



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

First Term Test 2018

Grade 08 **HEALTH AND PHYSICAL EDUCATION** Time : 2 hours

Name / Index No.

- Answer all questions on this paper itself. **Part I**
- Two marks will be given for each question.
- Choose the most suitable answer for the question 01 - 05 from the brackets and write it in the blank.

01. The feeling of pride that is aroused in you, about yourself is known as

(self satisfaction / self confidence / self esteem)

02. The standard length and width of the volleyball court is

(18m, 9m / 16m , 8m / 20m, 10m)

03. is a way of passing the netball with single hand.

(over head pass / chest pass / shoulder pass)

04. is the national game of Sri Lanka.

(Elle / Volleyball / Cricket)

05. posture is used to listen a lecture for a long time.

(standing at easy / standing at attention / standing at ease)

- Put a right (✓) or a cross (✗) in the given brackets for the questions 06 - 10.

06 *Love* and *education* are known as secondary needs of man. ()

07 There are 4 directions of a platoon for a marchpast as Front, Left, Right and Back. ()

08 The service line should be touched when the volleyball is being served. ()

09 Drugs, Liquor and smoking may weaken the function of the reproductive system. ()

10 *On your mark* is the first command of the *crouch* start. ()

- Underline the correct answer.

11. The number of methods of starting a running a race is,

(1) 2

(2) 3

(3) 4

(4) 5

12. An internal factor that helps to develop self-esteem in you is

(1) violating rules and regulations

(2) self confidence

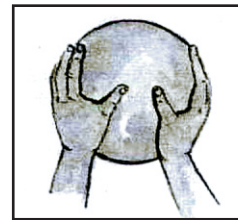
(3) engaging in antisocial activities

(4) parental guidance

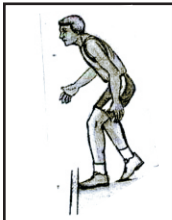
13. The number of players that can be registered for a netball team is,
 (1) 12 (2) 7 (3) 15 (4) 14

14. When the command *Squad turn left* was given, you may,
 (1) turn 180° to the right. (2) turn 180° to the left.
 (3) turn 90° to the right. (4) turn 90° to the left.

15. The above diagram shows the correct way of,
 (1) catching the netball. (2) passing the netball.
 (3) throwing the netball. (4) shooting the netball.



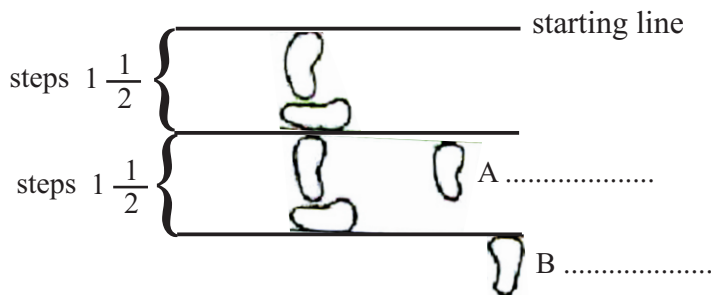
• Use the following diagram to answer the questions 16 - 17.



16. What is the method of starting a race depicted by the above diagram?
 (1)

17. Name two running events that are started using that method.
 (1) (2)

• Use the following diagram to answer the questions 18 - 20.



18. For which type of method of starting is the above way used?

19. Name the feet represented by 'A' and 'B'.
 (1) A.....
 (2) B

20. Write two events that are started according to the above method.
 (1)
 (2)

Grade 08

Health And Physical Education - Part II

- Answer only 05 questions including the question No. 01.

01. The principal addressed the morning assembly enthusiastically with a smiling face because *Sandun* has won a gold medal for a sprinting event at the all island meet representing the school. On the other hand, the wishes from the principals of the other schools also were his happiness. In his speech he told that the pleasant environment, pure drinking water, adequate sports facilities, nutritional programs and safety of the school became a support for this victory. Then the students clapped joyously.

1. Write a basic need of man that is not mentioned in the above passage. (2m.)
2. Write a secondary need of man from the passage. (2m.)
3. What is the special skill that Sandun has, to develop self-esteem in him. (2m.)
4. Name a sprinting event that Sandun might have participated in. (2m.)
5. Write 2 reasons, for Sandun's victory from the passage. (2m.)
6. Write 2 factors that can be seen in you to develop your self-esteem. (2m.)
7. Name 2 field events that you know. (2m.)
8. Write 2 reasons for damaging self-esteem. (2m.)

02. Volleyball can be played with in a small area without spending much money.

- (1) Write 2 methods of passing (setting) the volleyball. (4m.)
- (2) Name the three (3) basic stages of the technique of setting the ball. (3m.)
- (3) Write two rules of passing the volleyball. (4m.)

03. Netball is a popular game among girls.

- (1) Name 3 methods of passing the netball with both hands. (3m.)
- (2) Write two important factors that should be taken into consideration when catching the ball correctly. (4m.)
- (3) Write two qualities that can be developed by engaging in games as Netball. (4m.)

04. The marchpast of your annual sportsmeet was a major event and also it coloured the sportsmeet. So, it was admired by everyone.

(1) Write the 3 main turnings of a marchpast. (3m.)

(2) How many type of marching are there? (4m.)

(3) Write the command that is given to *Compliments on the march*. (4m.)

05. Dengue is being rapidly spread allover the country.

(1) Name 4 places where mosquitoes can be bred. (spread) (4m.)

(2) Write two measures that you can take to prevent Dengue. (4m.)

(3) Name 3 more diseases that are bred by mosquitoes. (3m.)

06. We spend much time with our family members and there we learn food habits and health habits.

(1) Write 3 factors that you should be careful when consuming your food. (3m.)

(2) Write two measures that you can follow to keep personal hygiene. (4m.)

(3) Write 2 factors that you have to consider when preparing a meal. (4m.)

Answer Sheet - Part I

01. self esteem 02. 18m - 9m 03. shoulder pass 04. Volleball
 05. Stand at ease 06. (✓) 07. (✓) 08. (✗) 09. (✓) 10. (✗)
 11. (1) 12. (2) 13. (4) 14. (4) 15. (1) 16. standing start 17. 800m / 1500 m / 3000 m
 18. medium start 19. A - front leg B back leg 20. 100 m / 200 m / 400 m

(2 x 20 = 40 marks)

Part II

01. 1. air
 2. sports facilities, clean environment, protection in the school
 3. sports skills / ability of running short distance
 4. 100m / 200 m / 400 m
 5. Adequate sports facilities
 6. Leadership, Organizing / honesty etc.,
 7. Shot, Discus, Javelin, high jump, pole vault
 8. isolating from the society / not caring / not admiring (2x8=16m.)
02. 1. over arm setting / under arm setting (4m.)
 2. ● Befor touching the ball ● Touching the ball ● After touching the ball (3m.)
 3. ● Ball should not be rested in hand when setting. ● Ball cannot be thrown. ● Ball should not contact with the hand more than once. (3m.)
03. 1. Chest Pass / Over Head Pass / Side Pass / Bounce Pass (3m.)
 2. ● When catching he ball, put one foot forward ans shift the body weight to the front foot and extend the two handy to the direction where the ball comes.
 ● Catching the ball with both hands and pulling the ball towards tour body maintaining body balance.
 ● Holding the ball correctly when receiving it. (4m.)
 3. Co-operation, patience unity, leadership (4m.)
04. 1. turning left / turning right / about turn (3m.)
 2. Quick - March / Slow - March (3m.)
 3. "Compliments on the march eyes right." (4m.)
05. 1. untidy drainage system, gutter, tyre, tins coconut shells etc., (4m.)
 2. Given marks to the relevant answers. (4m.)
 3. Malaria, Filaria, Chickengunya etc., (4m.)
06. 1. ● not to select food containing extension amount of sugar, salt and oil. ● not to consume artificial food.
 ● Consume fresh vegetables and fruits from garden. ● not to consume unity food. (4m.)
 2. ● bathing daily ● brushing teeth twice a day ● wearing clean clothes (3m.)
 3. ● Higher nutritional level ● Taste, Smell, Colour and appearance. ● Using various methods of cooking.
 ● Using different kinds of food items. (4m.)