



# Provincial Department of Education Northern Province

மாகாணக் கல்வித் திணைக்களம் - வடக்குமாகாணம்



Diagnostic Test– 2021

Health and Physical Education – I,II

Name / Index No :-.....

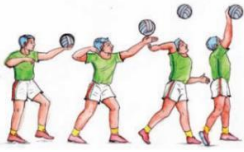
Grade : 8

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.

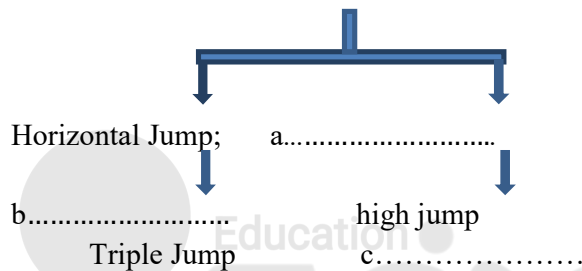
- I. What are the two types of marching?
- II. On an "Eyes right" command who should not turnright?

- 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.



# 2025

## 1ம் தவணை வகுப்புகள்

தரம் 6 முதல் 11 வரையான  
மாணவர்களிற்கான தமிழ் மற்றும் ஆங்கில  
மொழிமூல வகுப்புக்கள் ஆரம்பமாகவுள்ளன.

ஆரம்பம் 01.01.2025



இலங்கையின் எப்பாகத்திலிருந்தும்  
Zoom app மூலம் எமது வகுப்புகளில்  
இணைந்து கொள்ள முடியும்.

அனைத்துப் பாடங்களும் ஒரே கல்வி நிறுவனத்தின் கீழ்...



Education  
**கல்வி** Kalvi.lk  
අකමර



Whatsapp  
**075 287 1457**