



Provincial Department of Education Northern Province

மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்



Diagnostic Test– 2021

Health and Physical Education – I,II

Name / Index No :-.....

Grade : 8

Time:- Two Hours

Part 1

- 1) Which is an optimal human need?
 - a) Self esteem
 - b) Water
 - c) Love
 - d) Food
- 2) Numbers of athletes in march-past?
 - a) 30
 - b) 26
 - c) 25
 - d) 21
- 3) Length of netball court?
 - a) 18M
 - b) 15.25M
 - c) 30.30M
 - d) 30.50M
- 4) Who introduced netball in Sri Lanka?
 - a) Ellis
 - b) Water camac
 - c) Jeeny Green
 - d) Nasith smith
- 5) Which uses the crouch start
 - a) 500M
 - b) 1500M
 - c) 800M
 - d) 400M
- 6) Which group contributes to the student health promotion?
 - a) Environmental group
 - b) Health group
 - c) Management group
 - d) Monitors

7) Social contribution by school?

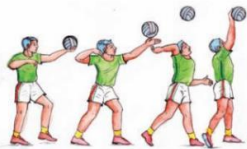
- a) Social awareness
- b) Cleanness
- c) Prohibited drugs
- d) Participating in sports

8) Which develop the major games skills?

- a) Minor game
- b) Folk game
- c) Lead up game
- d) Organized game

9) Numbers of players in football?

- a) 15
- b) 13
- c) 11
- d) 09



10) Which is the skill of game on this picture?

- a) Netball
- b) Volleyball
- c) Basketball
- d) Football

11) Short distance events of group?

- a) 1500M
- b) 500M
- c) 800M
- d) 100M

12) Which is game related with footwork?

- a) Football
- b) Volleyball
- c) Netball
- d) Basketball

13) Which country introduced volleyball to world?

- a) America
- b) England
- c) Japan
- d) Russia

14) Which is the factor for COVID-19?

- a) Bacteria
- b) Bungers
- c) Virus
- d) All above

15) Which disease develops by deficiency of vitamin A?

- a) Periphery
- b) Night blindness
- c) Blood clotting
- d) Anemia

16) Deficiency of iron lead to a disease on following?

- a) Goiter
- b) Heart diseases
- c) Anemia
- d) Night blindness

17) Maintaining the correct posture is in

- a) Sports
- b) March past
- c) Posture
- d) Health

18) Numbers of command in Crouch start?

- a) 2
- b) 3
- c) 4
- d) 5

19) Which is the school responsibility fulfilling by society?

- a) Maintaining official documents
- b) Cleanness
- c) Calling for meeting
- d) Organizing for debate

20) Which skill needs to develop by a man?

- a) Physical quality
- b) Mental ability
- c) Social skill
- d) All above

Part 11

Answer Five Questions only

1) "Naturally Humans have many needs"

- I. What are the Factors which have a positive impact on self-esteem?
- II. What are the characters which contribute improveself-esteem?
- III. What is the self-esteem?
- IV. Give 4 factors which have a negative impact on self-esteem?

2) March past is an attractive event in an Annual inter house sports meet.

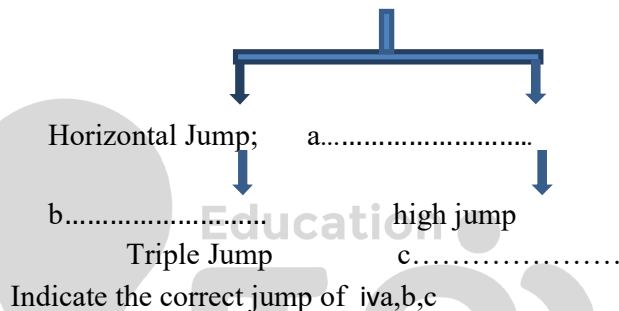
- I. What are the two types of marching?
- II. On an "Eyes right" command who should not turnright?

- III. Name the 3 turns in a march past.
 - IV. What is turn in March past?
- 3) "Participating in games give happiness and physical mental and social well beings "



- I. The above picture shows which game?
 - II. Give 3 features of lead –up games.
 - III. What are the one –handed passing methods in netball?
 - IV. Draw the volley ball court with measurements.
- 4) "Start is an important in track event "
- I. What are the commands for standing start?
 - II. What are types of crouched start?

iii Jump



- Indicate the correct jump of iva,b,c
- IV. What does the diagram indicate?
- 5) " Schools can also influence society"
- I. Name the characters of a health promoting schools
 - II. Name three individuals competency.
 - III. Give 3 characters of a health promoting school.
 - IV. What is Health promotion.
- 6) " All animals reproduce"
- I. What is the marriage age in Srilanka ?
 - II. What are the physical changes that take place in Adolesance?
 - III. Name 3 sexually transmitted diseases.
 - IV. Name 2 organs of male and female Reproductive system.

