

Southern Provincial Department of Education

Year End Test - 2018

Health and Physical Education

Grade 8

Name / Index No.

Time - 2 hours

Part- I Answer the all Questions.

- Underline the most suitable answer in the questions numbering from 1 - 10

(01) The internal factors and external factors are really important in fulfilling the self - esteem though are have various talents and skills. Which of the following is considered as an internal factor

- (1) Examples and advice (2) Self - confidence
(3) Awarding Prizes and certificates (4) Recognition of well - wishers

(02) In a March - Past, what is the direction known as 'Front'?

- (1) The direction on the right when facing the front
(2) The direction on the left when facing the front
(3) The direction the squad is facing when falling in a single file at the time of forming the squad
(4) The direction after turning 180° from the front

(03) What is the skill shown in the Picture in relation to Volleyball

- (1) bouncing the ball
(2) Over arm service
(3) hitting the ball with both hands
(4) Pushing ball with hands.



(04) In netball, which is the One - handed ball pass method?

- (1) Shoulder pass (2) Side pass
(3) Chest pass (4) Overhead pass

(05) Which event could be started as shown in the Picture



- (1) 100m
(2) 400m
(3) 200m
(4) 1500m

- (06) The life skill a person obtains to control himself in order to Promote health is
 (1) Good health (2) emotional balance
 (3) Health Promotes (4) decision - making
- (07) Which food is taken as 'Junk food'
 (1) Vegetable Soup (2) Sausages (3) Fresh milk (4) Fruits
- (08) Which food can be 'buried under sand' in the process of food Preservation?
 (1) Fruits (2) goraka (3) Lime (4) Meat
- (09) Which is not a good health habit to maintain a good health condition?
 (1) Maintaining personal health
 (2) Not involving in sexual behavior until the marriage
 (3) Not using clean dresses
 (4) Taking medicines for diseases sexually transmitted diseases
- (10) To have an effective communication, a person should have
 (1) Empathy (2) Comply with social norms
 (3) Working in a team (4) About all

- For Questions 15 match column 'A' with 'B' selecting the most suitable answer from 'B' Write the numbers of 'B' in the brackets..

A	B
(11) A sexually transmitted disease	1. Respect the leadership
(12) Understanding another person's experience and emotions and sharing them	2. Stand ease
(13) An example of ethics if sports.	3. Gonorrhoea
(14) Correct body composition	4. Empathy
(15) Can stand in a March - Past	5. Prevent non - communicable diseases

- Select the suitable answer from the bracket for the questions from 16 to 20

(With equipment / disaster / Javelin throw / Pleasant / Crouched start)

- (16) According to the Classification of Athletic events, belongs to throwing events.
- (17) A person's speaking a characteristic of a good communicator.
- (18) 'Serving the ball to a target' is a lead- up game
- (19) Landslide is a we face
- (20) is compulsory for 400m and other running races less than 400m.

(02 x 20 = 40 marks)

Part - II

First Question is Compulsory Answer Four more question.

- (01) Arrangements are done to organize a Sports Day at Saliyapura Maha Vidyalaya next year. It is decided to conduct a March - Past, Drill - Display, Several athletic events and games and Workshop on nutrition. You will get an opportunity to give your ideas on the Program, and be ready by giving answers for the following questions:
- (i) Mention four factors that affect your Self - esteem (04marks)
 - (ii) Name the steps in the correct order how squad of a March - Past is prepared (06marks)
 - (iii) Write two Skills you learned when you were practicing Volleyball, (02marks)
 - (iv) Write the main two ball passing methods in netball (02marks)
 - (v) Write two running events that can be started by standing start (02marks)
 - (vi) Write two Skills in related to Sportsmanship (02marks)
 - (vii) Write two ways how accidents are prevented on a Sports Day. (02marks)
- (02) Food is a human need. Food which you select to lead a happy healthy life influences you a lot.
- (i) Name three functions of food. (03marks)
 - (ii) Mention three factors that should be considered in selecting nutritional food (03marks)
 - (iii) Write four important factors in creating a Menu (04marks)
- (03) Physical fitness factors contribute with our health directly.
- (i) Mention two health related physical fitness factors that you have learnt (02marks)
 - (ii) Write two exercises that can be done to develop the above mentioned health related physical fitness factors. (04marks)
 - (iii) Write four benefits of physical fitness. (04marks)
- (04) We have to face the challenges in our life. Environmental challenges are among them.
- (i) Write four environmental challenges. (04marks)
 - (ii) Write four skills needed to overcome environmental challenges (03marks)
 - (iii) Write 3 qualities of a person who provides first aid. (03marks)

(05) (i) What are the athletic events shown in the following pictures.



A



B



C

(03marks)

(ii) Write three measures that could minimize the harmful effects of accidents in the above events

(03marks)

(iii) Write the four phases of any techniques of long Jump you have learnt.

(04marks)

(06) Every sport has rules and regulations and they achieve and discipline in the sport.

(i) Write three factors that caused to introduce rules and regulations in Sports.

(03marks)

(ii) Mention three sports ethics a player should have.

(03marks)

(iii) Write four advantages you get by following rules and regulations of sports.

(04marks)