



# Minuwangoda Zonal Education

Second Term Test - 2023

Grade 8

Health & Physical Education

Time:2 hours

## Part I

01) What are the factors affected to total health.

- 1) Physical and Mental well being
- 2) Social and Spiritual well being
- 3) Physical, Mental, Social and spiritual well being
- 4) Physical, Mental and Social well being

02) The reason to form rules and regulations for sports.

- 1) Wellbeing of the sport
- 2) Protecting the dignity of the sport
- 3) Wellbeing of the sportsman and spectators
- 4) All above.

03) The order of touching the foot when walking correctly is,

- 1) Toes, ball, heel
- 2) ball, heel, toes
- 3) heel, toes, ball
- 4) heel, ball, toes

04) Mixed food with more nutrients are,

- 1) short eats, milk rice with green gram, vegetable
- 2) noodles, hath maluwa, mixed leaf malluma
- 3) milk rice with green gram, hath maluwa, mixed leaf malluma
- 4) biriyani, hath maluwa, vegetable rice

05) It is not a turn in march past.

- 1) Left turn
- 2) right turn
- 3) about turn
- 4) side turn

06) Correct posture in about turn is,

- 1) Turned 90° to the right
- 2) Turned 90° to the left
- 3) Turned 180° to the right
- 4) Turned 180° to the left

07) It is not a harmful social factor affected to self-esteem.

- 1) Social rejection
- 2) Neglect by the society
- 3) Violating the law
- 4) Appreciation by the society.

08) The ball passing method can do one handed and two handed method in net ball.

- 1) Bonus pass
- 2) Side pass
- 3) Chest pass
- 4) Over head pass

- 09) Mention the line in between back zone and front zone in volleyball court.
- 1) middle line
  - 2) attack line
  - 3) side line
  - 4) service line
- 10) Angle of the legs in “get set” command in crouched start
- 1) 90° in front leg and 110° – 120° in back leg.
  - 2) 90° in front leg and 120° – 140° in back leg.
  - 3) 80° in front leg and 100° – 120° in back leg.
  - 4) 100° in front leg and 120° – 140° in back leg.
- 11) Below activity done by physical education teacher with grade 8 students.
- Lie on the ground facing upword. As the commando received, stand up quickly and run about 10 metres. Through this activity a fitness factor. The students can developed.
- 1) Speed
  - 2) Endurance
  - 3) Flexibility
  - 4) Reaction speed
- 12) Under the school medical inspection the students of schools which below the 200 students annually should.
- 1) Face the medical inspection
  - 2) Not face the medical inspection
  - 3) Face the medical inspection once in 3 months.
  - 4) Face the medical inspection once in 6 months
- 13) School dental health services supplies for the,
- 1) Students under 18 years of age.
  - 2) Students under 14 years of age.
  - 3) Students under 15 years of age.
  - 4) Students under 11 years of age.
- 14) The number of players that can substitute in a football match is,
- 1) One
  - 2) Two
  - 3) Three
  - 4) Four
- 15) The age - range that beginning the sperm production of boys is,
- 1) 9 - 10 years
  - 2) 8 - 12 years.
  - 3) 10 - 18 years.
  - 4) 10 - 14 years
- 16) The fertilized ovum travels through the fallopian tube into the returns and implanted in the endometrium is called,
- 1) Growing up
  - 2) development
  - 3) being planted
  - 4) being super changed
- 17) It is impossible to catch the ball on the ground and catch the ball it self. This rule include in,
- 1) Netball
  - 2) Volleyball
  - 3) Football
  - 4) Cricket .
- 18) A short distance event is,
- 1) 400m
  - 2) 800m
  - 3) 1500m
  - 4) 3000m

19) The duration of an international football game is,

- 1) 30 min                      2) 60 min                      3) 90 min                      4) 120 min

20) Helping a person in times of trouble as if it happened to him is,

- 1) Empathy                      2) Sympathy                      3) Sensitivity                      4) Sensation

(2 × 20 = 40 marks)

## Part II

- **1<sup>st</sup> question is compulsory. Write 4 other questions.**

01) A school that uses full organizational capacity to promote the health of the school community including school children as well as staff called a health promotional school.

In here school environment can divide into 3 categories as physical, mental, social and it can be used to success the health promotional task.

- Write 2 elements of a good physical environment.
- Write 2 steps that you can be taken to clean your classroom.
- Write 2 themes of health promotion.
- Write 2 health related policies which decided by your school health promotional committee.
- Write down the process that you should follow when you creating a policy.
- Write 2 healthy local food that you can take from your school canteen.
- Can develop the school health promotion by improving your different skills. Write 2 skills that you have.
- Write 2 activities that community can contribute to the school.
- Write 2 activities that school can contribute to the community.
- Write 2 uses of health services.

(20 marks)

02) Lead-up games are games that create to develop the skills of major games.

- Write 2 features of lead-up games (2 marks)
- By engaging lead-up games we can develop physical, mental and social fitness. Write 1 example for each. (3 marks)
- Describe a lead-up game with figures that you have engaged. (5 marks)

03) The human reproductive systems are designed to reproduce and to ensure the survival of the species.

- Write 2 organs each of male and female reproductive systems. (2 marks)
- Write 2 steps that you can follow to maintain a good reproductive health. (3 marks)
- Write 2 issues created by sexual harassment and abuse. (3 marks)
- Write 2 sexually transmitted diseases. (2 marks)

04) We use running for different tasks in our day to day life. In athletics we can classify the running into 3 groups based on the distance.

- i. Write down the 02 phases of a running step. (2 marks)
- ii. Write down 03 running drills that you learnt in grade 8 (3 marks)
- iii. Write 2 advantages of engaging in running drills. (2 marks)
- iv. Mention a running drill you have learned and illustrate with figures how to perform it. (3 marks)

05) Jumping events can be categorized as vertical and horizontal.

- i. Write down the events that comes under the jumping. (2 marks)
- ii. Mention the techniques of long jump. (3 marks)
- iii. How many stages of long jump? What are them. (2 marks)
- iv. Describe a activity to practice the long jump with figures. (3 marks)

06) You can improve your physical, mental social and spiritual well-being by taking part in sports and outdoor activities at school.

Select one from volleyball, Netball, Football that you learnt in Grade 08

- i. Write down the 2 skills of that game. (2 marks)
- ii. Describe a activity with figure that you can do to develop a one skill you mentioned above. (6 marks)
- iii. Mention the number of players can play at once in your chosen game. (2 marks)