



Jaffna Hindu College

1st Term Evaluation Exam - 2022

Grade - 08

Health and Physical Education

Time : 2.00 Hours

Name / Index No :

Part - I

01. Underline the correct answer.

- Which of the following is a basic needs of human?
1) Education 2) Love 3) Air 4) Medicine
- What organ in your body controls your self-esteem?
1) Heart 2) Brain 3) Lungs 4) Liver
- Which ability improve your self-esteem?
1) Drawing 2) Acting 3) Dancing 4) All the above
- Number of members in a school march-past team is
1) 22 2) 23 3) 24 4) 25
- Which one is the national game of Sri Lanka?
1) Football 2) Netball 3) Basket ball 4) Volley ball
- How many players on netball court in one team?
1) 6 2) 7 3) 11 4) 14
- Which race is a sprint race?
1) 800m 2) 1500m 3) 400m 4) All the above
- Which one is a protein rich food?
1) Egg 2) Banana 3) Bread 4) Oil
- Which is a non communicable disease?
1) Common cold 2) Tuberculosis 3) Rabies 4) Cancer
- Which of the following factor is not necessary for a healthy person?
1) Vaccination 2) Personal hygiene 3) Drinking Alcohol 4) Balanced diet

(10 x 2 = 20 Marks)

02. Fill in the blanks.

- Self-esteem comes high in the hierarchy of.....
- Moving the body from one direction to another remaining in the same place is called
- and dig pass are the two techniques of passing the ball in volleyball.

- 4) is a game that is very popular among girls and women.
- 5) Taking a good start in events is crucial for winning an event.

(running, volley pass, human needs, net ball, turning, basic needs, basket ball)

(5 x 2 = 10 Marks)

03. Mark True (✓) or False (✗) for the following statements.

- 1) The crouched start is used for sprints. ()
- 2) Milk is a good source of protein, calcium and Vitamin D ()
- 3) Left turn means turning 180° to the left from the direction you are currently facing. ()
- 4) On your mark is the first command of the standing start. ()
- 5) Covid-19 is an airborne disease. ()

(5 x 2 = 10 Marks)

Part - II

Answer any four questions.

01. Ragavan is a grade 8 student, won gold medal in Dance competition, in National level.

- 1) What characteristic did Ragavan buildup during this instance. (1 mark)
 - 2) Write 3 special abilities which contribute to improve self-esteem. (3 marks)
 - 3) Write 3 characteristic which contribute to improve self-esteem. (3 marks)
 - 4) Write 2 external factor which have a positive impact on self-esteem. (4 marks)
 - 5) Write 2 factors which have a negative impact on self-esteem. (4 marks)
- (15 marks)**

02. Volleyball is a team sport in which players use their hands to knock a ball over a net.

- 1) How many players are on each volley ball team? (1 mark)
 - 2) Write 3 skills in volley ball. (3 marks)
 - 3) Write 3 stage of over arm service. (3 marks)
 - 4) Write 2 rules relating to service and passing the ball. (2 marks)
 - 5) Draw the volleyball court with measurements. (6 marks)
- (15 marks)**

03. A formal march by troops past a saluting point at a review is called march past.

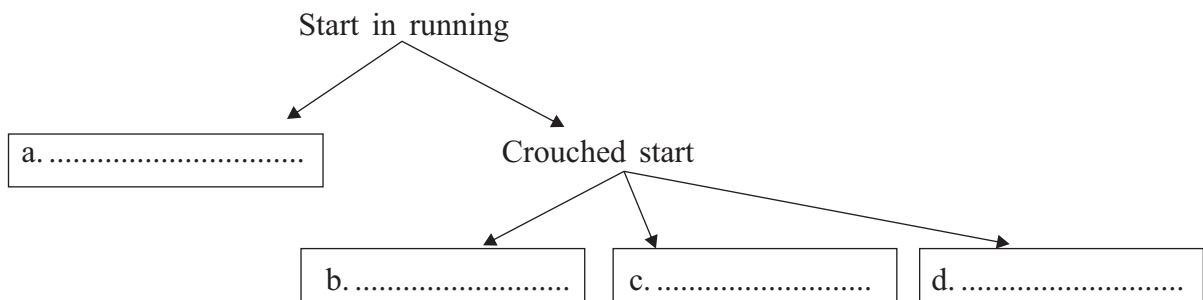
- 1) Write 2 occasions where marching square is used (2 marks)
 - 2) Write 3 types of turns. (3 marks)
 - 3) Write 2 types of marching. (4 marks)
 - 4) write the command that is given to compliments on the march past. (2 marks)
 - 5) Write 2 advantages of performing march past? (4 marks)
- (15 marks)**

04. Net ball is a team ball sport derived from basket ball.

- 1) Write 3 examples for one handed ball passing in net ball. (6 marks)
 - 2) Write 3 skills in netball. (3 marks)
 - 3) Write 2 factors that should be taken into consideration when throwing the ball. (2 marks)
 - 4) Write 2 factors that should be taken into consideration when catching the ball. (2 marks)
 - 5) Write 2 benefits of playing netball. (2 marks)
- (15 marks)

05. The start is a very important phase of running events.

- 1) Write 2 short distance races. (2 marks)
- 2) Name 3 races, that use standing start. (3 marks)
- 3) Write the commands given for the crouched start (3 marks)
- 4) Complete the boxes. (4 marks)



- 5) Write an activity to practice moving forward quickly at the 'go' command and increasing of the running speed. (3 marks)
- (15 marks)