

Kelaniya Education Zone
Health and Physical Education I, II

Mid Term Test 2017

Grade 8

Name.....2 hours

Choose the most suitable answer for the questions from 1 to 20.

01. The process which gives people the ability to improve their own health by taking the factors which affect health into their control is,

1. Complete health 2. Community health 3. Personal health 4. Health promotion

02. An internal factor which causes the improvement of self-dignity,

1. The instruction of the teachers 3. Self-confidence
2. Receiving gifts 4. Interference of the parents

03. According to the school health promoting circular, the ratio of the sanitary facilities which should be according to the no. of students is,

1. 100-1 2. 50-1 3. 150-1 4. 200-1

04. The action which should be followed in creating the health promoting policies in a school,

1. ABCDE 2. SAMRT 3. SMART 4. SRTMA

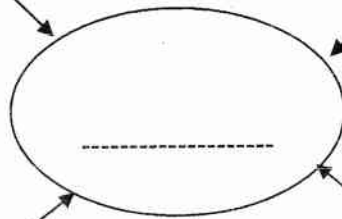
05.

Instruction facilities

Admiring

Treating everyone equally

Protection



The statement which is suitable for the blank is,

1. Elements in a healthy school
2. Health promoting themes
3. The elements needed for the development of personal skills
4. The elements which should be in a good mental and social school environment

06. Storing the fertilized ovum as a foetus, providing security and giving the nutrition needed for the growth are done in,

- | | |
|------------------------|------------|
| 1. The Fallopian tubes | 3. vagina |
| 2. Womb | 4. Ovaries |

07. Among the following, which is not a sexually transmitted disease?

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|-------------|--------------|----------------|-----------|
| 1. Syphilis | 2. Gonorrhea | 3. Hepatitis B | 4. Herpes |
|-------------|--------------|----------------|-----------|

08. The hormone which is produced by the male reproductive system is,

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|------------|-----------------|-------------|-----------------|
| 1. Insulin | 2. Progesterone | 3. Estrogen | 4. Testosterone |
|------------|-----------------|-------------|-----------------|

09. To face the changes occur in you who are in adolescence successfully, we need,

- a. Taking more food which consist of excess fat, sugar and salt
- b. Engaging in sports and exercises
- c. Being aware of the operation and structure of reproductive system

- | | | | |
|------------|------------|------------|--------------|
| 1. a and b | 2. a and c | 3. b and c | 4. a b and c |
|------------|------------|------------|--------------|

10. What is the correct action that should be done when the command, 'turn to the right' is given in practicing school march past?

- 1. Turning 90% to the right from the direction where you are facing now.
- 2. Turning 90% to the left from the direction where you are facing now.
- 3. Turning 180% to the right from the direction where you are facing now.
- 4. Turning 180% to the left from the direction where you are facing now.

11. Given below is a diagram related with a passing method of netball game. It is,



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|----------------|-------------|-------------------|--------------|
| 1. Bounce pass | 2. Lob pass | 3. Over Head Pass | 4. Side pass |
|----------------|-------------|-------------------|--------------|

12. Setting the ball with the support of fingertips and raising the body by stretching the ankle, knees, hip, elbow and wrist joints in volleyball game is known as,

- | | | | |
|-----------|---------------------|------------|----------------------|
| 1. Attack | 2. Over arm setting | 3. Serving | 4. Under arm setting |
|-----------|---------------------|------------|----------------------|

13. What is the game related with the skill developed by the sub game 'kick ball'?

1. Netball 2. Volleyball 3. Football 4. Cricket

14. The standard time duration which an international football competition should be,

1. 30 minutes 2. 90 minutes 3. 60 minutes 4. 150 minutes

15. A law which is not related with netball game,

1. Not retaining the ball in the hand more than three seconds
2. Not passing the ball higher more than 1/3 of the netball court.
3. Kicking the ball purposely
4. Not throwing and catching the ball by kneeling down.

16. Who is the player which cannot be seen in the volleyball court?

1. Keeper 2. Setter 3. Server 4. Builder

Consider the following details to answer the questions 17, 18, 19

Nalaka- He uses crouch start for his event

Pamoda-He uses stand start for his event

Piyumitha- He uses sail technique for his event

17. The event which Nalaka participated,

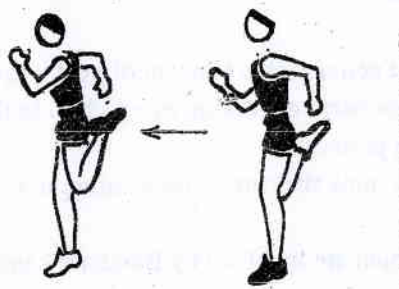
1. 1500m 2. 800m 3. 400m 4. 5000m

18. The event which Pamoda participated,

1. 100m 2. 200m 3. 400m 4. 800m

19. The event which Piyumitha participated,

1. Pole vault 2. Long jump 3. High jump 4. Triple jump



20. Given below is a diagram of a running exercise which is done to improve the running. It is,

1. Running drill A 2. Running drill B 3. Running drill C 4. Skipping

(2 x 20 = 40)

Part II

Answer the first question and four other questions.

01) Answer the questions considering about the factors you mentioned in making booklet on the beauty of reproductive system.

- i. Name the maternal and paternal cells which are needed in conceiving a baby. (2)
- ii. Mention two barriers which obstruct the beauty of the reproductive system. (2)
- iii. Write down four hygienic behavioural patterns needed in protecting the beauty of that system. (4)
- iv. What are the mental, physical and social problems caused by the sexual abuse and exploitation? Write one problem for each. (4)
- v. Mention two sexually transmitted diseases. (2)
- vi. By protecting the social values coming from an early period, a proper reproductive health can be maintained. State two such valuable qualities. (2)

02) The talents and skills in us help the self- dignity.

- i. Mention two good things gained by the society from the people with self-dignity (2)
- ii. Name three great qualities which are grown in us when the self- dignity is built involuntarily within us. (3)
- iii. Some make their dignity harmed. Write two reasons for that. (2)
- iv. Write down two skills that are within you which cause your self- dignity. (2)
- v. Mention the measurement to find whether how much amount of fat is stored in the body. (2)

03) There are some organized games to be engaged to spend the leisure time fruitfully. Three organized games have been introduced in Grade8 Health and Physical education syllabus.

- i. Write four skills in volleyball game which becomes one game out of them. (4)
- ii. Mention three methods of passing with one hand in netball game (3)
- iii. State two rules regarding the serving of the ball in volleyball game. (2)
- iv. Name the no. of players that can be participated in a football competition and the maximum no. of players who can play only once. (2)

04) Bambara kanda Vidyalaya is a school that activates the concept of health promotion properly. They have been able to take the support of every other party by joining every child in the school.

- i. Write down two themes of health promotion. (2)
- ii. Name four policies which we can think they are implementing in the school for the health promotion. (4)
- iii. Mention three external parties which are involved by Bambara kanda vidyalaya in the health promoting activities. (3)
- iv. Give two advantages of having a good physical environment in a school. (2)

- 05) Sub games are helpful in learning the skills of major games in a simple way without any effort. (3)
- i. Write three special characteristics of sub games (3)
 - ii. Mention one sub game each for those sub games with appliances and without appliances you have learnt. (2)
 - iii. Write one each for the physical, mental and social fitness developed by engaging in sub games (3)
 - iv. Create a sub game to improve the serving skills in volleyball game. (3)

- 06) The Athletic events have been created by making the natural activities running, jumping, throwing prominent. (4)
- i. Mention two main starting running methods and write commands given in it. (4)
 - ii. State two activities to improve the reaction speed related with the start of a race (3)
 - iii. Name the types of jump events (2)
 - iv. Write down two techniques of long jump. (2)

- 07) Answer the questions given below by reminding of the march past which colours the arrogant moment of the school sports meet. (2)
- i. Name two main turning postures which were done in that march past (4)
 - ii. Mention four directions of a platoon (3)
 - iii. Write down three main features in a correct standing at ease. (2)
 - iv. State two advantages which your future life gains by engaging in the march past. (2)

The first stage of the process is to identify the problem or issue that needs to be addressed.

Once the problem is identified, the next step is to gather information and data.

This involves conducting research, interviews, and surveys to understand the context and scope of the problem.

The third stage is to analyze the information and data.

This involves identifying patterns, trends, and key factors that influence the problem.

Finally, the fourth stage is to develop and implement a solution.

This involves creating a plan of action, allocating resources, and monitoring progress.

The final stage is to evaluate the results and make adjustments as needed.

This involves assessing the effectiveness of the solution and identifying areas for improvement.

Overall, the process of problem-solving is a continuous cycle that requires ongoing communication and collaboration.

It is important to remain flexible and open to new ideas and approaches throughout the process.

By following these steps, you can effectively address a wide range of problems and challenges.

The key to successful problem-solving is to stay focused, organized, and committed to finding a solution.

Remember, the process is just as important as the outcome.

By taking the time to carefully analyze the problem and develop a thoughtful solution, you can ensure the best possible outcome.

Good luck with your problem-solving efforts!

Best regards,

[Signature]

[Name]