



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

Second Term Test 2018

Grade 8

HEALTH AND PHYSICAL EDUCATION

Time : 2 hours

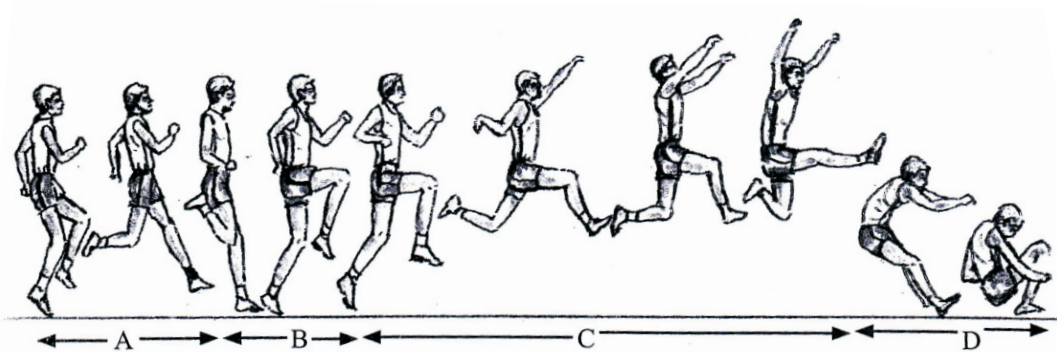
Name / Index No.

Part I

- Answer all questions.
 - Fill in the blanks using the correct words given in the brackets for question No. 01 to 05.
- 01 It is possible to give the responsibility to the health club to cut off from the school canteen. (nutritious foods / junk foods / natural foods)
- 02 Track events are classified into categories according to distance. (two / three / four)
- 03 is a skill of Netball. (foot work / serving / receiving)
- 04 is a barrier for the wonder of human reproductive system. (social stigma / fertilization / teenage pregnancies)
- 05 The game has the highest number of spectators. (Volleyball / Football / Cricket)
- Put (✓) mark if the statement is correct or if incorrect, put (✗) in the brackets given for question No. 06 to 10.
- 06 Altruism is a characteristic of self-esteem. ()
- 07 Number of reserve players of football is three. ()
- 08 Adult diptheria and tetanus vaccine should be given in grade 07 ()
- 09 Role of reproductive system is to reproducing the own species. ()
- 10 A platoon is formed with six ranks of three each. ()
- Underline the correct answer for question No. 11 to 15.
- 11 One handed ball passing methods in netball;
- (i) shoulder pass and under arm pass.
- (ii) chest pass and side pass.
- (iii) side pass and bounce pass.
- (iv) under arm pass and over head pass.
- 12 Number of members in a platoon of a school march-past is,
- (i) 15 (ii) 20 (iii) 24 (iv) 25

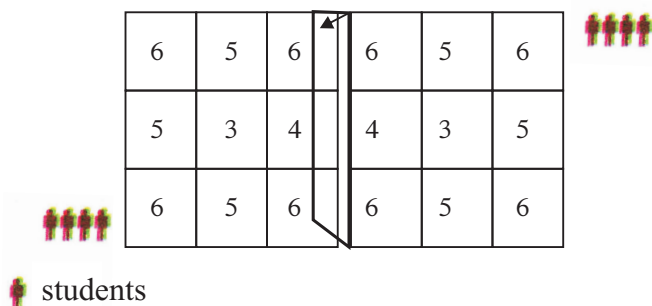
- 13 A part of a female reproductive system.
 (i) Fallopian tube (ii) Trachea (iii) Rectum (iv) Stomach
- 14 Proper drinking water of every school should be within the range of,
 (i) pH 6 - 8 (ii) pH 5 - 6 (iii) pH 6 - 7 (iv) pH 7 - 8
- 15 Hormone which produces by the male reproductive system,
 (i) Oestrogen (ii) Insulin (iii) Progesterone (iv) Testosterone

• Answer the question No. 16 and 17 using the given diagram.



- 16 What is the event depicted by above diagram?
- 17 Name the stages labeled as A and D.
 A D

Answer the question No. 18 and 19 using the below diagram.



- 18 Name the lead up game described by the above diagram.
- 19 Write the major game relevant to above described lead up game.
- 20 Write the standard number of players per team who can play a match of the above mentioned major game?

(2 x 20 = 40 marks)

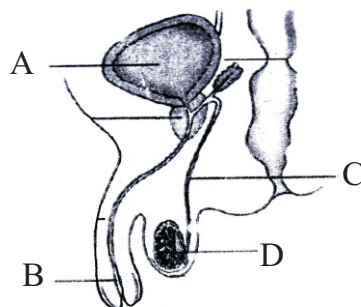
• **Answer 05 questions including the question No. 01.**

01 Samanala Vidyalaya is a impressive and a very popular school in that province. They have won the, competition of "Productivity School" and won the first place for 'Dengue Prevention Programme' at district level, with the help of the principal, staff and students. This school have adequate toilet facilities, drinking water and clean classrooms. In addition to that, they have given opportunity not only for education, but also for sports. Nuwan is a student of this school and he hold a record for 100m sprint and won the first place for 400m and 800m at All Island Athletic Meet. The school felt proud and happy regarding this achievement.

- (i) What type of school is this? (02m.)
- (ii) Menton two characteristics of healthy physical environment of Samanala Vidyalaya.(02m.)
- (iii) Write two themes / strategies of health promotion mentioned in the paragraph that are implementing in Samanala Vidyalaya. (02m.)
- (iv) Write two programmes that are required for the school for the promotion of health. (02m.)
- (v) Write two mosquito borne diseases which are not mentioned in the paragraph. (02m.)
- (vi) Write two short distance running events participated by Nuwan. (02m.)
- (vii) Write the commands given in crouched start. (02m.)
- (viii) Mention two events which are used standing start and are not mentioned in the paragraph. (02m.)

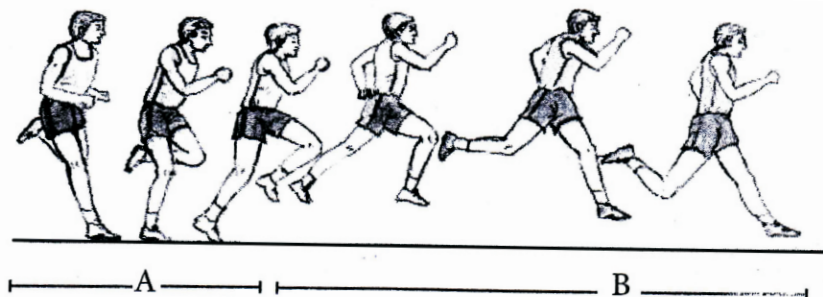
02 We can have a healthy generation by maintaining a good reproductive health.

- (i) Name the parts labelled as A, B, C, D of the following diagram. (04m.)



- (ii) Mention three sexually transmitted diseases. (03m.)
- (iii) Write two problems occur in order to subjecting to a sexual abuse. (04m.)

- 03 Lead up games help to improve the skills of major games to a satisfactory level.
- (i) Mention three fitness qualities that can be developed by engaging in lead up games. (03m.)
 - (ii) Write two qualities that can be developed within a sportsman by engaging in lead up games. (04m.)
 - (iii) Write an activity for a lead up game and describe it briefly. (04m.)
- 04 90 minutes of a football world cup final is considered as the most valuable 90 minutes in the world.
- (i) Write the number of players of a football team. (01m.)
 - (ii) Write two factors that should be taken into consideration when heading the ball in football. (02m.)
 - (iii) Mention two ways of kicking the ball in football. (04m.)
 - (iv) Write two activities that can be engaged in for practising heading in a standing position. (04m.)
- 05 We can correct the pattern of walking and postures in our day to day life, by practising the postures of march-past.
- (i) Mention the four directions of a platoon. (04m.)
 - (ii) Write two facts to be followed when performing the posture of turning. (04m.)
 - (iii) Mention the foot that should be lifted in the following situations in a march past.
 - (a) When turning to right.
 - (b) When marking time.
 - (c) When commanding to forward march. (03m.)
- 06 Running is a competitive event in athletics. Therefore, it should be done according to the correct technique.



- (i) Write the phases labeled as A and B in the above diagram. (02m.)
- (ii) Name four running drills that you have learnt. (04m.)
- (iii) Mention three situations where we important the running in day to day life. (03m.)

Answer Sheet - Part I

- (01) Junk foods (02) Three (03) Footwork (04) Teenage pregnancies
(05) Football (06) ✓ (07) ✓ (08) ✗ (09) ✓ (10) ✗ (11) i (12) iv
(13) i (14) iii (15) iv (16) Long jump
(17) A - Approach run / D - Landing (18) Serving the ball to a target
(19) Volleyball (20) 12 (2 × 20 = 40 marks)

Part - II

- 01 (i) Health promotional school (02m.)
(ii) Adequate toilet facilities / Pure drinking water / Clean classrooms / Adequate sports facilities (02m.)
(iii) Establishing health policies / Improving skills and knowledge / Creating a healthy environment / Getting help from the community / Reorganizing health services (02m.)
(iv) School Medical Inspection / Immunization programmes / School sanitary survey etc., (02m.)
(v) Malaria, Filariasis (02m.)
(vi) 100m, 400m (02m.)
(vii) On your mark, Set, Go (sound of gun) (02m.)
(viii) 1500m, 5000m, 10 000m (02m.) (2 × 8 = 16 marks)
- 02 (i) A Bladder B Urethra C Ductus deferens D Testicle (04m.)
(ii) Gonorrhoea, Syphilis, genital warts, AIDS.. (03m.)
(iii) Mental trauma / Disruption of education / Unplanned pregnancies etc., (04m.)
- 03 (i) Physical, Mental, Social (03m.)
(ii) Helps to build up endurance / Acquires training in technique of the major games / Builds up fitness required for day to day activities. (04m.)
(iii) Give marks according to activity. (04m.)
- 04 (i) 15 (01m.)
(ii) The ball should be headed from the forehead. / The ball should be headed in the middle. / Eyes should be focused on the ball. (03m.)
(iii) Inside kick / Outside kick / Instep kick (04m.)
(iv) Take the ball in both hands and hold it before the forehead and hit it with the forehead. / Toss the ball by yourself and as the ball comes down head it. etc., (04m.)
- 05 (i) Front / Right / Left / Back (04m.)
(ii) Hands should be held in tight / Back should be straight / Looking forward at eye level. / Straighten the supportive leg. (04m.)
(iii) (a) left foot (b) right foot (c) left foot (03m.)
- 06 (i) A Support Phase B Flight Phase
(ii) ● Running A ● Running B
● Running C (04m.)
(iii) During sports activities / When Dog is coming towards you to bite. (03m.)