

First Term Examination - 2015  
**HEALTH AND PHYSICAL EDUCATION**

Grade 8

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Two Hours.

Name / Index No. :

**Paper I**

- Answer all the questions.
- Select and underline the correct or the most suitable answer from question number 01 to 20.

01 Not an aim of a health promotion school.

- (1) Make the students as well as their family healthy.
- (2) Improve the skills and abilities of the students.
- (3) Threaten the students.
- (4) Make the school a pleasant place.

02 An institution that we can take help for a health promotion school is,

- (1) The prefects' board
- (2) Scout team.
- (3) Police station.
- (4) Cadet team.

03 The person who is not suitable to take help to promote health of the school.

- (1) Grama Seva officer
- (2) Medical Officer of Health.
- (3) Wild Life officer
- (4) A drug adictor

04 A thing which is not suitable to do, to make your school healthy.

- (1) Sweep the compound daily
- (2) Wear the uniform neatly
- (3) Make conflicts with others
- (4) Not throwing garbage every where in the school

05 The most suitable statement to define rhythm is,

- (1) Acting according to tune.
- (2) Acting according to time.
- (3) Acting according to time and tune.
- (4) Acting easily.

06 Not a rhythmic leg movement,

- (1) March
- (2) Jog
- (3) Rolling backward
- (4) Skip

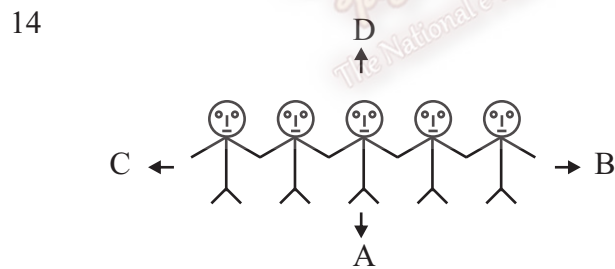
07 The occasion that marching squad is not used.

- (1) Functions where the President participate in.
- (2) Dismissal of the school cadets
- (3) Dalada Perahara.
- (4) Inter house sportsmeet.

- 08 An activity to develop marching posture is,
- (1) Walking in a straight line (2) Marking time  
 (3) Walking side by side of a straight line (4) Walking through diagonals
- 09 The most outstanding age level of adolescence is,
- (1) Age 10 - 19 years (2) Age 10 -25 years  
 (3) Age 10 -15 years (3) Age 15 - 20 years
- 10 Not a need of an adolescence is,
- (1) Like to be praised by others. (2) Like to possess attractive dresses  
 (3) Like to possess things (4) Do not like to be independant
- 11 Select the physical talent from the followings.
- (1) Do new creations (2) Following correct posture  
 (2) Memorize things (4) Ability to explain
- 12 • Increasing the number of good friends.  
 • Admiring good qualities.  
 • Increasing the number of people who help when working.  
 • Developing friendly relationship.

Which quality is developed if a person is having the above mentioned qualities.

- (1) Social health (2) Self - esteem  
 (3) Total healths (4) All the above answers
- 13 The action which should not be done when forming the marching squad in 3's (3lines)
- (1) Form one line (2) Count from left  
 (3) odd numbers coming on foot forward (4) Right marker stay still



The above given diagram shows the way the students stand to form a marching squad. The 4 directions are given as A, B, C & D.

What is considered as forward ?

- (1) A (2) B (3) C (4) D
- 15 What is the angle of a student who is looking forward should turn, after the command "About turn" ?
- (1)  $45^{\circ}$  (2)  $90^{\circ}$  (3)  $180^{\circ}$  (4)  $360^{\circ}$
- 16 The answer that gives a folk game, a lead up game and a major game respectively is,
- (1) "Eluwan kema" - Meeyo Meemo - Foot ball  
 (2) Meeyo Meemo, Football - "Eluwan kema"  
 (3) Olinda keliya - One step back - Net ball  
 (4) Football - Elle - Cricket

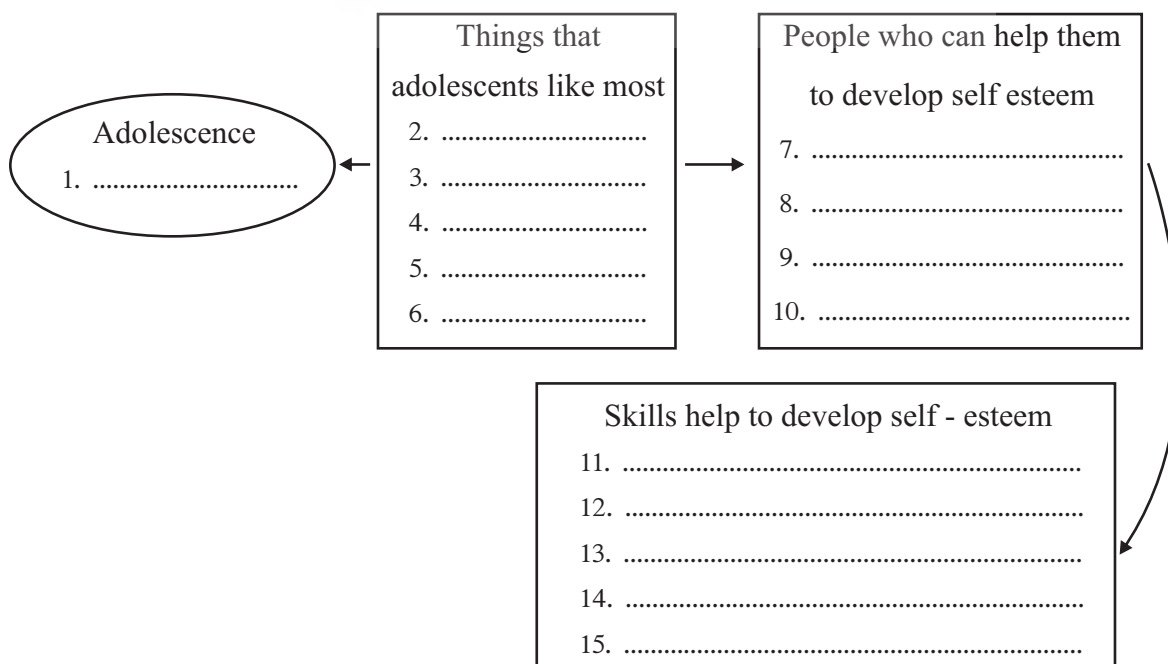
- 17 An advantage of engaging in minor game is,  
 (1) Can learn the skills separately (2) Practise correct movements  
 (3) Practise followership (3) All the above answers
- 18 The major game that required equipments is,  
 (1) Kabaddi (2) Karate (3) Elle (4) Swimming
- 19 The sports event that Sri Lanka gained the first Olympic medal is,  
 (1) 200 m (2) 110 m hurdless  
 (3) 800 m (4) 400 m hurdles
- 20 The game which Sri Lanka became the world champions is,  
 (1) Cricket (2) Volleyball (3) Chess (4) Karate

(20 x 2 = 40)

### Paper - II

- **The first question is compulsory. Answer 03 more questions.**

- 01 Your personal hygiene, health promoting house and school etc help you to build up you as a healthy child. But you have to take responsibilities to develop the above concept.
- (1) What is meant by 'total health'?
  - (2) Write 03 features of a health promotion house.
  - (3) Which aspects of the school should be developed in a health promotion school?
  - (4) Name 03 persons of the community you can gain help to promote health of your school.
  - (5) Describe your responsibilities as a student of a health promotion school. (3 x 5 = 15)
- 02 This is a summary of a note taken from Nishadi's book. It is incomplete. Complete it.



(1 x 15 = 15)

03 Sun is our life. Sun rises and sets in to a pattern. Things happen in this universe according to it. As people we hear different sounds of this nature. They are sweet. Universal balance will break down if people acts away from this rhythm of the Universe.

- (1) Write 03 natural activities happen according to rhythm.
- (2) Write 03 activities can be done according to rhythm by man.
- (3) State 03 rhythmic leg movements.
- (4) Write 03 rhythmic rotations.
- (5) State 03 benefits of working according to rhythm. (3 x 5 = 15)

04 "The president was welcomed and showed in to the main stage with a marching squad ..... " The above is a part of the announcement given in the function.

- (1) Write 03 accasions where marching squad is used.
- (2) Write the command given to the marching squad to turn right.
- (3) Write 03 types of turns.
- (4) Name 02 types of marching.
- (5) Describe in brief an activity to practice different parts of marching. (3 x 5 = 15)

05 We should make our mind by doing activities related to mind and we should make our body by doing physical activities.

- (1) Write 03 benefits of doing sports.
- (2) Write 03 major games you know.
- (3) What is meant by lead up games ?
- (5) Describe in brief the benefits of doing lead up games. (3 x 5 = 15)