



8) Lead up - games are games that are created to develop the skills of major games. Not a feature of a lead up games.

- Fun and enjoyment
- be able to create it at his discretion.
- Improving physical.
- Less organized than minor games..

09. Which one of the following is not a physical fitness helps to maintain good health of a person.

- Flexibility.
- Body composition.
- Speed.
- Muscle strength

10) A first - aid person must first do a preliminary investigation of the person who is sick. It's called basic life support. The method used it,

- PRICES method
- ABCDE method
- RICE method
- SMART method

\* Select the clause B that corresponds to clause A and write the letter in the given empty box.

A

B

11. The sum of the various part of the body	<input type="checkbox"/>	P Ignorance & negligence
12. A part of the psycho social environment in a healthy school environment	<input type="checkbox"/>	Q - The ability to work hard
13. A physical fitness develop by lead - up games	<input type="checkbox"/>	R - In case of illness
14. The main cause of accidents	<input type="checkbox"/>	S - Body composition
15. It is a stage needs special nutrition	<input type="checkbox"/>	T - Appreciation

\* Select the appropriate word in parentheses.

16) The body should take a diet rich in ..... to protect against disease.

17) When you are in the womb, the needed nutrients and oxygen are taken from the mother through .....

18) Virtues, traditions and good manners required to uphold the rules & regulation of the game are called as .....

19) ..... is a good quality , which should have for a first aider.

20) Activities such as Push - ups , Half court work to increase .....  
( Patience, ethics, vitamin & minerals, muscle strength, umbilical cord)

(2X 20=40 Marks )

### Part - II

\* It is mandatory to answer the first question.

\* Answer five questions , including the first one.

1) Below are some of the unique qualities & abilities of some of the grade 8 students.

Kasun - Having good BMI value and he has well develop physical fitness also he is a good student for learning at school. Therefore all are like him very much.

Ashen - While a member of the school cadet team always use correct postures.

Nipun - He is the fastest under 14 player in the school and has won the provincial achievements

Naveen - A favorite child of the class having positive qualities such as empathy, socialization as well as very friendly child.

i. What are the two main areas of total health that Kasun Follows. (2 Marks)

ii. Name another two areas of total health that need to be developed by Kasun. (2 Marks)

iii. Name two athletic events that Nipun is thought to have participated in , (2 Marks)

iv. What is the starting method that Nipun used to start his running events under the starting methods of running. (2 Marks)

v. What are the two types of marching, Ashen has practiced. (2 Marks)

vi. Write down two qualities that we can get through the right postures. (2 Marks)

vii. Write two reasons that give rise to self - esteem an Ashen. (2 Marks)

viii. Explain Empathy . (2 Marks)

ix. Write two socialization features expressed by Naveen. (2 Marks)

x. Write two skills related to sportsmanship that have been develop in Nipun. (2 Marks)

2) Under the concept of school health promotion, the physical environment of many school is beautified. But if the psychological and social environment is similar, the students school. Will be more willing to attend the school. Awareness on health promotion and strategies of school children are under the syllabus of health promotion and physical education.

i. Explain health promotion. (2 Marks)

ii. Name three health policies you can implement in your school. (3 Marks)

iii. Name two organizations that help promote school health. (2 Marks)

iv. Write three actions can take by your school's health promotion committee to prevent mosquito breeding . (3 Marks)

03. To have a healthy life. We must follow the correct lifestyle and also we need to be well. Informed about maintaining good eating habits. Many people today are infected with non - communicable disease & eating habits.

i. Write down two main functions of food. (2 Marks)

ii. What are the major situations where the nutritional values of food are damaged. (2 Marks)

iii. State three things to consider when choosing food. (3 Marks)

iv. Write down three methods that can be used to preserve food during times of abundance. (3 Marks)

04. The challenges we face in everyday environment are called environmental challenges. This challenges can lead to many harmful situations. There are many skills that we need to develop in order to meet these challenges.

i. Name two disasters we have faced in the past as an environmental challenge. (2 Marks)

ii. Write two methods that you can take to avoid abuse and harassment. (2 Marks)

iii. Write two communicable diseases and two non- communicable diseases. (4 Marks)

iv. Write down two skills we need to develop in order to overcome environmental challenges. (2 Marks)

05. No athlete has been able to represent Sri Lanka in the 2020 Olympic Games in Tokiyo, Japan, because they have not reached the required level of achievement above sports. The government is already planning various sports development programs to prepare the children who are in your age athletics for the 2028 Olympic Games.

i. Name a running drill to increase the running speed of running events and describe it. (3 Marks)

ii. State starting commands of 100m event. (2 Marks)

iii. Name the two main jumping methods according to the classification of Athletic event and write an example of each. (2 Marks)

iv. Name the starting method for 1500m event. (2 Marks)

06. Answer with practical & theoretical points you have taken under the subject of health & physical education about volleyball, Netball , football.

i. Write two main skills of volleyball. (2 Marks)

ii. Describe a suitable activity for practicing the over arm technique of Volleyball. (3 Marks)

iii. Name one handed ball passing method of Netball game and describe a suitable activity to practice it. (2 Marks)

iv. Name two main skill of Football. (2 Marks)