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உணவுவறுக்கை ஐடஇணக்கைக்கப்லவுஇர் – 2015

Mid Term Test - 2015

8 ලේණිය **ஐஉகஷ - 8** Grade - 8

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ர்றஹஜஹஉக்கஷ் சலநஷறயஷடபங்கஷ் I,II Health and Physical Education I,II පැය ෙදකයි

றஹயகஷ் 2 கணபஜஷஜபஅஹயக்

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

අධ්යාපන

- 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
  - 5. 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 4. Setting 3. Court defending 8. The incorrect answer regarding the number of team members in the game. 7 - Netball 1. 6 – Volley ball
- 9. What is the organized game engaged by Jagath?

3.

25- Elle

- 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,

4.

11 - Cricket dans

- 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
- 12. The biological factor that affects spoiling of food is,
  - 1. Crushing 2. Fungi and Bacteria.

3.Enzyme action		4. Chemical reactions.	
13. The Sri Lankan standard	lizing certificate	e offered for food.	
1.SLS	2.ISO	3.BMI	4.ABC
14. A food that can be prese	rved by technol	logy of spray drying is,	
1.Dry fish	2.Jack	3.Grains	4.Milk Powder
15. The hosting country of C	Olympic Games	s in 2016 is,	
1.China	2.Japan	3.India	4.Brazil
★ Fill in the blanks of quest	tion number 16	– 20 using correct answers	from the brackets given.
16. Though the even		under the category	of throwing events, ag event. (Hammer/ Shot put/
Javelin)			ig event. (Hammer/ Shot pub
17. The command "on your (Crouch start/ Standing)		art)	on .
18. A method of passing ba (Shoulder pass/ Bounce p		001100	
19.	is spread b	by vectors. ( Diabetes/ Rabio	es/ Heart diseases)
20. According to the food pramounts. (Oil and Sugar/		d Fruits/ Bread and dhal)	hould be taken in little
PAPER II			
<ul><li> Question no: 1 is compulso.</li><li> Write the answers for four</li></ul>	•	·•	
01) Sandun who is a stude	ent in grade 8 i	n Ruwanpura National Col	lege 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.

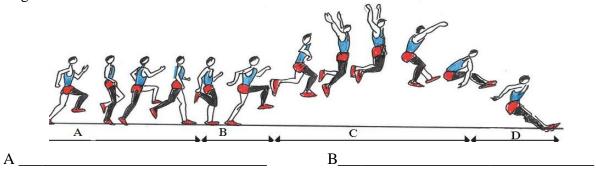
- (ii) The best female athlete was Nirmala who took part in a throwing event. Name two other throwing events except the event you imagined as Nirmala's event.
- (iii) Write two skills of Volleyball that Sandun should possess as a Volleyball player.
- (iv) Give two features of sportsman
- (v) Define "Health 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  $20 = 2 \times 10$ )

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 Education	Events	afton
Pawan	100m	
Nipun	1500m	ධ්යාපන
Naveen	High jump	WW108)
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.



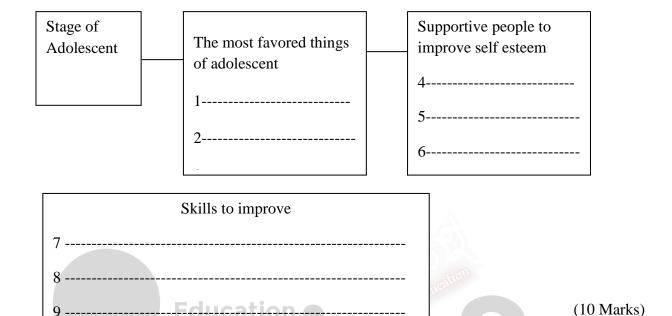
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(04 marks)

(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)



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