



Third Term Test - Grade 8 - 2019
තෙවන වාර පරීක්ෂණය - 8 ශ්‍රේණිය - 2019

Name/Index No: Health and Physical Education Time: 02 hours

Part I

- * Answer all questions.
- * Two marks for each question and the total is 40 marks.

● **Underline the correct answer for the question 01-10.**

- (1) A most important principle to develop the social environment is,
 - (i) Consevation of environment.
 - (ii) Building a good religious environment.
 - (iii) Avoiding cigarette, drugs and abuse.
 - (iv) Identifying the student's necessities.

- (2) A command that is given in march - past/ platoon.
"Squad move to the left in threes left turn"
The action for this command is,
 - (i) Turning 45⁰ to the left from the direction you are currently facing.
 - (ii) Turning 90⁰ to the left from the direction you are currently facing.
 - (iii) Turning 180⁰ to the left from the direction you are currently facing.
 - (iv) Turning 90⁰ to the right from the direction you are currently facing.

- (3) 'SMART' concept is used to provide the principles of health promotion. In this concept 'A' is referred to.
 - (i) Realistic
 - (ii) Achivable
 - (iii) Specific
 - (iv) Measurable

- (4) Victory and obeying ethics are important in sports qualities within a well disciplined sportsman.
 - (i) Mocking at weak players.
 - (ii) Criticizing the judgers.
 - (iii) Helping the less talented person.
 - (iv) Boasting in self victory.

- (5) A part in male reproductive system is,
 - (i) Uterus/womb
 - (ii) Fallopian tube
 - (iii) Ovaries
 - (iv) Prostate gland.

- (6) Select the correct answer that include member of players and game correctly.
 - (i) 7 - Volleyball
 - (ii) 14 - Elle
 - (iii) 16 - Cricket
 - (iv) 7 - Netball

- (7) The method of two handed passes in netball game.
 - (i) Shoulder pass / Bounce pass.
 - (ii) Under arm pass / Side pass
 - (iii) Bounce pass / Over head pass.
 - (iv) Over head pass / Shoulder pass.

- (8) The most imprtant factor for protecting the reproductive health,
 - (i) Involving the exercise and sports activities.
 - (ii) Taking an adequate rest and sleep.
 - (iii) Getting aware correctly.
 - (iv) Avoiding from taking artificial food.

- (9) A feature of an effective communicator,
- | | |
|----------------------------------|------------------------------------|
| (i) Blaming with bad words. | (ii) Expressing own ideas clearly. |
| (iii) Criticizing others' ideas. | (iv) Frolic to others |
- (10) The lead up game of using equipments.
- | | |
|-----------------------------------|-------------------------|
| (i) Serving the ball to a target. | (ii) Iniweta peraleema. |
| (iii) Turn and running. | (iv) Mewara Keliya. |

● **Put tick (✓) or a cross (✕) in the given brackets for the questions 11 - 15**

- (11) "Get Set" command is used at the starting of 400 m race. ()
- (12) Take off and flight are the two factors affect for the running speed. ()
- (13) HIV is a communicable disease that spread by a mosquito. ()
- (14) Feature of lead up games is being rules and regulation simple. ()
- (15) Even rules and regulations are essential for athletic events ethics are not so, ()

● **Choose the most suitable answer from the brackets for the questions 16 - 20**

- (16) is the event that used sail technique.
(poult walt / long jump / hurdles)
- (17) Volleyball game is starting by a
(Spiking / serving / field defending)
- (18) is the reason for decline of self esteem.
(Self understanding / self confidence /annoyance of others)
- (19) is grasp by thum and fore - finger.
(Javelin / Shot put / Discus)
- (20) The power of removing from school canteen can be deligated to health society.
(natural food / nutritional food / junk food)

(2 × 20 = 40 Marks)

Part II

● Answer only 5 questions including the question no. 1.

- (1) The students of Rewatha college are fluent in education as well as sports. They have given prestige to school by giving victories from levels of divisional, provincial and all island in group games as well as athletic. Student "Sadew" has won championship from 100 m, 200 m, races in all island levels and Kasuni has got first place in long distance events.

All believed that the reasons behind these victories are using natural foods, personal hygiene and continuous training.

- (i) Who are the satisfied people about these victories ?
- (ii) Write 2 short distance events except Sadew won.
- (iii) Write 2 long distance events that you think Kasuni has won.
- (iv) Write 2 organized games that you know.
- (v) Write 2 field events.
- (vi) Write 2 starting method that use to running events.
- (vii) Mention 2 junk foods.
- (viii) Write 2 advantages of having natural food.
- (ix) Write 2 action that you must take to protect personal hygiene.
- (x) Mention 2 other basic needs except that is mentioned in the above paragraph.

(2 × 10 = 20 Marks)

- (2) Selecting healthy foods and consumption of that food in healthy manner is important for a healthy life.

- (i) Write 3 factors that should concern while serving food. (3 marks)
- (ii) Mention 3 methods can be followed to enhance the nutritional value of diet. (3 marks)
- (iii) Write 4 food preservative methods. (4 marks)

- (3) The improvement of the physical fitness factors is essential for the development of physical activities.

- (i) Write 3 factors related to health fitness. (3 marks)
- (ii) Write 3 activities can be involved to develop one of the above mentioned factor. (3 marks)
- (iii) Write 4 benefits having by developing the fitness. (4 marks)

- (4) We have to face various challenges in different situations in our life.

- (i) Write 4 challenges that can be seen in present. (4 marks)
- (ii) Write 2 actions that can take to protect from offense. (2 marks)
- (iii) Write 4 skills should be developed to win challenges. (4 marks)

- (5) Risk of the life can be minimized, by giving first aid correctly in an accident.
- (i) Write 3 aims of giving first-aid. (3 marks)
 - (ii) Write 3 qualities of a person that give first aid (3 marks)
 - (iii) Describe the main theories of giving first aid (4 marks)
- (6) The correct throwing is most important for the daily activities as well as in athletic events.
- (i) Write 3 throwing events in athletics. (3 marks)
 - (ii) Describe by using pictures the correct way grasping one of the above throwing event. (4 marks)
 - (iii) Write 3 points that should consider while involve in throwing. (3 marks)
- (7) Volleyball, netball and football can be named as games that involve in school level sports events.
- (i) Write 4 skills of the netball game. (4 marks)
 - (ii) Describe an activity that can be used to practice over arm service. (4 marks)
 - (iii) Write 2 types of heading the ball in football game. (2 marks)

Third Term Test - Grade 08 - 2019

තෙවන වාර පරීක්ෂණය - 08 ශ්‍රේණිය - 2019

Health and Physical Education - Answer Sheet

Part I

- | | | | |
|-----------|-----------|--------|--------------------------|
| (1) (iii) | (6) (iv) | (11) ✓ | (16) Long jump |
| (2) (ii) | (7) (iii) | (12) × | (17) Serving |
| (3) (ii) | (8) (iii) | (13) × | (18) Annoyance of others |
| (4) (iii) | (9) (ii) | (14) ✓ | (19) Javelin |
| (5) (iv) | (10) (i) | (15) × | (20) Junk food |

(2 × 20 = 40 marks)

Part II

- (1) (i) Parents, teachers, old boys and girls.....ect.
 (ii) 400 m, 400 m × 4, 100 m × 4
 (iii) 1500 m, 5000 m
 (iv) Volleyball, netball. footballetc
 (v) Javelin, shot put, discus, high jump, long jump
 (vi) crouch start, standing start
 (vii) Chips, Instant noodles, fizzy drinks,....etc
 (viii) Be healthy, increase cost can get fresh foods, high nutrition quality ... ect.
 (ix) Bathing daily, Brushing teeth in twice a day, wearing clean cloths etc
 (x) Water, Air
- (2) (i) The hygienic nature of the food, Appearance of food, appealing nature of food, the manner in which the food is presented. personal hygiene, sufficient quantity of food, table manners.....etc
 (ii) * Cooking many types of food together.
 * Cooking many types of leaves together.
 * Cooking vegetables ensuring the colour does not change.
 * Adding lime, maldive fish and coconut to green leaves
 * Preserving excess food for a time of need, taking care to preserve the nutritional value.
 * Get fresh, clean and natural vegetables and fruits at a home garden.
 (iii) Drying, Smoking, adding vinegar, cooking, adding sugar, cooling in refrigerator, salting, canning..etc.
- (3) (i) Cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition
 (ii) Give marks for any correct answer.
 (iii) * Development of sports skills.

(2 × 10 = 20 Marks)

- * Can do more work without getting tired.
 - * Burn fat and control weight
 - * minimized accidents and injury
 - * maintain correct posture
 - * having good appearance.
- (4) (i) Accidents, disasters, abuse and coercion : cigarettes, alcohol and illicit drugs, diseases.
- (ii) * Do not let others to touch your private parts.
* Do not use internet, mobile phones and social media in bad manner.
* Do not be alone in deserted places....etc.
- (iii) Self understanding, self awareness, good attitudes, taking correct decisions, controlling emotions, creative thinking.
- (5) (i) Saving the victim's life
Minimize the damage caused
Aiding in healing process
- (ii) * knowledge about first aid,
* Skilful knowledge, self confidence, ability to not to be disgusted, Patience.
- (iii) A - Airway (first any blockages of the respiratory system must be identified and cleared)
B - Breathing (check and give if necessary)
C - Circulation (Pulse checking is essential)
D - Deformity (Important to examine deformity)
E - Exposure, environment (Examination must do in a safe environment)
- (6) (i) shotput throw, Discus throw, Javelin throw, hammer throw.
- (ii) Give marks for any correct drawing.
- (iii) * Be careful about the safety of the thrower as well as the others.
* It is compulsory that throwing be done under the supervision of a teacher.
* Throw the equipments with correct techniques.
* Equipments should be kept in correct and safe manner.
- (7) (i) * Foot work
* Ball handling
* Defending
* Attacking
* Shooting
- (ii) Give marks for the correct diagram.
Give marks for the correct activity.
- (iii) Heading in a standing position.
Heading with a jump.
Heading with a drive.