

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

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
 இலங்கைப் பரீட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம்
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 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
 General Certificate of Education (Ord. Level) Examination, 2020

සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය 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. During the last extended school vacation, all the members of the Jayashri family spent the mornings engaging in gardening. They grew vegetables such as string beans, winged beans and brinjal, green leaves such as Gotukola and spinach, and manioc. The trees such as coconut, jak, mango, and banana were also there in the garden. The fresh produce collected from the garden became very useful for mother who was always concerned about preparing healthy meals. During that time period, they completely avoided junk food and instant food. They worked efficiently to maintain cleanliness of the environment as well. There, they cleared the places where water was accumulated, and produced compost using waste.

During leisure times, all family members played games such as Chess which develops mental health, and in the evenings, they played cricket. On some days, the children played minor games such as 'fishing-net' by setting their own rules and regulations.

Answer the questions from (i) to (x) using the above incident.

- Mention two activities that lead to the improvement of health-related physical fitness of Jayashri family.
- Write two good food habits followed by the members of the Jayashri family.
- Suggest two actions that the mother of Jayashri family can follow when preparing home-grown green leaves, to protect their nutritional value.
- Write two food items that could be found from the garden of Jayashri family, which help to minimize constipation that their grandfather is suffering from.
- State two benefits that the Jayashri family can gain by maintaining the cleanliness of the environment.
- Write two social skills that could be developed within these family members by working together.
- Name two other games they can play in addition to the game mentioned in the given incident to develop their mental health.
- Name the category of sports to which Cricket belongs, and state another game which belongs to the same category that can be played by them.
- State two other features which can be seen in the minor game they created, except the feature mentioned in the incident.
- Write two benefits they will gain by engaging in sports.

(02 × 10 = 20 marks)

[see page eight]

Part I

Answer two questions only.

2. A large number of deaths are reported around the world due to COVID-19 which has developed into a global pandemic recently.
- Name the causative agent of the above disease and the organ system that is directly affected by the disease. (02 marks)
 - State three actions that have been taken by the Sri Lankan government to prevent the spread of COVID-19. (03 marks)
 - Write five actions you should take to prevent being infected from this disease. (05 marks)
3. Sri Lankans are facing numerous nutritional problems at present due to macronutrient and micronutrient inadequacies.
- State the two nutritional problems that are faced by people due to excessive and insufficient intakes of macronutrients.
 - State separately, one feature that can be seen in people suffering from each of the two nutritional problems you mentioned in question (i)(a). (02 marks)
 - Three micronutrient deficiency conditions faced by some students are listed below. Name one symptom of a disease that results from each of the listed deficiency conditions.
 - Iodine deficiency
 - Iron deficiency
 - Vitamin A deficiency (03 marks)
 - Write with examples, an action that can be taken by the students to minimize each of the three nutritional deficiencies mentioned in question (3)(ii). (03 marks)
 - State two actions that have been taken by the Sri Lankan government to minimize the nutritional deficiencies mentioned in question (3)(ii). (02 marks)
4. Briefly explain how you would act to overcome the following challenges successfully.
- Your brother/sister who is in Grade 10 tells you that it is difficult to stay at home doing nothing, as the school vacation is extending.
 - You get to know that your friends are planning to hold a party which results in violation of quarantine rules.
 - You see that a neighbouring family with a low income has become helpless during the curfew period.
 - Your friend tells you that he/she could not engage in regular training and physical fitness activities during this long vacation because he/she had to stay at home, trying out various foods and asks you what he should do for it.
 - After COVID-19 curfew, which was imposed to prevent the spreading of the disease is lifted, your mother asks you to bring some essential items from the nearby grocery store. (02 × 5 = 10 marks)

[see page nine

Part II

Answer two questions only.

5. The following table shows some details of muscle fibres that are abundantly found in arms and legs of a weightlifter and a marathon runner who won Gold Medals at Olympic Games. Accordingly, answer the questions given below.

The special characteristic of muscle fibres	Athlete A	Athlete B
Colour	White	Red
Contraction speed	High	Low
Anaerobic respiration	High	Low
Aerobic respiration	Low	High

- (i) (a) Write separately, the letters that denote the weightlifter and the marathon runner.
 (b) In addition to the characteristics listed in the table, mention one other characteristic of the muscle fibres that could be found abundantly in the arms of the weightlifter.

(02 marks)

- (ii) (a) Creatine Phosphate \longrightarrow Creatine + Phosphate + 

Which of the two athletes uses the above-mentioned energy system to produce most of the energy during his/her event?

(01 mark)

- (b) Briefly explain the reasons for your answer.

(02 marks)

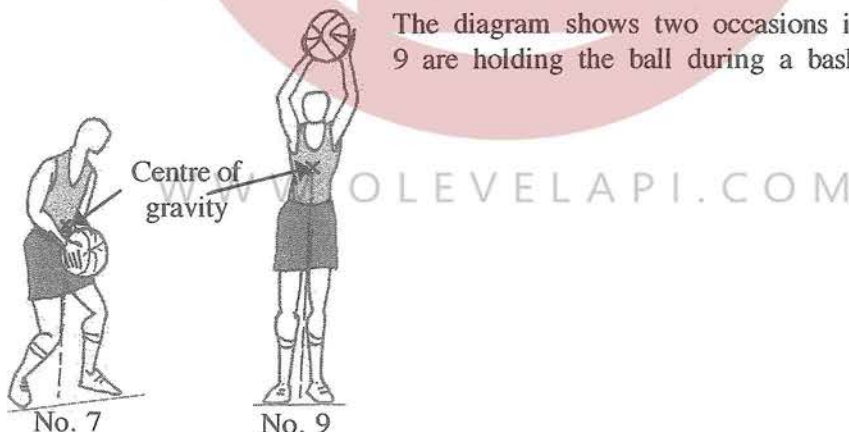
- (iii) An athlete participating in an event of your schools' inter-house sports meet leaves the field because of a muscle strain (torn muscle). Assuming you are a member of the first aid unit, briefly explain how you would give first aid to him/her. You are equipped with a bed sheet, ice cubes, bandages, a piece of cloth and a supporting object only.

(05 marks)

6. (i) Mention one example each of a static posture and a dynamic posture that you would maintain while you are practicing the march past of the inter-house sports meet.

(02 marks)

- (ii) The diagram shows two occasions in which players 7 and 9 are holding the ball during a basketball game.



- (a) Out of these two players, write the number of the player who is more stable. (01 marks)
 (b) Give reasons for your answer. (02 marks)

- (iii) (a) In a relay race, during the baton change, the third runner dropped the baton within the changing zone. Which runner should pick the baton to complete the race? (01 mark)

- (b) Assume you are given the task of training the Under 16, 4 × 100 m relay team and you have taught a baton changing method to them. Design and write two suitable activities to practice the baton changing method you taught earlier. (04 marks)

[see page ten]

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

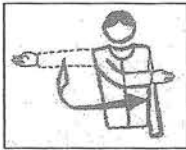
A. (i) State **two** skills of volleyball.

(02 marks)

(ii) During a volleyball match between the teams of Western and North Western provinces, the players of the Western province team committed rotational faults. Explain with reasons, your decision in this instance as a referee.

(03 marks)

(iii) (a)



The diagram shows an official hand signal given by a volleyball referee. What is indicated by this signal?

(01 mark)

(b) If you have been provided with 12 players and two volleyballs, select one of the skills you mentioned in question A(i), and design and write **two** suitable activities to develop the proficiency of the selected skill in players after teaching it.

(04 marks)

B. (i) (a) Mention the **two** main netball passing skills.

(01 mark)

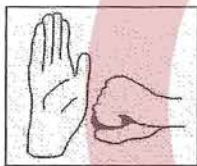
(b) Write one example for each of the two passing skills you mentioned above.

(01 mark)

(ii) During a netball match between the teams of Central and Uva provinces, the ball went out of court from the sidelines as two opposing players made simultaneous contact. Explain with reasons, your decision in this instance as an umpire.

(03 marks)

(iii) (a)



The diagram shows an official hand signal used by a netball umpire. What is indicated by this hand signal?

(01 mark)

(b) If you have been provided with twelve players and two netballs, select one of the passing skills you mentioned in question B(i)(a), and design and write **two** suitable activities to develop the proficiency of the selected skill in players after teaching it.

(04 marks)

C. (i) Mention **two** types of football kicks.

(02 marks)

(ii) During a football match between the teams of Northern and Southern provinces, a player of Northern team deliberately pushed a player of Southern team inside the penalty area. Explain with reasons, your decision in this instance as a referee.

(03 marks)

(iii) (a)



The diagram shows a signal given by a football referee. What is indicated by this signal?

(01 mark)

(b) If you have been provided with 16 players and two footballs, select a football kick you mentioned in question C(i), and design and write **two** suitable activities to develop the proficiency of the selected kick after teaching it to the players.

(04 marks)
