

Mid-year Term Test – 2014

Health and Physical Education

Grade - 8

Paper I

Time: 30 minutes

Select the most suitable answer and underline it.

01) A feature we can see in a health promoting school is,

- i.) Policies of health implemented in the school
- ii.) Make the school a pleasant place.
- iii.) Proper disposal of garbage
- iv.) All the above

02) The most suitable definition for health is,

- i.) Keep the environment clean
- ii.) A state of complete physical, mental, social and spiritual well being
- iii.) Being healthy by getting free from diseases
- iv.) Being a person with a balanced personality

03) You appreciate the self-esteem highly as the children who step in to adolescence. What is the most important characteristic factor to build up your self-esteem?

- i.) Maintain liveliness
- ii.) Maintain good qualities
- iii.) Being appreciated and assessed
- iv.) Being friendly

04) Your Health & Physical Education teacher speaks to you nicely, gives leadership to everyone and appreciates your creation. She tries to develop your sports skills. What is the skill she tries to build up in you?

- i.) Physical skills
- ii.) Mental skills
- iii.) Social skills
- iv.) All the above

05) Patience, face victory and defeat alike are some qualities we can see in a student who has developed the qualities of,

- i.) Physical skills
- ii.) Mental skills
- iii.) Social skills
- iv.) Emotional balance

06) A person who doesn't help to build up your esteem is,

- i.) Parents
- ii.) Teachers
- iii.) Anti-social persons
- iv.) Friends

07) Knee lift is,

- i.) A technique of long jump
- ii.) A foot movement
- iii.) A technique of high jump
- iv.) An activity of stretching hands

08) A rhythmic foot movement you have learnt in the class is,

- i.) Jumping jack
- ii.) Jump up
- iii.) Run
- iv.) Rotate

09) March, jog and skip are,

- i.) Rhythmic jumps
- ii.) Rhythmic foot movements
- iii.) Rhythmic rotations
- iv.) Techniques of gymnastic

10) What are the facts improved by the integrated activities of hand and foot movements given below.

- i.) Improvement of rhythm and co-ordination
- ii.) Improvement of speed and flexibility
- iii.) Improvement of speed and strength
- iv.) Improvement of agility and rhythm

11) A vertical jump is

- i.) High jump
- ii.) Long jump
- iii.) Triple jump
- iv.) Hurdles

12) A technique we use to throw the shot put,

- i.) Parry O'Brien method
- ii.) Scissors
- iii.) Running in the air technique
- iv.) Eastern cut off

13) The sign of standard qualifications is,

- i.) SIS
- ii.) LSI
- iii.) SLS
- iv.) SSL

14) The game of net ball is introduced to Sri Lanka by,

- i.) William G. Morgan
- ii.) Jesmin Senwith
- iii.) Jenny Green
- iv.) Alfred T. Hall

15) "A goal keeper" plays in,

- i.) The game of football
- ii.) The game of net ball
- iii.) The game of Volleyball
- iv.) The game of elle

16) A skill we cannot see in the game of Volleyball

- ii.) Service
- ii.) Shooting
- iii.) Spiking
- iv.) Blocking

17) The degree you should turn after hearing the command "turn left"

- i.) 45° ii.) 180° iii.) 90° iv.) 360°

18) In athletics, crouch start is used for

- i.) 800m, 400m, 1500m ii.) 100m, 200m, 400m x 4
iii.) 100m, 1500m, 800m iv.) 5000m, 400m x 4, 800m

19) Belong to the organized games according to the classification of sports,

- ii.) Running, jumping ii.) shot put, discus
iii.) Volleyball, netball iv.) Javelin, triple jump

20) Ability to complete a task successfully at the shortest possible time is,

- i.) Flexibility ii.) strength iii.) speed iv.) agility

Paper II

Time: 1 hour 30 minutes

Answer the first question and another 4 questions only.

01) You had the opportunity to participate in some practical test as an assessment tool for the second term in Health & Physical Education.

- i.) Name two less-organized games you have learnt. (2 marks)
ii.) Name the two types of starting methods for running events. (2 marks)
iii.) Write the commands given to one of the above methods. (2 marks)
iv.) Name two short distance running events. (2 marks)
v.) Name two techniques of long jump. (2 marks)
vi.) Name two running drills you have learnt. (2 marks)
vii.) Mention two activities you have done to improve race walking (2 marks)
viii.) Mention the standard distance for the international race walking competition (2 marks)

(Total 16 marks)

02) Taking a nutritional meal is also important to have a healthy life just like exercise & rest.

- i.) Name the nutrients that a nutritional meal should contain. (2 marks)
ii.) Food spoilage has become a main factor which arise health problems in Sri Lanka.
Name three instances where food gets spoilt. (3 marks)
iii.) Many students like to consume instant food. Name 3 diseases which can be caused
by consuming instant food. (3 marks)
iv.) Name three food items in the market which we doubt low in quality and the things
mix to make those food items low in quality. (3 marks)

(Total 11 marks)

03) You have learnt that you should engage in sports activities to spend leisure time effectively.

- i.) Name three organized games you have learnt. (3 marks)
 - ii.) Write three characteristics of organized games. (3 marks)
 - iii.) Write two advantages of lead up games. (2 marks)
 - iv.) Name two less organized games you have learnt during the Health & Physical Education period. (3 marks)
- (Total 11 marks)

04)

- i.) What is a health promoting school? (2 marks)
 - ii.) Mention three suggestions to make the physical environment beautiful. (3 marks)
 - iii.) Mention three policies you can suggest for the health promotion of the school. (3 marks)
 - iv.) Write three benefits you get by working as a group unlike working individually for the health promotion of the school. (3 marks)
- (Total 11 marks)

05) Select either netball or Volleyball answer the question given below.

Name the game you have selected.

- i.) Write the number of players who can participate in a match for that game. (2 marks)
 - ii.) Name four skills of that game. (4 marks)
 - iii.) Mention five rules of that game. (5 marks)
- (Total 11 marks)

06) Many sports activities had started based on human needs or activities. The existence of a game depends on the sportsmanship & rules and regulations.

- i.) Name four qualities of sportsmanship. (4 marks)
 - ii.) Name two competencies you should inculcate to build up a sportsmanship of high quality. (4 marks)
 - iii.) Write three basic factors to make a sport successful. (3 marks)
- (Total 11 marks)

07)

- i.) List out three qualities of your friends you like and dislike separately. (3 marks)
 - ii.) Write three things the adolescence expects. (3 marks)
 - iii.) Write three qualities you should build up to improve your self-esteem. (3 marks)
 - iv.) Name two people who help you to build up your esteem. (2 marks)
- (Total 11 marks)