

Health and Physical Education

Grade 08

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Time: 02 Hours

Name/ Index No.

Part I

- Answer all the questions.

- Select the correct answer and underline it.

- 01 A school that acts using its total energy and abilities to make it a place of healthy environment suitable to study, work and live is known as,
- (1) A healthy school (2) Health promotion school
(3) Total health (4) An effective school
- 02 Like to be independent, like to possess things are qualities mostly shown by,
- (1) police officers (2) adolescents
(3) adults (4) small children
- 03 A mental skill is,
- (1) doing new creations (2) following rules and regulations
(3) singing (4) using correct posture
- 04 The games created to practice and improve the skills of a major game is known as
- (1) organized games (2) minor games
(3) lead up games (4) folk games
- 05 The athletic event which we can use "Hang" technique is,
- (1) High jump (2) Pole vault (3) Long jump (4) Shot put
- 06 The food item which can be preserved by covering under sand is,
- (1) Lime (2) Maldew fish (3) Yoghurt (4) Pumpkin
- 07 The ability to complete a task successfully in a short period of time is known as
- (1) Strength (2) Endurance
(3) co-ordination (4) speed
- 08 The age between 10 - 19 years of life is known as,
- (1) Adult stage (2) Adolescence
(3) Youth (4) Childhood
- 09 Syphillis is a disease transmitted through
- (1) mosquitoes (2) water
(3) sexual contacts (4) Air
- 10 An infectious disease is,
- (1) Diabetes (2) Cholesterol
(3) Heart diseases (4) Chikungunya

● **Fill in the blanks using the given words in brackets.**

(running drills, standing start, crouch start, scissor jump, organized game)

- 11 can be used as a technique in high jump.
12 To start short distance races can be used.
13 Cricket can be identified as an
14 To start long distance races can be used.
15 To improve the speed of running should be done.

● **Put a (✓) mark if the statement is correct and put a (X) mark if the statement is incorrect.**

- 16 Peer groups act to develop self esteem. ()
17 Cart wheel is a rhythmic jump. ()
18 We can stand easy to listen to a long lecture. ()
19 Spiking is a skill of the game volleyball. ()
20 The ball can be hit by the head in the game football. ()

Part II

(C. 40)

● **The first question is compulsory.**

● **Answer 05 questions including the first question.**

01 Sunil, who entered Ranmal Vidyalaya a new student is not satisfied with the environment of the school. As he entered from the gate he saw a garbage pit in the compound. The drainary system and the toilets too are not in a proper condition.

- (1) Name a programme that can be implemented in Ranmal Vidyalaya.
(2) State 02 facts from the above paragraph to show that the school is not clean.
(3) Name 02 institutes that the school can get help to make it a health promotion school.
(4) Name 02 persons that they can get help from.
(5) Write 02 aims of a health promotion school.
(6) Write 02 things that can be done to make the physical environment of the school pleasant.
(7) Write 02 that tell us the mental environment of the school is healthy.
(8) Write 02 activities to be done to build up a good social environment in the school.
(9) Write 02 benefits of a health promoting school.
(10) Name 02 diseases that can be caused due to unclean environment.

(2 x 10 = 20)

02 Lot of physical, mental and social changes of a person takes place during adolescence.

(1) Write 02 hormones that affect the secondary sexual characteristics of a person separately.

(a) Female

(b) Male (2 m.)

(2) Write 02 physical changes for each male and female adolescent.

(a) female (i)

(ii)

(b) Male (i)

(ii) (4 m.)

(3) Write 04 things expected more by the adolescents. (4 m.)

03 Rhythm is very important to do a particular task attractively and effectively.

(1) What is meant by "rhythm" ?

(2) Name 02 rhythmic leg movements and 02 rotating activities.

(3) Write 04 benefits of maintaining rhythm when doing activities. (10 m.)

04 One can develop self awareness when walking in a march past.

(1) Write 02 occasions where you can see a march past.

(2) Write 04 commands given in a march past.

(3) Name 04 types of turns used in a march past. (10 m.)

05 Sports activities can be used to spend the leisure effectively.

(1) What is meant by a lead up game ?

(2) State 04 skills of the game volleyball.

(3) Write 04 ways of kicking the ball in the game football. (10 m.)

06 Food helps us to lead a healthy life.

(1) Write 02 factors affect spoiling of food.

(2) Name 04 instances where food get spoilt.

(3) Write 04 ways ancient people used to preserve food. (10 m.)