Mahinda Rajapaksha College

First Term Examination - 2013

Health and Physical Education

Grade 8

Time - 2 hours

Paper I	
Paper II	
Total	

Name: .... **Class:** ....

Part I

- **Answer all the questions.   Underline the correct answer.**

(01).The correct formula for calculate the BMI is,

(1) $\dfrac{\text{Weight}}{\text{Height x Height}}$

(2) $\dfrac{\text{Weight x Weight}}{\text{Height}}$

(3) $\dfrac{\text{Height}}{\text{Weight x Weight}}$

(4) $\dfrac{\text{Height x Height}}{\text{Weight}}$

(02). In a Health promoting school,

(1) Has the rules and regulations.

(2) Has the health policies.

(3) Has the morning assembly every day.

(4) Has the code of ethics.

(03). Number of players in a volleyball team and number of players can play in a volleyball team in order,

(1) 6, 12   (2) 14, 7

(3) 12, 6   (3) 13, 5

(04). Not a benefit of a health promoting school is ,

      (1) Proper environment to learn

      (2) There are conflicts and fights

      (3) A proper place to live

      (4) Has a pleasant environment

(05). Horizontal jumps are,

      (1) Long jump, triple jump   (2) High jump, pole vault

      (3) High jump, Long jump   (4) Triple jump, pole vault

- **Fill in the blanks.**

(06) ………………………………… System supports us to absorbtion and digestion of food.

(07) ………………………………………………….. School helps to improve our skills and strengths.

(08)   Appreciation, gaining experience are the expects of ………………………

(09)   You have to turn ………………………….. Degrees when you do about turn in turning postures.

(10) We have to move our …………………………..leg in change in to stand at attention to stand at ease.

(2x10 = 20 marks)

Part II

- **Answer all the questions.**

(01). Answer the following question by remembering your school inter house sports meet of 2013.

       (1). Name the 05 track events of the sports meet you had.   (05)

       (2). Name 05 items which are included in the final day ceremony of the

       sports meet.   (05)

       (3). Write 05 advantages that you gained through the sports meet as students. (05)

       (4). Name 05 officials that you suggested and appointed in your house.   (05)

               (20 marks)

(02).   (1). Define the health promoting school.   (06)

       (2). Write 03 advantages of a health promoting programme in a school.   (06)

       (3). Name 04 persons that you can get help to implement the health promoting

         school programme.   (08)

               (20 marks)

(03).   (1). Define the complete health.   (06)

       (2). Write 04 good health habits that you must follow.   (08)

       (3). Name 04 main types of teeth.   (08)

               (20 marks)

(04). Write down the main purposes of following systems.

       (1). Excretory system……………………………………………….

         Digestive system…………………………………………….

         Respiratory system …………………………………………….

         Blood circulatory system ……………………………………....   (08)

       (2). Name the 03 main postures of standing.   (06)

       (3)Write down the 03 qualities that you like in the adolescence.   (06)

               (20 marks)