

## **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

අධ්යාපන

- 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? ducation
  - 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 Education
- 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

අධ්යාපන

- 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

අධ්යාපන

#### **Answer Five Questions only**

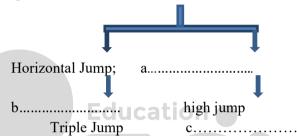
- 1) "Naturally Humans have many needs"
  - I. What are the Factors which have a positive impact on self-esteem?
  - II. What are the characters which contribute improveself-esteem?
  - III. What is the self-esteem?
- IV. Give 4 factors which have a negative impact on self-esteem?
- 2) March past is 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 transmitteddiseases.
  - IV. Name 2 organs of male and female Reproductive system.

අඛ්යාපන



# ONLINE CLASSES - 2025. VEW ADMISSIONS

# 2ம் தவணை வகுப்புகள்

தரம் 6 முதல் O/L வரை

அனைத்து பாடங்களும் ஒரே கல்வி நிறுவனத்தின் கீழ் ...



இலங்கையின் எப்பாகத்திலிருந்தும் ZOOM APP மூலம் எமது வகுப்புகளில் இணைந்து கொள்ள முடியும்

JOIN NOW
WWW.KALVI.LK



075 287 1457