



Minuwangoda Education Zone

2nd Term Evaluation - 2025

Grade 8

Health and Physical Education

Name :

Time : 2 hours

Part I

• **Underline the correct answer from questions 01 to 10**

01. Rasika is the most outstanding athlete in the under 14 age category at this year's inter house sport meet. Seeing everyone in the class happy about his victory made him feel immensely proud of himself. The most appropriate response for Rasika to express this sense of self-respect would be,
- i. Self confidence
 - ii. Self esteem
 - iii. Inferiority complex
 - iv. Superiority complex
02. The total number of members that should be included in a platoon of a school march past including the leader is,
- i. 24
 - ii. 30
 - iii. 25
 - iv. 32
03. "Service should be done within 08 seconds after the ball has been tossed" Which sport does this rule apply to?
- i. Football
 - ii. Netball
 - iii. Cricket
 - iv. Volleyball
04. Which of the following is not a method of passing the ball by two-hand in netball?
- i. shoulder pass
 - ii. chest pass
 - iii. over hand pass
 - iv. side pass
05. Which of the following is not a short distance running event?
- i. 100m
 - ii. 800m
 - iii. 400m
 - iv. 100m Hurdle
06. An example of a skill that should be developed within you as a school student.
- i. Empathy
 - ii. Critical thinking
 - iii. Decision making
 - iv. All of the above

07. A characteristic of lead up games.

- i. They provide enjoyment combined with the experience of competitiveness.
- ii. Only enjoyment is gamed.
- iii. Activities cannot be designed according to preference.
- iv. Using equipment are compulsory.

08. The most popular sport in the world is,

- | | |
|---------------|---------------|
| i. Volleyball | iii. Football |
| ii. Cricket | iv. Hockey |

09. How many phases are consists in a running step,

- | | |
|--------|---------|
| i. 03 | iii. 02 |
| ii. 05 | iv. 06 |

10. remarkable system in the body designed to reproducing One's species is,

- | | |
|------------------------|-------------------------|
| i. Reproductive system | iii. Circulatory system |
| ii. Excretory system | iv. Respiratory system |

• **Select and write the correct answer within brackets for question 11 to 15.**

11. There are types of starting commands.

12. is a long distance running events.

13. can be identify as a feature that should exist in a good physical school environment.

14. method is a technical method of long jumping.

15. One of the secondary needs of a human being is

• **Put these (√) or False (×) from 16 to 20.**

16. There are 06 skills in volleyball. ()

17. Respecting rules is a quality that arises from self-pride. ()

18. The sperm is the female cell which is involved 10 fertilization. ()

19. Sexual harassment and abuse negatively affect reproductive health. ()

20. AIDS is a disease transmitted sexually. ()

II part

- **First question is compulsory.**
- **Provide answers to four more questions.**

01. At the inter house sport meet the most talented athlete under 14, Rasika showed equal skill in both short distance running and jumping events in athletics. He is willing to participate in team sports in the coming years, he is already taking part in training sessions. The regular participation in training, following guidance and received a nutritious diet are some of the key factors that have contributed to the improvement of his abilities.

- Based on the above paragraph, provide answers to the questions given below.
 - i. Write 02 short distance running events that Rasika participated in the inter house sport meet.
 - ii. What is the starting method used for those running events?
 - iii. Write down the commands used in that starting method.
 - iv. Mention a jumping, event that Rasika participated.
 - v. Write down a technique used in the jumping event that Rasika participated.
 - vi. Write 02 team sports you know.
 - vii. Write 02 benefits you get from participating in sports.
 - viii. Write 02 lead up games that Rasika engaged to improve his athletic skills.
 - ix. What is meant by lead up games?
 - x. Write 02 skills in the game of volleyball.

(20 marks)

02.

- i. Write 05 personal abilities you know. (M. 5)
- ii. Write 03 Internal factors that impact on self-esteem. (M. 3)
- iii. Write 02 factors which have a negative impact on self-esteem. (M. 2)

03.

- i. What are the 03 posture adopted in turning? (M. 3)
- ii. What are the two types of marching? (M. 2)
- iii. Write 02 steps that are followed to forming a march past platoon and the nature of the commands that should be made. (M. 5)

04.

- i. Write one skill for each sport given below. (M. 3)
 - a) Volleyball
 - b) Netball
 - c) Football
- ii. Write 02 types of two-handed method in Netball. (M. 2)
- iii. How many ways of heading the ball and what are they? (M. 5)

05.

- i. What are 04 main phases of long jump. (M. 4)
- ii. What are the 03 running drills? (M. 3)
- iii. Give 03 running events that use standing start. (M. 3)

06.

- i. Write 02 special features of lead up games. (M. 2)
- ii. Write 02 features how the physical, mental and social fitness is improved by playing lead up game. (M. 6)
- iii. Write 02 lead up games that can be played using equipment. (M. 2)

07.

- i. What is meant by Health Promotion? (M. 2)
- ii. Write 02 types of food suitable for sale in a healthy cafeteria. (M. 2)
- iii. Write 02 people, 02 programmes and 02 institutions necessary for health promotion in school. (M. 6)

08.

- i. What are the female and male cells which are involved in fertilization?
- ii. Write 02 organs in Female reproductive system.
- iii. Write 02 organs in Male reproductive system.
- iv. Write 02 sexually transmitted diseases which are acquired through sexual activities.
- v. Write 02 behaviors which help to maintain good reproductive health.