

Grade 8	First Term Test - 2019	86	E
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Health & Physical Education I 2 hours

Important : ● Answer all questions
● Each question will be given by 2 marks Name/ Index No

Part I

- Choose the most suitable answer for the blanks from question no 01 to 05 from the brackets.
(Clockwise / self-esteem / 6 / 400m / 12 / 5 / self understanding / 800m / anticlockwise)

- 01is built up due to ones abilities and talents.
- 02. The march past walks.....of the play ground.
- 03. There are skills of Netball.
- 04. The number players of a volleybal team is
- 05.is started giving the three commands as "on your marks, get set, fire"

- Put a (✓) tick or a (x) cross in the given brackets against the following statements from 6 to 10.

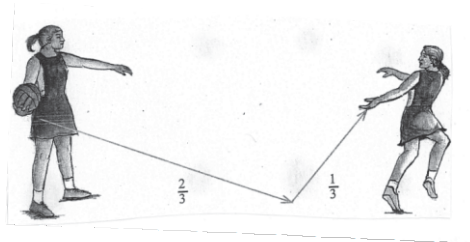
- 06. Reaction speed is very important for a sprinter to win a race ()
- 07. "Side pass" of netball is made by using a single hand. ()
- 08. About turning of a march past is made by turning 90 ()
- 09. Underrating others may damage their self-esteem ()
- 10. Volleyball court is divided into two parts as front zone and back zone. ()

- Underline the correct answers from the question no 11 to 20.

- 11. The number of steps that should be kept in a minute when marching forward is
i. 120 ii. 130 iii. 100 iv. 110
- 12. The angle at the knee of the front leg of a sprinter when he comes to the "set" position of the crouch start is,
i. 60 ii. 80 iii. 90 iv. 100
- 13. A rule of netball that should be concerned when catching and passing the ball is,
i. holding the ball more than 3 seconds. ii. hitting the ball purposely.
iii. catching the ball after bouncing it. iv. hitting the ball with fisted hand.
- 14. A pair of organized games is,
i. Football and "Thachchi Penima" ii. Cricket and volleyball.
iii." Meeyo meemo" and Netball iv." Thachchi penima"and "Meeyo meemo"
- 15.
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The most suitable answer for the blank is,
i. Shooting the ball and setting the ball. ii. Serving the ball and defending.
iii. Setting the ball and serving the ball. iv. Attacking and setting the ball.

16. A main direction that does not belong to a platoon for a march past is,
 i. front ii. back iii. right v. north



17. The method of passing the ball for which the above activity is used is,
 i. under arm pass ii. bounce pass
 iii. shoulder pass iv. side pass

18. The number of netball players who are allowed to play in the court is,
 i. 12 ii. 8 iii. 7 iv. 11

19. The group of events that are started using with the three commands as "On your marks, Get set, Fire" is,
 i. 800m and 100m ii. 400m and 1500m
 iii. 1500m and 200m iv. 100m Hurdle and 400m



20. The above diagram depicts a skill done by a netball player. The skill is,
 i. a correct shooting ii. a correct holding
 iii. a correct throwing iv. a correct toss up.

(2x20 = 40 marks)

Part II

• Answer only for five questions including the question No 01.

01. Among the houses "Sura", "weera" and "Dheera" of Gemunu vidyalaya "Dheera" became the first at the inter house sportsmeet. The house "Dheera" won the championships for volleyball, netball and athletics and also it won the first place from the march past "Dasun" became the best athlete of the sportsmeet winning the first places for 100m, 200m and long jump and it was a great pleasure for Dasun and his parents too.
- According to the above passage, who became happy about Dasun's victory? (2 marks)
 - Write 2 more running events except the running events won by Dasun. (2 marks)
 - Write 2 of the turnings of the march past. (2 marks)
 - Name 2 postures of standing. (2 marks)
 - Name 2 more field events that are not mentioned in the above passage. (2 marks)
 - Write 2 instances in which you can see a march past. (2 marks)
 - How many students should be there for a school level march past along with the leader of it? (2 marks)
 - What is the game that is played within a given period of time, of the above mentioned two games. (2 marks)
 - Write two of the basic needs of man. (2 marks)
 - Write two more names that are used to name each team of a march past. (2 marks)

02. Volleyball also is among the fastest games in the world.



A



B

- i. Name the two skills depicted by the above two diagrams. (2 marks)
- ii. Suggest an activity that you can use to train the skill depicted by "A", to a novel player. (4 marks)
- iii. Write 2 rules relating to the skill depicted by "B". (4 marks)

03. Starting is very important to win a running event.

- i. Write the 2 methods of starting a running race. (2 marks)
- ii. Write by 2 events for each of the methods of starting (4 marks)
- iii. Write an activity that can be used to develop reaction speed. (4 marks)

04. Netball is popular among girls.



- i. Name the way of passing the ball depicted by the above diagram (2 marks)
- ii. Name 4 methods of one handed passes. (4 marks)
- iii. Write an activity that can be used to practise the skill of catching the ball. (4 marks)

05. Self-esteem is the person's own evaluation of his / her own worth.

- i. Write 2 skills that may help to develop self-esteem. (2 marks)
- ii. Write 4 abilities and characteristics that may cause self-esteem. (4 marks)
- iii. Write 2 factors which may influence on self-esteem. (4 marks)

06. A person becomes healthy by following correct postures.

- i. Name 3 basic postures of a march past. (2 marks)
- ii. Explain the way of turning left, briefly. (4 marks)
- iii. Write the "command" given by the platoon leaders at the saluting dais. (4 marks)

07. Learning physical education builds a healthy generation.

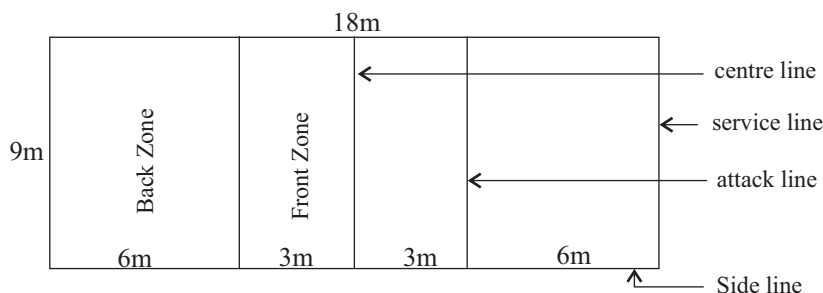
- i. Name either a sportsman or a sportswoman who has brought fame to our country through athletics, internationally. (2 marks)
- ii. Write 2 uses that you can get by engaging in exercise. (4 marks)
- iii. Draw a diagram of a volleyball court and mark the standard measurement. (4 marks)

First Term Test - 2019
Health and Physical Education
Grade 8 -Answers
Part I

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|-----------------|-------------------|--------|--------|----------|---------|
| 01. Self-esteem | 02. anticlockwise | 03. 5 | 04. 12 | 05. 800m | 06. ✓ |
| 07. x | 08. x | 09. ✓ | 10. ✓ | 11. i | 12. iii |
| 14. ii | 15. iii | 16. iv | 17. ii | 18. iii | 19. iv |
| | | | | | 20. ii |

Part II

01. i. Parents and teachers 2 marks
 ii. 400m, 800m, 4x400m, 4x100m, 100 Hurdle 2 marks
 iii. Left turn, Right turn, About turn 2 marks
 iv. Standing attention, Standing at ease standing at easy 2 marks
 v. shot, Discus, High jump, Long jump 2 marks
 vi. Interhouse sportsmeet, Independence day 2 marks
 vii. 25 2 marks
 viii. Netball 2 marks
 ix. Food, Water, Air 2 marks
 x. Squad, Platoon 2 marks
02. i. A) Overhand service(overarm) 2 marks
 B) Over hand pass 2 marks
 ii. Practising the over hand service without the ball after being prepared to the correct technique etc.... 4 marks
 iii. Overhead pass - ball should not be rested in hand
 ball should not be thrown
 ball should not be touched more than once. 4 marks
03. i. Crouch start, standing start
 ii. Crouch start :- 100m, 200m, 400m, 4x100m, 4x400m, 100 Hurdles, 110 hurdles 2 marks
 Standing start 800m, 1500m 4 marks
 iii. • Running about 10m to a given signal standing after a lying position, 4 marks
 • Running about 10m to a given signal after a sitting position etc
04. i. Chest pass
 ii. Shoulder pass Lob pass Bounce pass Under arm pass 2 marks
 iii. Give marks according to the given answers. 4 marks
05. i. Physical skills, Mental skills, social skills, Aesthetic skills. 4 marks
 ii. Talents - Singing / playing, dancing, dramatising 2 marks
 iii. Self Understanding / Self Confidence, Dedication etc.... 4 marks
06. i. turning, marking time, marching forward etc...
 ii. • Standing attention 2 marks
 • Turning your body 90 to the left by rotating on your left heel and the ball of the right foot according to the command 4 marks
 iii. "Compliments on the march Eyes right" 4 marks
07. i. Susanthika Jayasinghe, Damayanthi Darsha, Duncan white, Sugath Thilakarathna, Pramee Wasanthi 2 marks
 ii. Developing physical fitness, being healthy etc 4 marks



Give marks according to the way how dimension is marked.

4 marks