



# Zonal Education office, Vadamaradchy

Third Term Examination 2017

Health and Physical Education

Grade: 08

Time : 2.00 Hrs

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## Part - I

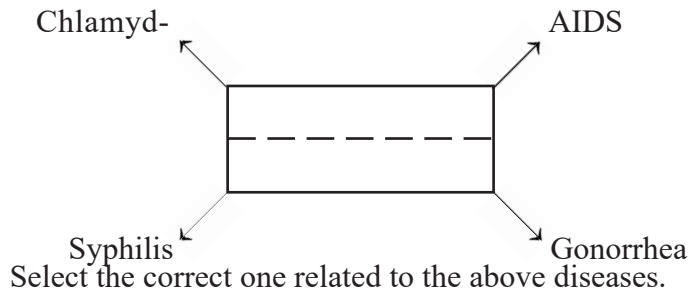
v Choose the best answer.

01. What are the basic needs of human being?  
(1) air (2) water (3) food (4) All the three
02. Drawing, Dance and Music are  
(1) personal skill (2) achievable conditions according to the talents  
(3) barrier for self respect (4) All the three
03. What is the standing posture while playing the National anthem?  
(1) Standing Straight (2) Standing at ease (3) Standing as you like (4) Standing as usual
04. Which one of these is not a Volleyball skill?  
(1) Serving (2) Spiking (3) running (4) breaking
05. The faults that are caused in 'Starting'  
(1) Starting before the gunshot. (2) Not acting to the command  
(3) Moving in the 'Set' condition (4) All the three
06. Which is not included along with the sportmanship?  
(1) pleasure in leadership (2) effectiveness  
(3) quarrelling
07. The nutrient which provides us with energy is  
(1) carbohydrates (2) proteins (3) Vitamins (4) minerals
08. The activity which doesn't develop the cardiovascular endurance is  
(1) walking fast (2) playing carrom (3) riding bicycle (4) jogging
09. What first aid shall be given to a patient blockage in the breathing?  
(1) Keeping the body without any movement (2) Giving artificial respiration  
(3) Keeping him on the flat land (4) Giving something to drink
10. What disease is caused by the deficiency of iron?  
(1) Heart disease (2) anemia (3) goiter (4) haemophilia
11. The Food item which contains a lot of iron  
(1) Sea food (2) mango (3) egg (4) meat
12. What are the purpose of giving first aid

- (1) Getting well
- (3) Reducing the intensity of illness

- (2) Saving the patient's life
- (4) All the three

13.



Select the correct one related to the above diseases.

- (1) Diseases spread by Virus
- (2) Diseases spread by air
- (3) Sexually transmitted diseases
- (4) Diseases spread by water

14. Which one of the following situations is not sexually abused one?

- (1) uncrowded area
- (2) alone all night
- (3) nuclear family
- (4) a tour

15. Which group contains unsuitable emotional activities?

- (1) fear, anger, pleasure
- (2) please, satisfaction, kindness
- (3) anger, sadness, hatred
- (4) fear, pleasure, kindness

16. World Environment Day is celebrated on

- (1) June 07
- (2) June 20
- (3) June 05
- (4) July 05

17. What is the length of a baton?

- (1) 20cm - 26cm
- (2) 30cm - 36cm
- (3) 15cm - 20cm
- (4) 28cm - 30cm

18. Which type of driver's activity leads to the accident?

- (1) obeying road rules
- (2) using helmet
- (3) driving under liquor
- (4) not driving with mental stress.

19. Which of the following helps to develop flexibility?

- (1) singing
- (2) Swimming
- (3) playing chess
- (4) Meditation

20. Where will the world cup for football be held in 2018?

- (1) Brazil
- (2) Germany
- (3) Russia
- (4) Japn

(20 × 2 = 40 marks)

## Part - I I

**v Answer the five questions including the first one.**

01. "Let us face the environmental challenges successfully"

- (i) Write down 5 environmental challenges? We have to face.
- (ii) What are the natural disasters we have to face?
- (iii) Give 3 examples for infectious and non-infectious diseases?
- (iv) Write 3 qualities of a person who provides first aid should have
- (v) What are three goals of providing the first aid?

(5 × 4 = 20 marks)

02. "Let us know the importance of the basic needs of human"

- (i) What are the basic needs of human being?
- (ii) Under which needs are love and protection included?
- (iii) Give 2 special skills that contribute to our self - esteem?
- (iv) Give 2 external factors that influence our self esteem?
- (v) Give two benefits which contribute to the society by a person with self -esteem?

(5 × 2 = 10 marks)

03. "Let's engage in Major games and know the techniques and skills of them"

- (i) When and where and by whom was the Volley ball introduced?
- (ii) Give two Skills in Volley ball
- (iii) Give two types of passing the ball in netball
- (iv) Give two ways of kicking in foot ball
- (v) Write two skills in playing 'Kabadi'

(5 × 2 = 10 marks)

04. "Let us know the categories of athletic events and its techniques"

- (i) Table the start in running?
- (ii) Table the jumping events.
- (iii) Give the measurement of a longjump pitch
- (iv) Categorize the track events.

(5 × 2 = 10 marks)

05. "Let's develop sportsmanship through sports"

- (i) Write down 3 ethics of sports.
- (ii) Give 3 skills related to ethics of sports.
- (iii) Give 3 communicative skills.
- (iv) What benefits are gained by following the rules and regulations in sports?

(5 × 2 = 10 marks)

06. "Let us follow the correct food habits and live healthily"

- (i) What are the main nutrients in food?
- (ii) While planning a meal time, what factors should be considered?
- (iii) In which situations are the nutritional values of food lost?
- (iv) Write down 2 nutritious snack?
- (v) Give 2 preservative methods that can be used to preserve the food for a long time?

(5 × 2 = 10 marks)