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 மேல் மாகாணக் கல்வித் திணைக்களம்
 Department of Education - Western Province

වර්ෂ අවසාන ඇගයීම
 ஆண்டிறுதி மதிப்பீடு - 2014
 Year End Evaluation

ශ්‍රේණිය
 தரம் } 08
 Grade

විෂය
 பாடம் } Health and Physical Education
 Subject

පත්‍ර
 வினாத்தாள் } I, II
 Paper

කාලය
 காலம் } ෧.෫0
 Time

Name :-

Index No :-

Part I

❖ Underline the correct or more Suitable answer

- (01) The school holds programs regularly to promote good interpersonal relationship, prevention of alcoholism and drug addition, sports and competitions related to society work it clearly shows that the school has.
- (1) a good environment for teaching and learning
 - (2) a good creative environment
 - (3) a social background with health promoting principles
 - (4) become popular school
- (02) The correct group of officers who can assist in a Health Promotion Program is.
- (1) Provincial Director of Health, Chief Buddhist Priest, Medical Officer of Health, Public Health Inspector
 - (2) Chief Buddhist Priest, a Constable of Police, Grama seva Niladhari, Youth services Officer
 - (3) Gramaseva Niladhari, Public Health Inspector, Medical Officer of Health, Chief Buddhist Priest
 - (4) Family Health Officer, Public Health Inspector, Provincial Director of Health, Colony (colonization) Officer.
- (03) A situation that is not expected by an adolescent is
- (1) To be independent to some extent
 - (2) To be subjected to some extent
 - (3) Not to be accepted and appreciated by others
 - (4) None of the above
- (04) The group of activities co related with leg movements and different jumping actions and rotations are
- (1) March, leap jump, Cartwheeling, knee-lift, jog, cat leap jump, forward roll, turn a round
 - (2) Skip march, cartwheeling, kick, lunge, jump up and half turn, turn half a round
 - (3) jumping jack, star jump, march knee lift, jog, backward roll
 - (4) jog, scissor jump, march, kneelift, cart wheeling, star jump

(05) Mentioning the commands given to a drill squad by the leader or the teacher to make the children from two lines which should be the correct answer

- (1) class, count in twos turn to right (Right turn)
- (2) class, count in twos left turn, open order march
- (3) class, count in twos No 1 a step forward, no 2 a step back open order march
- (4) class count in twos and turn to left and right

(06) Which is not regarded as a less organized game?

- (1) Cranes and crows
- (2) Throw ball
- (3) Pin football
- (4) Chair netball

(07)



The diagram shows a volleyball (action) skill. Which is it?

- (1) An instant in count defending
- (2) A position of under arm service
- (3) A position during a blocking
- (4) A position during a spiking (dashing)

(08) During netball play a method of passing the ball by a single hand or by both hands is

- (1) Shoulder pass
- (2) Bounce pass
- (3) circular pass (lob pass)
- (4) chest pass

(09) Not a clear and correct method of kicking a football

- (1) Hit with the heel
- (2) Hit with the toes
- (3) Hit with the instep
- (4) Hit with the calf

(10) A technique of high jump.

- (1) Hang method
- (2) Sail method
- (3) Sissors method
- (4) star jump

(11) We may face problems daily and when they occur we should first.

- (1) think of ways of finding solutions
- (2) getting instructions from elders
- (3) finding out facts about the problems and understanding them well
- (4) None of the above

(12) Pickle (Achcharu), chutney etc. can be preserved using

- (1) citri acid
- (2) Vinegar
- (3) Salt
- (4) Treacle

(13) Not a function of scrotal sacs of the male reproductive system.

- (1) Production of sperms and storage
- (2) Protection for penis
- (3) Holding for penis
- (4) Production of male reproductive hormones

- (14) The ability for movement in a maximum range at a joint is
(1) Speed (2) Flexibility (3) Endurance (4) Agility
- (15) The correct group of words that decided the down of adolescence is
(1) growth, environment, nutritional condition, heredity
(2) environment, age, nutritional condition, heredity
(3) Technological influence, age, nutritional condition, heredity
(4) Age, growth, environment, heredity
- (16) Not a sexually transmitted disease
(1) syphilis (2) Hepatitis 'B' (3) Gonorrhoea (4) Chlamydia
- (17) In order to determine mental well being the correct group of necessities are,
(1) logical thinking, critical thinking, correct decision making, problem solving
(2) Aesthetic thoughts, ability to invent, Quick decision Making.
(3) Technological skill development, production of equipments, spending less time and labour on household work
(4) None of the above
- (18) Not an example for physical Environmental challenges
(1) Animals (2) Lightening
(3) Diseases (4) Vehicle Accidents
- (19) A transmissible disease
(1) Leucemia (2) Diabetes
(3) Diarrhoea (4) High blood pressure
- (20) A physical damage due to alcoholism
(1) Hepatitis (2) Cirrhosis (3) Appendicitis (4) Bronchitis

(2 × 20 = 40 marks)

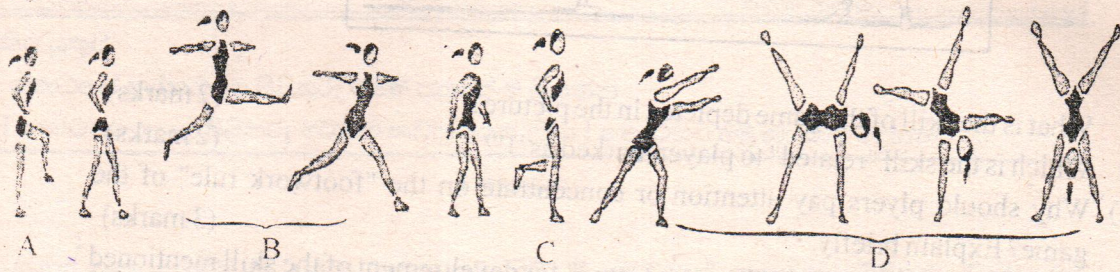
Part II

♦ Answer Question 1 and four others

- (01) Nimal is a Grade Eight school boy, whose parents have gone abroad. He stays in a boarding house and his school is in a town area, though he is from a distant remote village. His aunt has taken over the responsibility of looking after him. One day he got injured when a running shoe accidentally struck his leg and started bleeding profusely. He was given first aid and rushed to hospital.
- Mention two places where accidents can occur, other than a playground.
 - State two challenges to be faced by children whose parents have gone abroad.
 - Mention two other accidents that can occur except sport injuries.
 - What is the type of injuries?
 - Mention two internal body injuries.
 - What is the type of first aid given to muscle injury?
 - Explain briefly what is meant by "first Aid".
 - Mention two good qualities to be possessed by a 'First Aider'.
- (2 × 8 = 16 marks)
- (02) (i) State the age limits separately of adolescent boys and girls according to world health organization. (2 marks)
- (ii) Mention your different persons who help to improve or develop self-esteem of school children. (4 marks)
- (iii) Mention two methods how they can help to uplift self-esteem. (3 marks)
- (iv) Briefly mention two skills with examples, how they can be made use of to uplift or promote self-esteem. (3 marks)
- (11 marks)
- (03) (i) Mention two unfavorable factors that affect nutrition of adolescents. (2 marks)
- (ii) Mention four main occasions in which pollution of food may occur in Sri Lanka. Which is a major nutritional problem. (4 marks)
- (iii) State two disadvantages or health related problems arising as a result of consumption of 'fast food' available in open market. (2 marks)
- (iv) Mention two types of food or food items prepared by our 'past relations specially' people to give a very high nutritional value. (2 marks)
- (v) State a method of food preservation. (1 mark)
- (04) (i) When you come to the adolescent stage, you can experience some important changes in your life. Mention the three fields in which the major changes occur, with examples. (3 marks)
- (ii) Mention the three major factors affecting reproductive health. (3 marks)
- (iii) What is the main function of the reproductive system? (1 mark)
- (iv) Mention two behavioural patterns you should follow to maintain the wonder of the reproductive system. (2 marks)
- (v) Mention two diseases related to the reproductive system. (2 marks)

- (05) (i) Mention the most important rule regarding "walking races" (2 marks)
 (ii) Mention two short distance races (events) (2 marks)
 (iii) Mention three tuning exercises that can be applied to develop speed and running skills. (3 marks)
 (iv) What is the method of starting short distance races and what is the "command" given for it? (2 marks)
 (v) Mention a technique applied for "Long Jump" (2 marks)
 (11 marks)

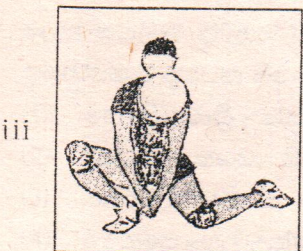
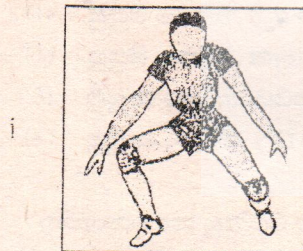
(06)



- (i) Mention the movements denoted by letters 'A', 'B', 'C' and 'D' (4 marks)
 (ii) Mention the two main body systems affecting co-ordination ability. (2 marks)
 (iii) Mention two rhythmic movements happening in the human body (2 marks)
 (iv) Mention three rhythmic activities that can be done at home. (2 marks)
 (11 marks)

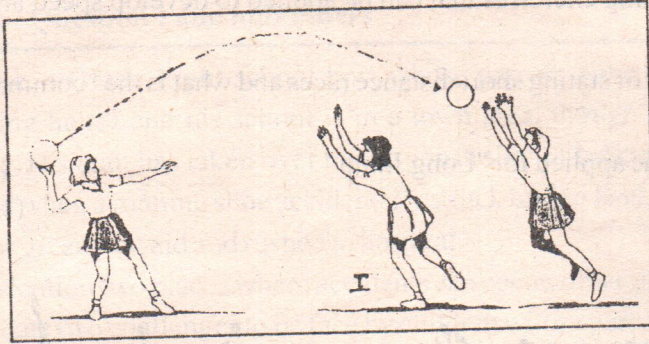
(07) Select either Part 'A' or 'B'.

Part 'A'



- (i) What is the skill of the game demonstrated in the diagrams? (2 marks)
 (ii) Name the three stages denoted by figures I, II and III. (3 marks)
 (iii) Mention a rule related to this skill. (2 marks)
 (iv) Explain briefly a lead up game or suggest one, to develop the skill of the game, mentioned here. (4 marks)
 (11 marks)

Part 'B'



- (i) What is the skill of the game depicted in the picture? (2 marks)
 - (ii) Which is the skill "related" to player marked as 'I'? (2 marks)
 - (iii) Why should players pay attention or concentrate on the "footwork rule" of the game? Explain briefly. (3 marks)
 - (iv) Suggest or briefly explain "Lead up Game" for development of the skill mentioned here. (4 marks)
- (11 marks)

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