



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE
SECOND TERM TEST - 2019

Grade 08 Health and Physical Education Two Hours

Name / Index No. :

Part - I

- **Answer all questions**
 - **Two marks for each question and the total is 40 marks.**
 - **Write the answer selecting from the answer given in the brackets.**
(Physical / Preference / Vertical / Maternal / Physical / Paternal / Natural / Horizontal / Artificial)
- 01 A factor that we should consider when designing a healthy school environment is the environment.
- 02 A lead - up game can be designed according to
- 03 Ovum is the cell needed for conception.
- 04 beverages should not be sold in a healthy school canteen.
- 05 Long jump is a jump.
 - **Read the following statements and mark (✓) if correct and mark (✗) if incorrect.**

06 PH value of pure drinking water is between (6 - 7). ()

07 Supporting phase in running is the phase in which the foot comes off the ground. ()

08 Group activities help to identify each other. ()

09 Sperms of a male are produced throughout the life time. ()

10 "Serving the ball to a target" is a lead - up game of volleyball. ()
 - **Underline the correct answer for the questions 11 - 20.**

11 If you want to be a valuable person in adolescence you.

 - (i) Should refrain from drugs.
 - (ii) Should not keep company with opposite sex.
 - (iii) Should tend to see films, photographs and publications which depict sexual contents.
 - (iv) Should not appreciated maternity and paternity.

12 This is not a principle of school health promotion.

 - (i) Providing clean drinking water (ii) Selling artificial beverages
 - (iii) Bringing healthy food to school (iv) Maintaining clean canteen.

13 Running drills are needed to practice correct running techniques.



Underline the running drill shown in the above picture.

- (i) Running D
- (ii) Running B
- (iii) Running E
- (iv) Running R

14 The first stage of Long Jump is,

- (i) Approach run
- (ii) Take off
- (iii) Crossing the bar
- (iv) Jumping

15 ★ You can gain a lot of pleasure, talents and experience of major games.

★ These games can be played with or without equipment.

The above mentioned features can be seen in.

- (i) Minor games
- (ii) Major games
- (iii) Folk games
- (iv) Lead up games

16 Sexually transmitted diseases are,

- (i) Genital warts, Filaria
- (ii) AIDS, Dengue
- (iii) Syphilis, dysentery
- (iv) Gonorrhoea, herpes simplex

17 A netball game is started with a

- (i) Center pass
- (ii) Attacking
- (iii) Shooting
- (iv) Passing

18 The direction which is 180° opposite from the direction you are facing in squad is,

- (i) Right
- (ii) Left
- (iii) Backward
- (iv) Forward

19 ★ A - back zone is 3m.

★ B - Game is started with a service.

★ C - can be played with low cost.

What is the incorrect statement regarding volleyball is,

- (i) B
- (ii) A
- (iii) BC
- (iv) C

20 The number of reserves that can substitute with other players in football is,

- (i) 4
- (ii) 3
- (iii) 2
- (iv) 5

(2 x 20 = 40 marks)

Part - II

- **Answers 05 questions including the first question.**

01 Sumana Vidyalaya is a school where there is a rich environment to learn with students who love to promote health.

- (i) According to above description, which kind of a school is Suman Vidyalaya? (02 m.)
- (ii) Write two themes of health promotion. (02 m.)
- (iii) Write two strategies that can be followed when preparing policies. (02 m.)
- (iv) Mention two health related policies that can be implemented in a school. (02 m.)
- (v) Name 02 institutions which help to re-organize health services. (02 m.)
- (vi) Name two things that contain in the physical environment of a health promotion school. (02 m.)
- (vii) Name two people who can support to promote health in a school. (02 m.)
- (viii) Name 02 institutions which help to promote health in a school. (02 m.)
- (ix) Write two characteristics of a healthy psycho - social environment. (02 m.)
- (x) Write one programme that can be implemented by the school to the society. (02 m.)

(Total 10 marks)

02 Lead - up games are used to improve the skills of major games.

- (i) Name two lead - up games. (02 m.)
- (ii) Write two mental fitness that you can gain by playing lead - up games. (02 m.)
- (iii) Mention one major game and write how to do a suitable lead - up game for that. (04 m.)

(Total 10 marks)

03 Football is an attractive and enthusiastic game.

- (i) Name four other major games in addition to football. (02 m.)
- (ii) Mention two techniques of kicking the ball. (02 m.)
- (iii) Write two factors that should be considered when heading the ball. (04 m.)

(Total 10 marks)

04 'Running drills' help for a successful running.

- (i) Write two running events. (02 m.)



- (ii) Mention two other running drills in addition to the above. (04 m.)

- (iii) Write the two phases in running. (04 m.)

(Total 10 marks)

05 Long Jump is a field event

- (i) Write two techniques of long jump (02 m.)

- (ii) Write four main phases of the techniques of long jump. (04 m.)

- (iii) Write two basic jumping activities. (04 m.)

(Total 10 marks)

06 Maintaining the health of the reproductive system help to ensures the existence of the species.

- (i) Name male and female hormones related to reproductive system. (02 m.)

- (ii) Mention 02 barriers to reproductive health. (04 m.)

- (iii) Write 02 factors which help to maintain reproductive health. (04 m.)

(Total 10 marks)

Answer Paper - Part I

(01) Physical	(02) Preference	(03) Maternal	(04) Artificial	(05) Horizontal	(06) ✓
(07) ✗	(08) ✓	(09) ✗	(10) ✓	(11) i	(12) ii
(13) ii	(14) i	(15) iv	(16) iv	(17) i	(18) iii
(19) ii	(20) ii	(2 x 20 = 40 marks)			

Part - II

- 01 (i) A health promoting school (02 m.)
 (ii) ● Re-organising and making optimum use of health services.
 ● Developing policies which promote health
 ● Creating a healthy environment.
 ● Improving knowledge and skills.
 ● Getting health from the community. (02 m.)
 (iii) Specific / measurable / achievable / relevant / time bound. (02 m.)
 (iv) Maintaining clean classrooms / Cleaning toilets / Sport facilities / Opportunities for core curricular activities. (02 m.)
 (v) Hospital / Office of the medical officer of health / Dispensaries. (02 m.)
 (vi) Clean air / Clean environment..... (02 m.)
 (vii) Medical Health Officer / Grama Niladhari / Police officers. (02 m.)
 (viii) Police / Hospital (02 m.)
 (ix) Counselling facilities / Safety..... (02 m.)
 (x) E d u c a t i n g t h e c o m m u n i t y (02 m.)
- 02 (i) Beat the ball / Kick ball / Turning about and running (02 m.)
 (ii) ★ Enjoyment and pleasure
 ★ Creating interest and promoting encouragement
 ★ Self discipline
 ★ Developing ability to accept both victory and defeat. (04 m.)
 (iii) G i v e m a r k s a c c o r d i n g t o t h e g i v e n a n s w e r (04 m.)
- 03 (i) V o l l e y b a l l / N e t b a l l / E l l e / C r i c k e t e t c (04 m.)
 (ii) Inside of the foot / Surface of the foot / Outside of the foot. (04 m.)
 (iii) ● Heading with the center of the fore - head.
 ● The ball should be headed in the middle.
 ● When heading the ball eyes should be focused on the ball. (04 m.)
- 04 (i) 100m, 200m, 400m, 100m x 4 (02 m.)
 (ii) Running A, running B, skipping (04 m.)
 (iii) ★ Support Phase
 ★ Flight Phase (04 m.)
- 05 (i) Hang / Sail / Hitch - Kick (02 m.)
 (ii) Approach run / take off / flight / landing (02 m.)
 (iii) ★ Jumping forward taking off with both feet.
 ★ Stretching the body in flight
 ★ Hopping towards the jumping area using one leg. etc..... (04 m.)
- 06 (i) ● Oestrogen - female ● Testosterone - male (02 m.)
 ● Sexual harassment and abuse ● Teenage pregnancies
 ● Sexually transmitted diseases (04 m.)