

# Zonal Education Department- Vavuniya South

## Third Term Exam – 2016

Grade-08

Health Science

2 hours

### Part-01

1. Health development means
  1. Single man's wealth
  2. Environment's wealth
  3. Both of man and environment's wealth
  4. All of the above
  
2. Suitable statement for school health development
  1. Interconnection of human
  2. Doing duties
  3. Be a member of health association
  4. Remove the garbage
  
3. A person who is make effect in teenage period
  1. Police
  2. Army
  3. Friend
  4. Forest officer
  
4. Sivarooban won first place in District level Long jump competition. Which skill is he has?
  1. Mental health
  2. Body strength
  3. Social skill
  5. Good habit
  
5. How can be develop rhythm
  1. Exercise
  2. Involving in sports
  3. Sleeping
  4. 1<sup>st</sup> & 2<sup>nd</sup> are correct
  
6. No of participants in a march past?
  1. 25
  2. 30
  3. 20
  4. 15
  
7. When you do quick march how many stpes need to make in a minutes
  1. 160 steps
  2. 120 steps
  3. 140 steps
  4. 130 steps
  
8. Select the correct statements.  
A- There are 7 players in a netball team  
B- Netball was introduced in 1895  
C- Foot movement is one of the skill in netball playing
  1. A,B
  2. B,C
  3. A only
  4. A,B & C
  
9. Libero player in which sport?
  1. Netball
  2. Valleyball
  3. Football
  4. Kabadi
  
10. One of the World famous sport is
  1. Netball
  2. Valleyball
  3. Football
  4. Kabadi

11. Which leg part is touched the ground when doing race walking competition?
1. Foot
  - 2.
  3. Heel
  4. Finger tips
12. Starting commands of 400m race
1. On your mark,Ready,Fire
  2. On your mark,Fire
  3. On your mark, Fire, Ready
  4. On your mark,Ready,Go
13. Which one is not an activity in long jump event?
1. takeoff
  2. cross thr ber
  3. flying
  4. apporoch run
14. Which hormone is effected the sexual features in boys
1. Aestrogen
  2. Projestrone
  3. Testestrone
  4. Sperm
15. Which body feature is help to do long time activities successfully
1. Speed
  2. Strenth
  3. Endurance
  4. flxciblety
16. Which statement is correct about food pollution
1. Chemical things mixed in foods
  2. Not sutable for food consumption
  3. Reduce the taste
  4. Keep long period
17. Which flag will be hoist firstly in your school sports meet?
1. School flag
  2. Olympic flag
  3. National flag
  4. House flag
18. The Olympic competition where will be held on 2020?
1. Brazil
  2. Japan
  3. America
  4. London
19. Who was got 'Hatric' record in Olympic competition?
1. Ushain Bold
  2. Mice daison
  3. Susanthika
  4. Mecxi
20. RICE method is used to provide first aid when face accident in sports. "R" Means
- Rest
  2. Ice
  3. Compression
  4. Elevation

## Part-2

**Fist question is compulsory.**

**Answer the four questions including first one.**

**01.**

Bala is a grade 8 student. He is very friendly type person with his friends. He is a best students in education and sports also. His father is a vegetable seller. Bala shared many ideas about maintaining of food items according the grade 8 Health Science subject syllabus. Bala always adviced to his elder brother to become relief from the mental disturbance. He won the 1<sup>st</sup> place in 100m, 200m races and long jump also in his school house sports meet 2014.

Answer the following questions by using this passage.

- 1) What is the Bala's age division?
- 2) Write the self-respect skills of Bala.
- 3) Which ideas were introduced by bala about food pollution?
- 4) Guess any 2 advices which were given by bala to his brother to control emotions.
- 5) What are the habits you want to follow to destroy the irritation and angry?

5x2=10Marks

**02.**

- 1) What are the basic needs of human beings?
- 2) Write the ways of water pollution?
- 3) What are the things we want to consider when we taking our likes.
- 4) Write any 2 games which are playing by pairs.
- 5) Write 2 features of minor games.
- 6) Write 3 habits of a good sports man.
- 7) Which race starting method used by Bala.
- 8) Write 2 jumping skills which are using in long jump?
- 9) Write 2 important things which are want to maintain in a good communication?
- 10) Write any one short distance race without included races in above passage.

10x01=10

**03. Human being is not without food.**

- 1) Write the elements of food.
- 2) Write 2 methods of food pollution.
- 3) Write 2 advantages of food Preservation
- 4) What are the things to consider when buying food?

2+2+3+3=10marks

**04. Sports give physical,mental and social health.**

- 1) What is leadup games?
- 2) Write 2 advantages of leadup games?
- 3) Name 3 organized sports.
- 4) Write 3 features of organized sports.

2+2+3+3=10marks

**05. Be face successfully the future challenges.**

- 1) What are the 2 types of challenges.
- 2) Write 2 reasons for road accidents.
- 3) Write 3 sexual diseases.
- 4) Write the first aid method in English letters which provide in sports accidents.

2+2+3+3=10marks

**06. Athletic meet gives the chance to release a person's skills.**

- 1) Write 2 events which are using with crauch strat
- 2) Write 2 types of jumps.
- 3) Write 2 throwing events?
- 4) Write 2 rules and regulations of International race walking competitions.

2+2+2+4=10marks

**07) Teenage stage is noble and happy in life**

- 1) What is reproductive health?
- 2) What are the observable physical changes in the body of a female child During adolescence
- 3) Give 2 chellengers face by your friends During adolescence?
- 4) Give 4 physical, mental and social changes in During adolescence?

2+2+2+4=10marks