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உணவுவைக்காலி ஜடினாகவுக்காலப்பைகிற – 2015

Mid Term Test - 2015

8 ଶ୍ରେଣ୍ଟ୍ସ୍

ஜாகால் - 8

Grade - 8

ເສັ້ນລົງທະບຽນ ແລ້ວ ແກ້ໄຂ ອາໄສ ອົບປະກາດ ອົບປະກາດ

ர்மஹஜஹுக்கவி சுதநஹயஹடபங்கவி I,II

Health and Physical Education I,II

ଫ୍ରେଡିକ୍ କେନ୍ଦ୍ରିୟ

வழியகலி 2

Two Hours

- Answer all the questions.
- Select most accurate answer and underline it from question no 1 to 15.

1. A good feature of a child having total health

1. Physical environment
2. Physical wellbeing
3. Obesity
4. Malnutrition

2. An item that should be proceeded in a health promoting school

1. Usage of pure drinking water
2. Maintaining a clean canteen
3. Maintaining interpersonal relationships
4. All of the above

3. This is a mental skill.

1. Leadership
2. Sports skills
3. Ability of thinking
4. Adventure abilities

4. A leg movement and a jump that can be perform rhythmically.

1. Kick and Lunge
2. March and star jump
3. Cart wheel and kick
4. Jog and jumping jack

Command – Squad left turn in threes

Your response for that command should be,

1. Turning at 90° from the direction you are facing.
2. Turning at 180° from the direction you are facing.

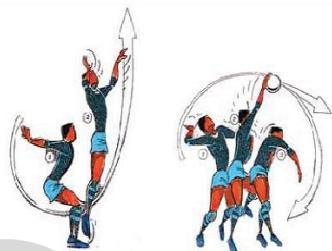
3. Turning at 45° from the direction you are facing.

4. None of above.

6. The quality of being sad in other's sadness and helping them is called

1. Sympathy
2. Co-operation
3. Empathy
4. Pain

7. What is the skill of Volleyball shown in the above diagram?



1. Blocking
2. Spiking
3. Court defending
4. Setting

8. The incorrect answer regarding the number of team members in the game.

1. 6 – Volley ball	2. 7 - Netball
3. 25- Elle	4. 11 - Cricket

9. What is the organized game engaged by Jagath?

1. Pin Football	2. Volleyball
3. Meeyo-Meemo	4. Bear family

10. Sarojini participated in 100m race and Yamuna participated in 1500m race. The correct order of their starting methods is,

1. Crouch start – Standing start	2. Standing start - Crouch start
3. Crouch start – Medium start	4. Standing start – Elongate start

11. The “Hang technique is used in the event,

1.High jump	2.Long jump	3.Triple jump	4.Pole vault
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12. The biological factor that affects spoiling of food is,

1. Crushing	2. Fungi and Bacteria.
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3. Enzyme action

4. Chemical reactions.

13. The Sri Lankan standardizing certificate offered for food.

1.SLS

2.ISO

3.BMI

4.ABC

14. A food that can be preserved by technology of spray drying is,

1.Dry fish

2.Jack

3.Grain

4.Milk Powder

15. The hosting country of Olympic Games in 2016 is,

1.China

2.Japan

3.India

4.Brazil

★ Fill in the blanks of question number 16 – 20 using correct answers from the brackets given.

16. Though the event comes under the category of throwing events,
_____ is better to identify as a putting event. (Hammer/ Shot put/
Javelin)

17. The command “on your marks”, “Sound of gun” are used in _____.
(Crouch start/ Standing start/ Middle start)

18. A method of passing ball with one hand and both hands is _____.
(Shoulder pass/ Bounce pass/ Under arm pass)

19. _____ is spread by vectors. (Diabetes/ Rabies/ Heart diseases)

20. According to the food pyramid _____ should be taken in little amounts. (Oil and Sugar/ Vegetables and Fruits/ Bread and dhal)

PAPER II

- **Question no: 1 is compulsory.**
- **Write the answers for four questions only.**

01) Sandun who is a student in grade 8 in Ruwanpura National College was awarded as the best athlete in the school colours day, with his new record in long jump event. He won gold medals for 100m and triple jump too. He is a member of school Volleyball team too. The principal and the academic staff is committed to develop Sandun's school as a Health Promotion School.

(i) Name two more Jumping events except the one Sandun participated to.

(ii) The best female athlete was Nirmala who took part in a throwing event. Name two other throwing events except the event you imagined as Nirmala's event.

(iii) Write two skills of Volleyball that Sandun should possess as a Volleyball player.

(iv) Give two features of sportsman

(v) Define "Health Promotion School"

(vi) Name two essential groups that need to develop a Health promotion school other than the principal and the academic staff

(vii) Write two advantages you can gain as a student of a school having a pleasant environment.

(viii) Write two things that can be done to make the adolescence meaningful, as a person in the same age of Nirmala's.

(ix) As an adolescent, Sandun was delighted with the above process. Give one reason for that.

(x) Write a Compulsory Physical Education Program that processed in the school.

(Marks 20 = 2 × 10)

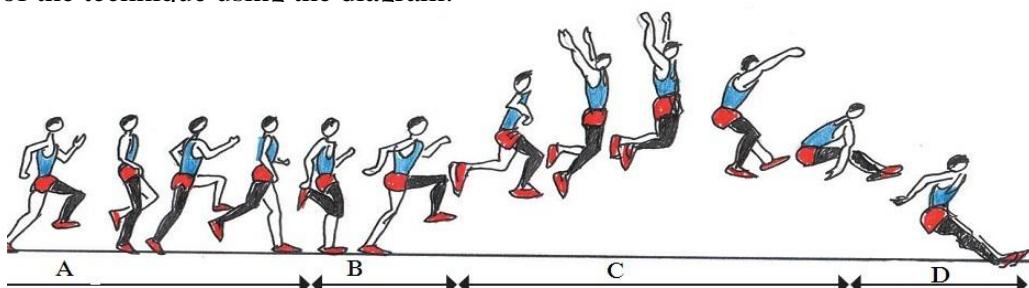
21. Given below are some track and field events which some students of Nelumgama Vidyalaya participated to in Inter House Sports Meet of the school.

Name	Events
Pawan	100m
Nipun	1500m
Naveen	High jump
Dulip	Long jump

(i) What is the suitable starting method for the event represented by Nipun? (02 marks)

(ii) Write a running drill to improve the "stepping" for Pavan's event. (02 marks)

(iii) The following diagram shows the technique of long jump followed by Dulip. Name the four stages of the technique using the diagram.



A _____

B _____

C_____

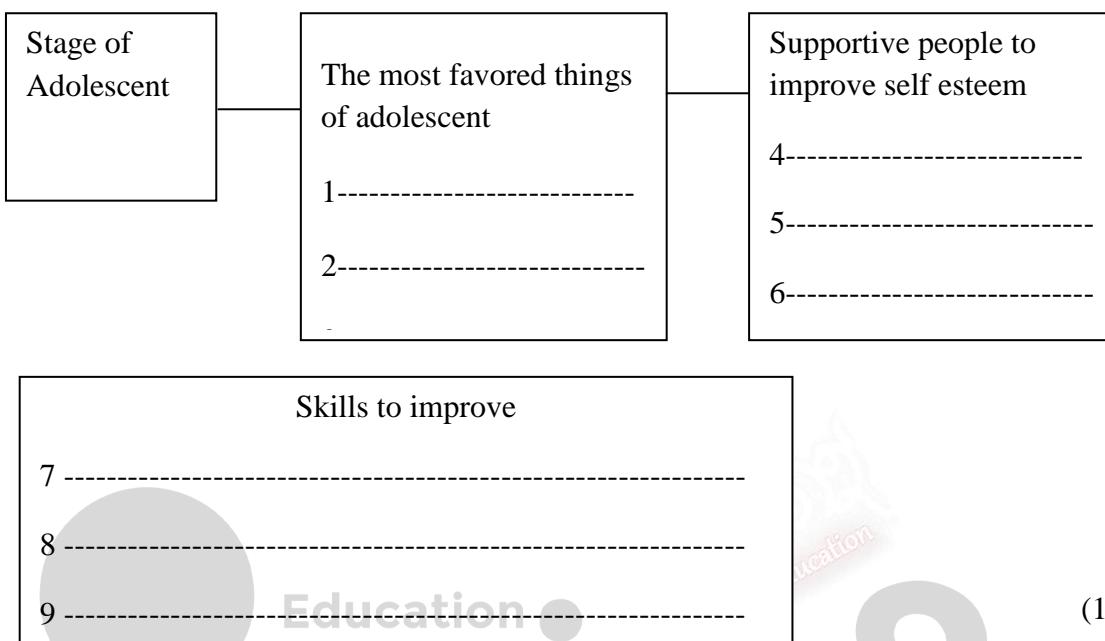
D_____

(04 marks)

(iv) Name two track events and field events other than the events given above.

(04 marks)

22. The diagram given below is an extract of incomplete record of Ruwini. Fill in the blanks of it.



23. Diseases can be categorized as communicable and non – communicable diseases

(i) Name two non- communicable diseases (02 marks)

(ii) Give two reasons to get the diseases you mentioned. (02 marks)

(iii) Name the species of mosquitoes spreading Dengue (02 marks)

(iv) Give four activities to prevent from Dengue (02 marks)

(10 marks)

24. The food spoiling means, becoming food to the state to which it is not suitable for consumption. Spoiling of food can be happened in several instances. Consumption is one of such incident.

(i) Give two more situations of spoiling food except the above mentioned situation (02 marks)

(ii) Write two ways of spoiling food under one situation you mentioned (02 marks)

(iii) Write two considerable factors when selecting food. (02 marks)

(iv) What food preservation is? (02 marks)

(v) Give two benefits of food preservation. (02 marks)

25. Piyal who left home early in the morning to go to school, suddenly fell down while engaging in morning fitness programme. Friends rushed to him saw him unconscious somewhat and pale lips and face.

- (i) According to the symptoms, what can be the illness faced by Piyal? (02 marks)
- (ii) As you think, what can be the reasons to become Piyal to this condition? (02 marks)
- (iii) Give two advises to Piyal to avoid such situations in future. (02 marks)
- (iv) Briefly explain the first aid method you can apply for Piyal at that situation. (02 marks)