



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE

**THIRD TERM TEST - 2018**

**Grade 08 HEALTH AND PHYSICAL EDUCATION**

Two Hours

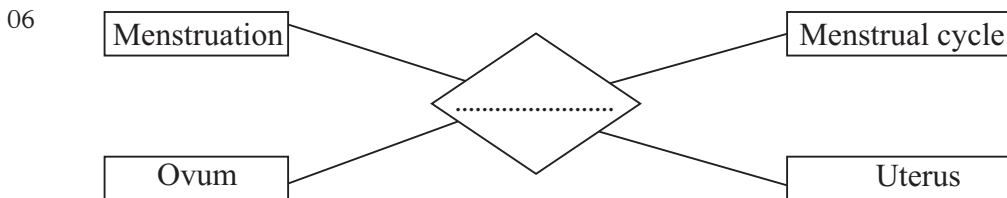
Name / Index No. :

**PART - I**

- Answer all questions on this paper itself.
- Fill in the blanks of the questions 01 - 05 choosing the most suitable answer from the brackets.

01. An internal factor that should be cultivated in us to improving self esteem is ..... (being ridiculed / self-confidence / being harassed)
02. .... is a basic posture. (standing / standing at ease / walking)
03. .... co-ordination is very important for over head pass of volleyball. (neuromuscular / bones / organs)
04. Dinner should be taken just ..... before sleeping. (1½ - 2 hours / 2 - 3 hours / 2½ - 3 hours)
05. .... is a communicable diseases. (Diabetes / Leptospirosis / Paralysis)

- Underline the most suitable answer for question No. 06 to 15.



What is the system in which the above processes and organs can be seen,

- (1) Male reproductive system (2) Excretory system  
(3) Endocrine gland (4) Female reproductive system
- 07 A - Western roll B - Sail technique C - Hang technique D - Eastern cut-off

What are the long jump techniques of the above mentioned techniques,

- (1) A and B (2) C and D (3) B and C (4) B and D
- 08 An advantage of developing flexibility as a fitness factor is,  
(1) poor state of functioning at joints (2) increasing injuries at joints  
(3) causal for keeping incorrect postures (4) helping to maintain balance.
- 09 A feature of a favorable psycho social environment is,  
(1) having facilities for counselling (2) having facilities for sporting  
(3) having sanitary facilities (4) having a healthy canteen



● **Answer only for 05 questions including the question No. 01.**

01 Dilum is a grade 12 student of Thissa M.V. and also he is the sports captain while engaging in co-curricular activities eagerly. He is clever for both at playing football and sprinting. He takes a balanced diet daily and he has developed many skills related to sportsmanship. Dilum is used to express his ideas directly while listening to other ideas.

- (i) What is the stage of life to which Dilum belongs? (02m.)
- (ii) Write two co-curricular activities that Dilum might have participated in. (02m.)
- (iii) Write two sprinting events that Dilum might have participated in. (02m.)
- (iv) Write two skills of football. (02m.)
- (v) Write two nutrients of a balanced a diet. (02m.)
- (vi) Write two sportsmanship qualities of Dilum. (02m.)
- (vii) Write two qualities of one who has the ability of having effective communication. (02m.)
- (viii) Write the commands given at the start of sprinting events. (02m.)

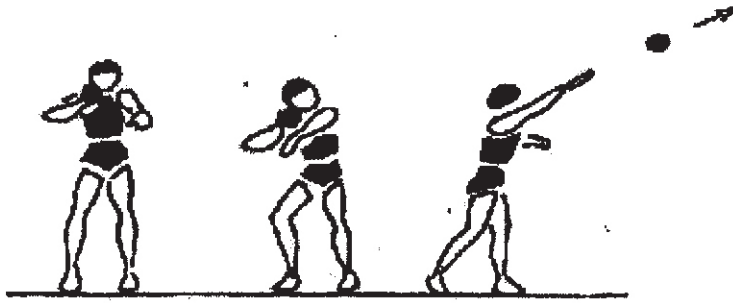
02 It's a good habit to consume enough amount of fresh vegetables and fruits daily.

- (i) Write 03 factors that should be considered when selecting food. (03m.)
- (ii) Write 04 kinds of mixed diets. (04m.)
- (iii) Write by one method of preserving each of the following food items. (04m.)  
\* Lime \* Fish \* Fruits \* Milk

03 We have to face various challenges in our day to day life.

- (i) Mention 03 environmental challenges. (03m.)
- (ii) Write 04 kinds of narcotics that you know. (04m.)
- (iii) Write 02 harmful effects of environmental challenges against man. (02m.)
- (iv) Write 02 of the skills that man should develop in him/her to overcome the challenges.(02m.)

04 It is very important to grip the objects properly to make a successful throwing.



- (i) Name the throwing event depicted by the above diagram. (01m.)
- (ii) Name 02 more throwing events that you know. (02m.)
- (iii) Write 02 activities that can be used to practice the above event. (04m.)
- (iv) Write 02 precautions that we can follow to minimize injuries and accidents during throwing events. (04m.)

05 A young work force with a proper fitness is a resource for a country.

- (i) Write 03 health related fitness factors. (03m.)
- (ii) Write 02 activities that can be used to develop flexibility. (04m.)
- (iii) Write 02 advantages of keeping correct body composition. (04m.)

06 Volleyball is the national game of Sri Lanka.

- (i) Draw a diagram of a volleyball with the standard measurements. (03m.)
- (ii) Write 02 activities that can be used to practice overhand pass. (over arm setting) (04m.)
- (iii) Write 02 rules relating to over arm setting. (04m.)

07 Netball is a popular game among women.

- (i) Write the 02 main methods of passing the netball among each other. (03m.)
- (ii) Write 04 main skills of playing Netball. (04m.)
- (iii) Write 02 rules related to catching and passing the netball. (04m.)

**PART - I**

- (01) Self-confidence (02) Stand at ease (03) neuromuscular (04) 1½ - 2 hours  
 (05) Leptospirosis (06) 4 (07) 3 (08) 4 (09) 1 (10) 3 (11) 4 (12) 2  
 (13) 1 (14) 4 (15) 3 (16) ✓ (17) ✓ (18) ✗ (19) ✗ (20) ✓

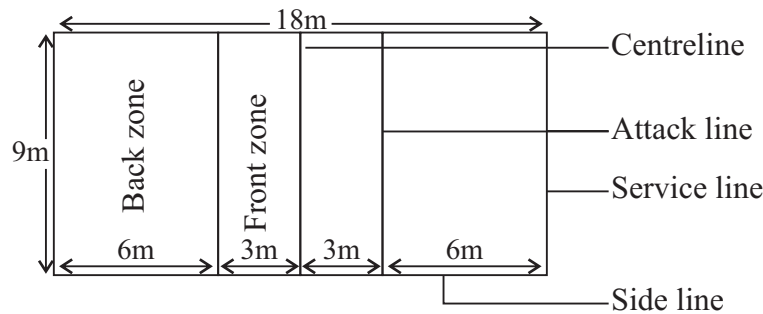
(2 × 20 = 40 marks)

**PART - II**

- 01 (i) Adolescence (02m.)  
 (ii) Scouts / Cadet / Sports / St. John etc., (02m.)  
 (iii) 100m / 200m / 400m / 4x100m etc., (02m.)  
 (iv) Dribbling / Kicking / heading / throwing in / goal keeping etc., (02m.)  
 (v) Proteins / Carbohydrates / fats / vitamins / mineral salts (02m.)  
 (vi) Leadership / team spirit / follower ship / inter personal relationship (02m.)  
 (vii) Listening to others ideas.  
 Expressing his/her, own ideas clearly.  
 Talking in a pleasant manner. (02m.)  
 (viii) On your marks, get set, fire (go) (02m.)
- 02 (i) Freshness / Price / Weight / taste / colour / smell etc., (03m.)  
 (ii) "Hath maluwa" / Milk rice with green gram / Vegetable salad / Mixed mallum (04m.)  
 (iii) Lime - salting / burying under sand  
 Fish - canning / smoking / drying  
 Fruits - Cooling / adding sugar  
 Milk - Cooling / sterilization / pasteurization (04m.)
- 03 (i) Accidents / disasters / abuse / harassment / cigarettes / alcohol / diseases (03m.)  
 (ii) Cocaine, Hashis, Ganja, Marijuana, Alcohol, Cigarettes (04m.)  
 (iii) Loss of life, Loss of property, Mental and physical disturbances / Social conflicts  
 economical problems etc., (02m.)  
 (iv) Correct behaviour / protection / favourable thoughts / Controlling emotions (02m.)
- 04 (i) Shot putting (01m.)  
 (ii) Discus throwing / Javelin throwing (02m.)  
 (iii) Rolling the shot along the ground.  
 Throwing the shot being in a standing position.  
 Throwing the shot to a whistling.  
 (iv) Throwing under the supervision of a teacher.  
 No body should be in the front when equipment is being thrown.  
 Not to use damaged equipment. (04m.)

- 05 (i) Cardio vascular endurance / muscular endurance / muscular strength / flexibility / body composition (03m.)
- (ii) Stretching exercises / Yoga / Gymnastics etc., (04m.)
- (iii) Maintaining proper B.M.I.  
 Being free from noncommunicable diseases.  
 Body can function more effectively.  
 Joint mobility is effective and prone to less stress. (04m.)

- 06 (i) Volleyball court with standard measurements. (03m.)



- (ii) Passing the ball with fingertips to marks on the wall.  
 Holding the ball with both hands and hitting it hard on the ground. (04m.)
- (iii) Ball should not be rested in hand when it is being set.  
 Ball cannot be thrown.  
 Ball should not be contacted with hand more than once. etc., (04m.)
- 07 (i) (Single handed) one-handed pass  
 two handed pass (03m.)
- (ii) Ball controlling / Foot work / Attacking / Defending / Shooting etc., (04m.)
- (iii) Catching the ball without obstructing other players.  
 Not to catch the ball again after bouncing or tossing up by same player.  
 Not hold the ball in hand more than 3 seconds.  
 Not to hit the ball purposely. (04m.)