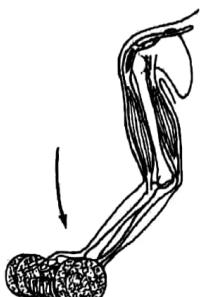
Select the instances in which speed becomes important in sports.

- (1) a and d (2) b and d (3) a, b and d (4) a, b, c and d

38. The diagrams denoted by P, Q, R and S indicate how hands and legs work during several instances when engaging in sports.



P



Q



R



S

What is the letter that indicates an occasion where it works as a type III lever?

- (1) P (2) Q (3) R (4) S

● Study the pairs of events A, B, C and answer question 39.

- | | |
|-----|---|
| A - | <ul style="list-style-type: none"> Connecting with nature and engaging in outdoor educational activities. Developing the ability to understand the challenges of nature and facing them successfully. |
| B - | <ul style="list-style-type: none"> Appreciating the talents of students engaging in sports within the school. School children engaging in various sports activities. |
| C - | <ul style="list-style-type: none"> Disobeying rules and regulations while engaging in sports. Competing according to the concept of fair play |

39. The letter/letters denoting the pair/pairs in which an **increase** in the first event results in an **increase** in the second event is/are,

- (1) B only. (2) C only. (3) A and B only. (4) A and C only.

40. What is the event in which Dinesh Priyantha Herath won a Gold medal at 2020 Tokyo Paralympics, where he kept a World Record and placed Sri Lanka's name in the International Athletics history?

- | | |
|------------------|-------------------|
| (1) Discus throw | (2) Javelin throw |
| (3) Shot put | (4) Hammer throw |

* *

ଶ୍ରୀମଦ୍ଭଗବତ ପ୍ରକାଶନ ଏବଂ ଅଧ୍ୟାତ୍ମିକ ପଠନ (ଚାରିମାତ୍ରାବ୍ଦୀ ପେଲ) ବିଜୁଳି, 2021(2022)

கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரிட்சை, 2021(2022)

General Certificate of Education (Ord. Level) Examination, 2021(2022)

ஸெஸாஸ்சன் ஹா	காரீறிக் அதிவாபனய	I, II
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. The principal of a health promotion school started the school after the vacation with a meaningful programme. He cleaned the school through a shramadana with the assistance of parents and villagers. The villagers gave the participants *Kolda kenda* in the morning and lunch consisting of local food varieties such as brown rice and Gotukola salad.

The principal arranged a western doctor to educate the students on the correct procedure to wear masks to prevent the new COVID-19 variant, which is spreading rapidly now. An Ayurvedic doctor educated on how herbal drinks such as Coriander (*koththamalli*) can be consumed appropriately.

The Physical Education teacher emphasized the importance of maintaining physical and mental health when the lifestyle becomes normal. He showed that it is essential to engage in team sports such as cricket and games involving mental development such as checkers, to achieve this. He also explained the importance of engaging in outdoor activities such as forest explorations when the lifestyle becomes normal.

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

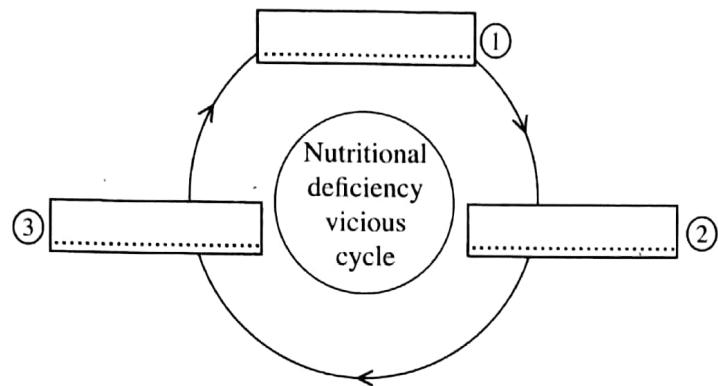
- (i) Name the mixed food items that the villagers offered to the participants of shramadana which are mentioned in the case and state the nutritional importance of them.
 - (ii) Why do you recommend it is better to consume the Gotukola salad prepared by villagers raw?
 - (iii) Mention **two** actions that the principal has taken to develop skills required for health prmotion among the students.
 - (iv) Write down **two** methods that should be followed to prevent COVID-19 in addition to the method mentioned by the western doctor.
 - (v) Write down **two** activities that you can engage in, to maintain your physical fitness while you are staying home due to the COVID-19 disease condition.
 - (vi) Write down **two** methods that can be followed to prevent COVID-19 according to indigenous medicinal procedures, in addition to the method mentioned in the case.
 - (vii) Write down **two** games other than checkers that involve mental development, which you can play while you are at home.
 - (viii) Mention a social skill and a personal skill that will be developed within you when working as a team during these occasions.
 - (ix) Write down **two** outdoor activities that can be engaged in after the life becomes normal, in addition to forest explorations that is mentioned in the case.
 - (x) Mention **two** benefits of engaging in outdoor educational activities on such occasions.

(02 x 10 = 20 marks)

Part I

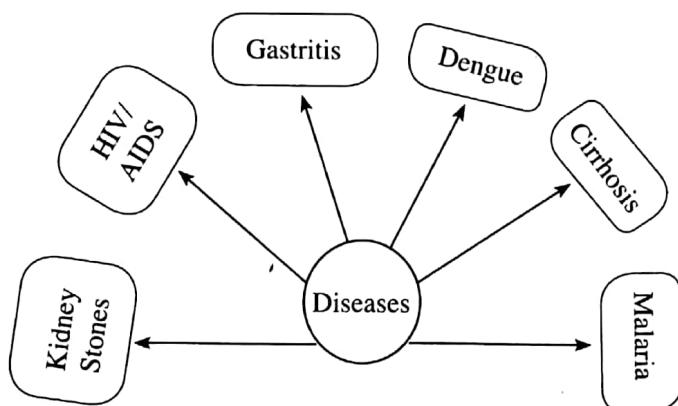
Answer two questions only.

2. (i) Mention how nutrients can be classified into two categories with examples. (02 marks)
(ii) The vicious cycle of nutritional deficiency is shown below. Mention the stages indicated by ①, ② and ③ in the correct order. (03 marks)



- (iii) Write down **five** actions that can be taken to prevent food poisoning. (05 marks)

3. Answer the questions given below based on the following diagram that lists diseases.



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

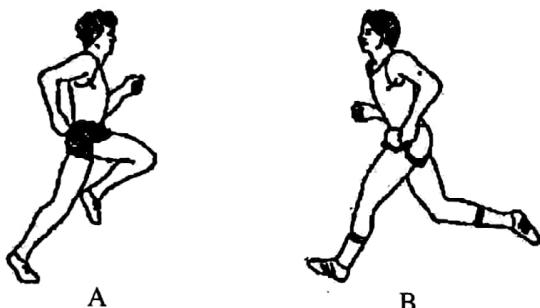
- (i) You came to know that a family that have been affected by a landslide has lost their dwelling.
- (ii) A friend tells you that he/she cannot sit for the G.C.E.(O.L) Examination because he/she could not participate in online lessons during COVID-19 period due to financial problems.
- (iii) You notice that two school children stays on the pedestrian crossing for a longer time, unable to cross the road due to the traffic jam.
- (iv) You see your sister who is in Grade 10, coming home alone in the dark on an isolated road after finishing tuition classes.
- (v) You came to know that one of your elderly neighbours refuses to obtain the third dose of the COVID-19 vaccine because he/she is afraid of the different views of society on the vaccine.

$(02 \times 5 = 10 \text{ marks})$

Part II

Answer two questions only.

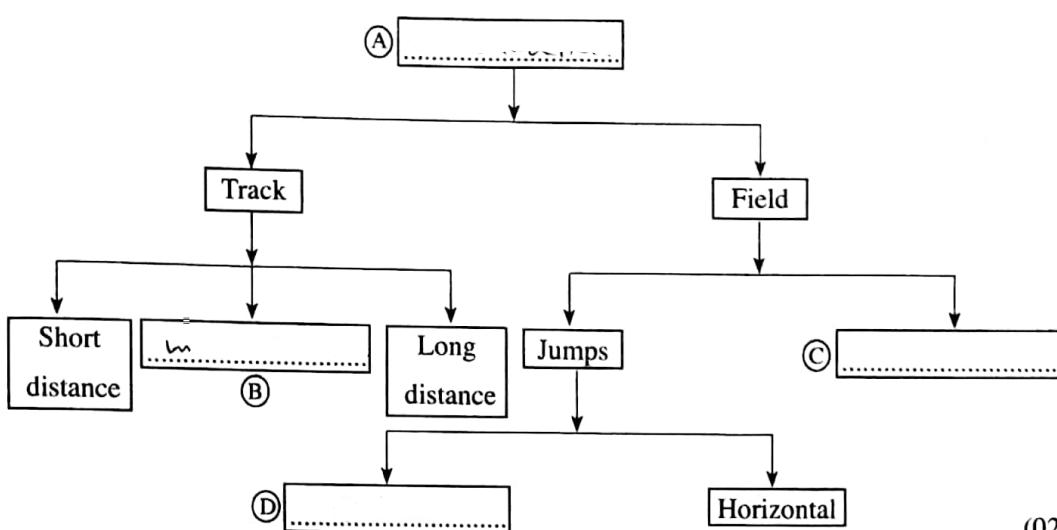
5. The following two diagrams show two events in which the two athletes A and B participate. Study these diagrams and answer the following questions.



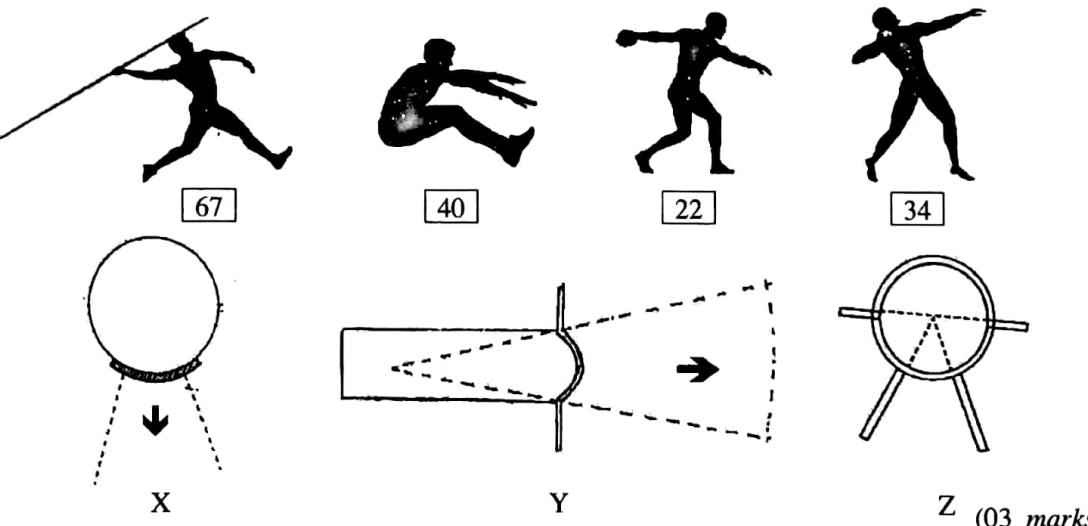
- (i) Of the two athletes, identify and name the short-distance runner and write down a reason for your identification. (02 marks)
- (ii) State with reasons, the energy system that is mostly used by athlete B to produce energy for his event. (03 marks)
- (iii)
 - (a) Mention separately, the muscle fibre types that could be found abundantly in legs of athletes A and B.
 - (b) Write down **two** characteristics of each of the two muscle fibre types you mentioned above in question (iii) (a). (05 marks)

6. (i) A classification of a group of athletics events is given in the following diagram. Fill in the blanks denoted by the English letters using the words given below.

Middle distance Vertical Track and field Throws



- (ii) Three play areas X, Y and Z and four athletes with numbers 67, 40, 22 and 34 are shown in the following diagram. Of these athletes, write down separately, the numbers of athletes who should report to the play areas X, Y and Z for their event.



- (iii) Explain giving reasons, your decision as a judge during the following instances of the school athletics competition.

- (a) Three athletes in a 100 m race reached the vertical plane of the near edge of the finish line at the same time as given below.

Athlete No.	The body part that reached the finish line
63	Head
84	Neck
90	Torso

State the number of the athlete to whom you will award the first place.

- (b) A shot putter left the circle from the back half after completing his/her attempt.
 (c) A long jumper spent more than one minute to start his/her attempt after his/her number has been announced.

(05 marks)

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

- A.** (i) You have been assigned to train the volleyball team of your house for the school's inter house volleyball tournament.
(a) Including the reserve players, how many players can be registered for one team?
(b) How many players can be allowed to play in a team during a volleyball match of that tournament? (02 marks)
- (ii) Write down **three** infringements that could occur during volleyball service. (03 marks)
- (iii) (a) Explain the 'Joint Block' in volleyball.
(b) Write down **two** suitable activities to practice the blocking skill of grade 10 students after training this skill. (05 marks)
- B.** (i) You have been assigned to train the netball team of your house for the school's inter-house netball tournament. What is the minimum and maximum number of players that can be allowed to play in a team during a netball match of that tournament? (02 marks)
- (ii) Mention **three** instances in which a free pass shall be awarded as a penalty for offences committed by netball players. (03 marks)
- (iii) (a) Mention the penalty that is given for the offences committed to opponent players within the goal circle.
(b) Write down **two** suitable activities to practice the overhead pass skill of Grade 10 students after training the overhead pass. (05 marks)
- C.** (i) You have been assigned to train the football team of your house for the school's inter-house football tournament. What is the minimum and maximum number of players that can be allowed to play in a team during a football match of that tournament? (02 marks)
- (ii) Mention **three** serious offences that can be committed by football players. (03 marks)
- (iii) (a) Mention the penalty that will be given when the whole of the ball crosses the touch-line in football.
(b) Write down **two** suitable activities to practice kicking with the outside of the instep of Grade 10 students after training this skill. (05 marks)

* * *