Zonal Education Department- Vavuniya South

Third Term Exam – 2016 Health Science

Grade-08

Part-01

2 hours

1.	1. 3.	Health development means Single man's wealth Both of man and environment's wealth		2. Environment's wealth4. All of the above			
2.							
	1.	Interconnection of hu	ıman	2. Doing duties			
	3.	Be a member of health association		4. Remove the garbage			
3.		A person who is make effect in teenage period					
	1.	Police	2. Army	3. Friend	4. Forest officer		
			•				
4.		Sivarooban won first place in District level Long jump competition. Which skill is he has?					
	1.	Mental health	2.Body strength	3.Social skill	5.Good habbit		
5.		How can be develop rhythem					
	1.	Exercise 2. Inve	olving in sports	3. Sleeping	4.1 st & 2 nd are correct		
6.		No of participants in a march past?		අධ්යාපන			
		No of participants in	a march past?	4			
	1.	25	2. 30	3. 20	4. 15		
	1.	•	•				
7.	1.	25	•	3. 20	4. 15		
7.	1.	25	2. 30	3. 20	4. 15		
7.	1.	When you do quick r	2. 30 march how many stpes	3. 20 need to make in a min	4. 15 utes		
7.8.	1.	When you do quick r	2. 30 march how many stpes 2. 120 steps	3. 20 need to make in a min	4. 15 utes		
	1.	When you do quick rule 1. 160 steps	2. 30 march how many stpes 2. 120 steps tements.	3. 20 need to make in a min	4. 15 utes		
	1.	When you do quick r 1. 160 steps Select the correct state	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team	3. 20 need to make in a min	4. 15 utes		
	1.	When you do quick r 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was intro-	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team	3. 20 need to make in a min 3. 140 steps	4. 15 utes		
		When you do quick r 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was intro-	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team duced in 1895 s one of the skill in net	3. 20 need to make in a min 3. 140 steps	4. 15 utes		
		When you do quick r. 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was intro C- Foot movement is	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team duced in 1895 s one of the skill in net	3. 20 need to make in a min 3. 140 steps	4. 15 utes 4. 130 steps		
	1.	When you do quick r 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was intro C- Foot movement is A,B Libero player in which	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team duced in 1895 s one of the skill in net 2.B,C	3. 20 need to make in a min 3. 140 steps	4. 15 utes 4. 130 steps		
8.	1.	When you do quick r. 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was introcC- Foot movement is A,B Libero player in which	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team duced in 1895 s one of the skill in net 2.B,C	3. 20 need to make in a min 3. 140 steps	4. 15 utes 4. 130 steps		
8.	1.	When you do quick r. 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was introcC- Foot movement is A,B Libero player in which Netball	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team duced in 1895 s one of the skill in net 2.B,C ch sport? 2. Valleyball	3. 20 need to make in a min 3. 140 steps ball playing 3.A only	4. 15 utes 4. 130 steps 4. A,B & C		
8.	1.	When you do quick r 1. 160 steps Select the correct stat A- There are 7 playe B- Netball was intro C- Foot movement is A,B Libero player in which	2. 30 march how many stpes 2. 120 steps tements. rs in a netball team duced in 1895 s one of the skill in net 2.B,C ch sport? 2. Valleyball	3. 20 need to make in a min 3. 140 steps ball playing 3.A only	4. 15 utes 4. 130 steps 4. A,B & C		

11.		Which leg part is touched the ground when doing race walking competition?						
	1.	Foot	2.	3. Heel	4. Finger tips			
12.	1	Starting commands of 400m race On your mark,Ready,Fire 2. On your mark,Fire						
		On your mark, Fire, Ready		•				
	3.			4. On your mark,Ready,Go				
13.								
	1.	takeoff	2. cross thr ber	3. flying	4. apporoch run			
14.		Which hormone is effected the sexual features in boys						
	1.	Aestrogen	2. Projestrone	3. Testestrone	4. Sperm			
15.		Which body feature is help to do long time activities successfully						
	1.	Speed	2. Strenth	3. Endurance	4. flxciblety			
16.		Which statement is correct about food pollution						
	1.	. Chemical things mixed in foods						
	2.	Not sutable for food consumption						
	3.	Reduce the taste						
	4.	Keep long period						
17.		Which flag will be hoist firstly in your school sports meet?						
	1.	School flag		- (ru.	4. House flag			
		· ·	• 1	· ·	C			
18.		The Olympic competition where will be held on 2020?						
	1.	Brazil	2. Japan	3. America	4. London			
			1					
19.		Who was got 'Hatric' record in Olympic competition?						
	1.	Ushain Bold	2. Mice daison	3. Susanthika	4. Mecxi			
20.		RICE method is used	to provide first aid wh	en face accident in spo	orts. "R" Means			
		Rest	2. Ice	3. Compression	4. Elevation			
				1				

Part-2

Fist question is compulsory. Answer the four questions including first one.

01.

Bala is a grade 8 student. He is very friendly type person with his friends. He is a best students in education and sports also. His father is a vegetable seller. Bala shared many ideas about maintaining of food items according the grade 8 Health Science subject syllabus. Bala always adviced to his elder brother to become relief from the mental disturbance. He won the 1st place in 100m, 200m races and long jump also in his school house sports meet 2014.

Answer the following questions by using this passage.

- 1) What is the Bala's age division?
- 2) Write the self-respect skills of Bala.
- 3) Which ideas were introduced by bala about food pollution?
- 4) Guess any 2 advices which were given by bala to his brother to control emotions.
- 5) What are the habits you want to follow to destroy the irritation and angry?

5x2=10Marks

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02.

- 1) What are the basic needs of human beings?
- 2) Write the ways of water pollution?
- 3) What are the things we want to consider when we taking our likes.
- 4) Write any 2 games which are playing by pairs.
- 5) Write 2 features of minor games.
- 6) Write 3 habits of a good sports man.
- 7) Which race starting method used by Bala.
- 8) Write 2 jumping skills which are using in long jump?
- 9) Write 2 important things which are want to maintain in a good communication?
- 10) Write any one short distance race without included races in above passage.

10x01=10

03. Human being is not without food.

- 1) Write the elements of food.
- 2) Write 2 methods of food pollution.
- 3) Write 2 advantages of food Preservation
- 4) What are the things to consider when buying food?

2+2+3+3=10marks

04. Sports give physical, mental and social health.

- 1) What is leadup games?
- 2) Write 2 advantages of leadup games?
- 3) Name 3 organized sports.
- 4) Write 3 features of organized sports.

2+2+3+3=10marks

05. Be face successfully the future challenges.

- 1) What are the 2 types of challenges.
- 2) Write 2 reasons for road accidents.
- 3) Write 3 sexual diseases.
- 4) Write the first aid method in English letters which provide in sports accidents.

2+2+3+3=10marks

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06. Athletic meet gives the chance to release a person's skills.

- 1) Write 2 events which are ueing with crauch strat
- 2) Write 2 types of jumps.
- 3) Write 2 thorowing events?
- 4) Write 2 rules and regulations of International race walking competitions.

2+2+2+4=10marks

07) Teenage stage is noble and happy in life

- 1) What is reproductive health?
- 2) What are the observable physical changes in the body of a female child During adolescence
- 3) Give 2 chellengers face by your friends During adolescence?
- 4) Give 4 physical, mental and social changes in During adolescence?

2+2+2+4=10marks

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