

බස්නාහිර පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව மேல் மாகாணக் கல்வித் திணைக்களம் Department of Education - Western Province			
Marking Scheme - 2020			
ශ්‍රේණිය } 11 தரம் }	විෂය } Health & Physical Education பி.பி.பி. }	පත්‍රය } 1 வினாத்தாள் }	පැය } 1 மணித்தியாலம் }

Question No.	Answer	Question No	Answer	Question No	Answer	Question No	Answer
1	4	11	3	21	4	31	4
2	1	12	3	22	4	32	1
3	3	13	3	23	1	33	3
4	2	14	2	24	3	34	2
5	1	15	1	25	2	35	1
6	2	16	3	26	1	36	4
7	4	17	4	27	2	37	4
8	3	18	2	28	2	38	2
9	1	19	4	29	1	39	4
10	2	20	4	30	3	40	2

Paper 11

(01)

01.

- Formulation of principals
- Building a health promoting environment
- Community participation
- Developing skills
- Recruitment and organization

02.

- Commencing of various team games
- Starting of various unions and companies
- Establishing of various units

(Give marks if the examples are given for the above points)

03.

- Fire games
- Mountaineering
- G
- Jungle craft
- Jungle exploration
- Cooking outdoor

04.

- Having a sign to identify the box
- Ability to open instantly
- Having prepared with number of rooms
- Easy to carry
- Record what's inside and pasted it outside
- Maintaining daily to a method

05.

- Milk rice
- Milk rice with green gram
- Halapa
- Lavariya
- Kola kanda
- Kitul flour porridge
- Fresh fruits

06.

- Rolls
- Sausages
- Sausage buns
- Pastry

- Drinks with artificial colourings

07. RICE method or PRICE method

08.

- Being Active
- Not panicking
- Patient
- Having knowledge about first-aid
- Kindness
- Not feel disgusted
- Self-confidence
- Quick decision making

09. Sharing happiness when one of your friends or a person known to you is victorious or share sadness when one of your friends is in trouble is known as empathy.

10.

- Helping children in a poor school
- Organizing blood donation programs
- Organizing programs for elders homes
- Organizing programs for children homes
- Organizing programs for the children with a low literacy
- Organizing programs to clean the environment
- Organizing program to build a house for a poor family

(2 x10=20 marks)

Part 1

(02) 1.

- Skeletal system
- Muscular system
- Nerves system

(02 marks)

2.

- Power
- Agility
- Cordination
- Balance
- Speed
- Reaction speed

(03 marks)

3.

The speed with which one is able to respond to an external stimulus is called reaction speed.

- Shuttle running
- Practicing the start of short distance running
- Meeyo-meemo
- Zig-zag running

(5 marks)

(03) 1.

- Having objectives
- Having defined ways of achieving those objectives
- Having a manager
- Having followers

(02 marks)

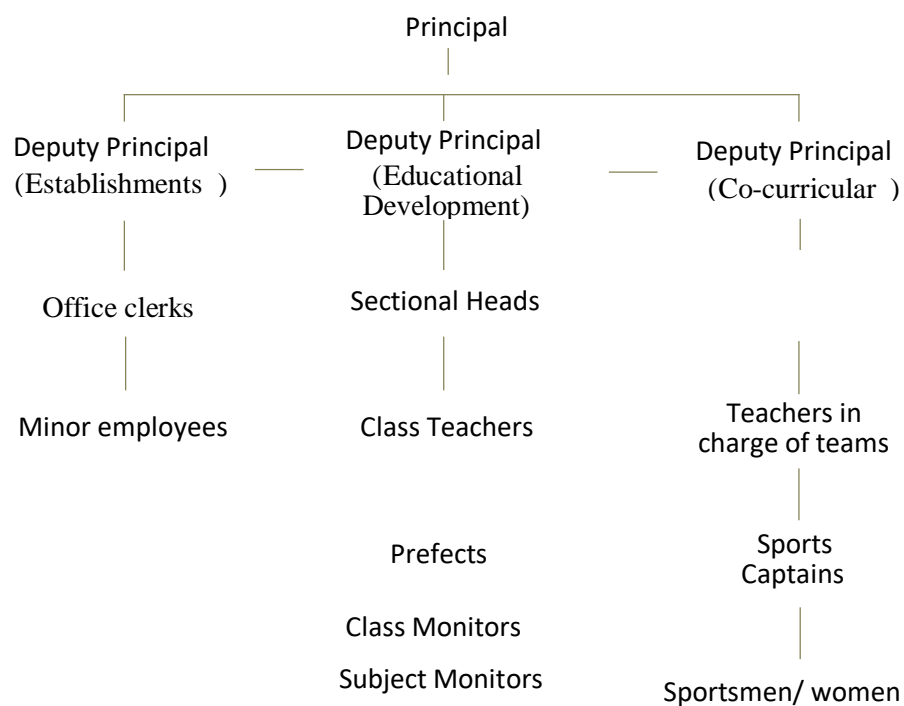
2.

- Excellent leadership qualities
- High knowledge
- High communication skills
- Facing pressure successfully
- Being flexible

(03 marks)

3.

(05 marks)



04) Give marks according to the relation to the points given, suitability and providing the answer with a summary to win over the challenges given. (2 marks for one answer = 10 marks)

05)

1.

- Static posture
- Dynamic posture

(02 marks)

2.

- The property of resistance of the body that remains at rest to move or the resistance of a body that is in motion to stop is called as inertia.

(03 marks)

3.

- Momentum is a measure of how difficult it is to stop the motion of an object in motion.

$$\text{Momentum} = \text{mass} \times \text{velocity}$$

(05 marks)

06).

1.

- Divide the students in to houses.
- Appointing the teachers for houses
- Holding of pre-events
- Practicing for drill displays, march past, guiding and cadetting.
- Preparing of certificates and invitations
- Preparing of equipment, prizes and trophies.
- Inviting the judges
- Inviting the guests
- Preparing the meet schedule

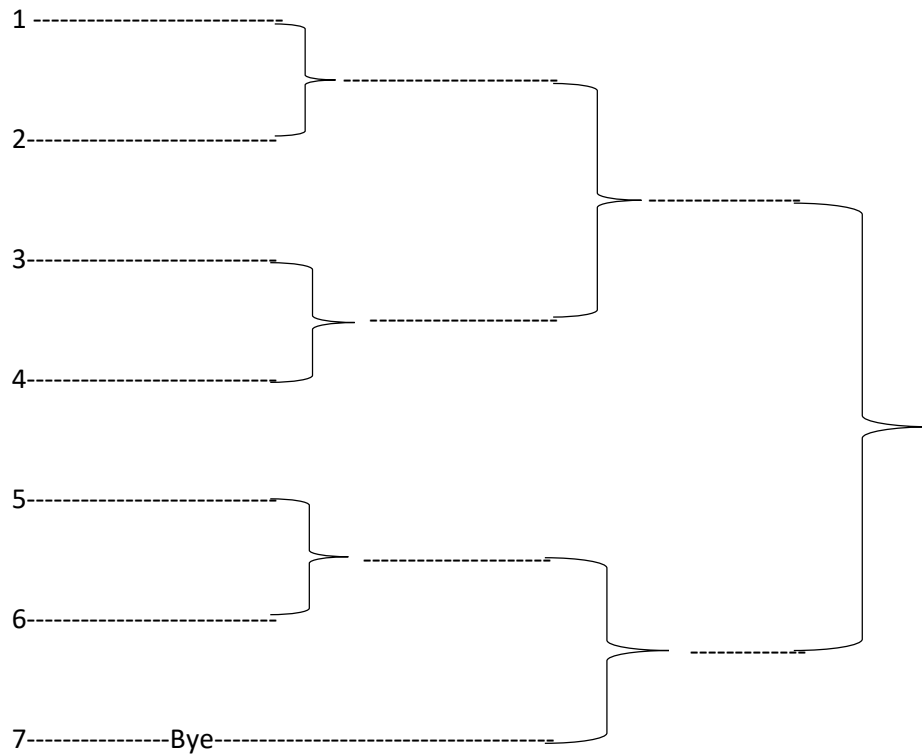
(02 marks)

2.

- Rearranging the equipment used.
- Cleaning the grounds and other places.
- Closing the transactions.
- Sending the thanking letters
- Settling the budget
- Preparing the winning students for the future meets
- Applying for the entries with the name of the winning students
- Discussion

(03 marks)

3.



(05 marks)

07)

A.

1. 06 players.

(01 mark)

2.

- Serving the ball
- Receiving the ball
- Setting the ball
- Spiking
- Blocking
- Court defending

3. Give marks according to the methods and tactics used to develop the skill.

(03 marks)

4. X = Double fault and replay

Y = Attack hit fault

Z = Ball touched

(03 marks)

B.

1. 07 players in a team.

(01 mark)

2.

- Attacking
- Defending
- Shooting
- Throw in
- Foot work
- Ball control

(03 marks)

3. Give marks according to the methods and tactics given to use to develop the skill.

(03 marks)

4. X = Time out
Y = Toss up
Z = Advantage

(03 marks)

C)

1. 11 players in a team.

(01 mark)

2.

- Attacking
- Blocking
- Passing the ball
- Kicking
- Throw in
- Defending the net
- Stopping the ball

(03 marks)

3. Give marks according to the methods and tactics given to use to develop the skill.

(03 marks)

4. X = Direct free kick
Y = Substitution
Z = Red card - removing a player

(03 marks)