



Provincial Department of Education Northern Province

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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?

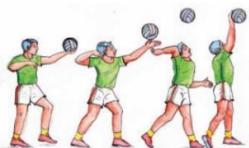
- Social awareness
- Cleanness
- Prohibited drugs
- Participating in sports

8) Which develop the major games skills?

- Minor game
- Folk game
- Lead up game
- Organized game

9) Numbers of players in football?

- 15
- 13
- 11
- 09



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

- Netball
- Volleyball
- Basketball
- Football

11) Short distance events of group?

- 1500M
- 500M
- 800M
- 100M

12) Which is game related with footwork?

- Football
- Volleyball
- Netball
- Basketball

13) Which country introduced volleyball to world?

- America
- England
- Japan
- Russia

14) Which is the factor for COVID-19?

- Bacteria
- Bungers
- Virus
- 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) Cleanliness
- 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?

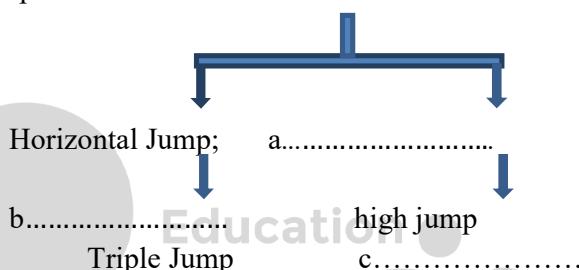
III. Name the 3 turns in a march past.
 IV. What is turn in March past?
 3) "Participating in games give happiness and physical mental and social well beings "



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 Adolescence?
 III. Name 3 sexually transmitted diseases.
 IV. Name 2 organs of male and female Reproductive system.

