

# Sri Jayawardenapura Education Zone

## 2<sup>nd</sup> Term Evaluation

Grade 8

Health & Physical Education

Name : .....

Underline the most suitable answer.

- 1) The most correct expression about "Total Health" is,
  1. Physical, Mental and Social well being.
  2. Physical, Mental and Spiritual well being.
  3. Not only being free from diseases, but also having a physical, mental, social and spiritual well being.
  4. Living a healthy life, free from diseases.
- 2) Needs required to be fulfilled by man to lead a better life.
  1. Wants
  2. Basic needs
  3. Likes
  4. Secondary needs
- 3) Not an internal factor to develop self- esteem,
  1. Self understanding
  2. Self confidence
  3. Fulfilling ones duties and responsibilities
  4. Guidance of the elders.
- 4) There are different postures of turning in a march past. among them not a turning posture is,
  1. Right turn
  2. Forward turn
  3. Left turn
  4. Backward turn
- 5) Maximum number of members including the leader in a march past is,
  1. 25
  2. 24
  3. 27
  4. 26
- 6) In the game of Volleyball . The picture given below shows,
  1. Over arm setting technique.
  2. Under arm setting technique.
  3. Over arm service technique.
  4. Under arm service technique.
- 7) In the Netball game single hand pass and double arm pas both methods are included in the method of,
  1. Bouncing pass
  2. Under arm pass
  3. Shoulder pass
  4. Over head pass
- 8) In athletics, Running events are divided into two main sections, according to the length of run. They are,
  1. 1
  2. 3
  3. 4
  4. 5
- 9) A running event that standing start is used,
  1. 400m
  2. 100m x 4
  3. 800m
  4. 200m
- 10) Not a characteristic of a health promoting school,
  1. Attractiveness
  2. Facility of drinking water.
  3. Uncleanliness of classrooms.
  4. Enough sports facilities

- 11) Sports activities created for the development of specific skills of major games,  
1. Sub games                      2. Folk games                      3. Minor games                      4. Fun games
- 12) By engaging in sports,  
1. Endurance is decreased.                      2. Fun and enjoyment is gained.  
3. Loses self discipline.                      4. Loss of self confidence.
- 13) Heading the ball is a technique in the game of,  
1. Football                      2. Volleyball                      3. Netball                      4. Elle
- 14) The given picture shows the running exercise known as,  
1. Running drill A                      2. Running drill B  
3. Running drill C                      4. Running drill D
- 15) According to the athletic classification the two types of jumping events are,  
1. High jump and Long jump                      2. Long jump and Horizontal jump  
3. High jump and Vertical jump                      4. Vertical jump and Horizontal jump
- 16) A technique of Long jump,  
1. Straddle method                      2. Floating method  
3. Flop method                      4. Peri o' Brian method
- 17) Kickball means,  
1. A folk game                      2. A sub game without equipment.  
3. A sub game with equipment.                      4. An organized game.
- 18) The number of themes based on health promotion,  
1. Two                      2. Three                      3. Four                      4. Five
- 19) The National game of Sri Lanka,  
1. Football                      2. Volleyball                      3. Netball                      4. Elle
- 20) Not a direction of the march past,  
1. Forward                      2. Left                      3. Right                      4. North

## **Part II**

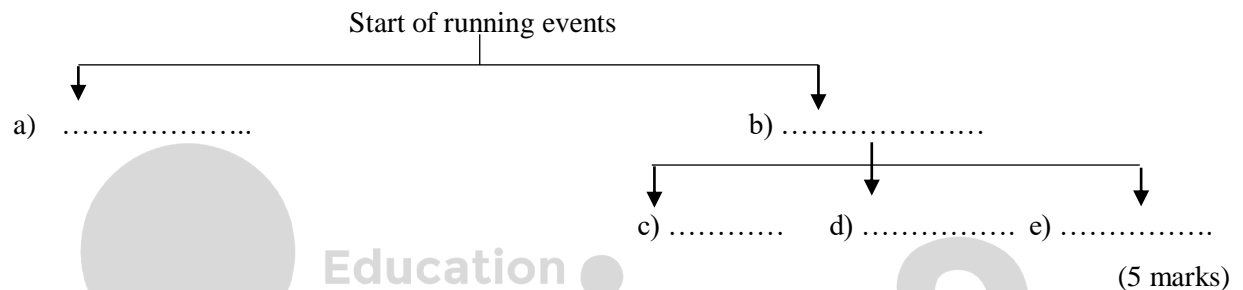
**The first question is compulsory. Select four other question and answer (5) questions only.**

- 1) You are spending most of your time with your family members and you spend your other time in the school mostly. You can improve your and your family's health condition by conveying the good messages that you learn from school to the society.
  - i) Define health promotion.
  - ii) Write 2 things that can be done to get clean air in school.
  - iii) Write 2 characteristics that you can see in a healthy canteen.
  - iv) Write 2 things that you can see in a school environment that is mentally and socially healthy.
  - v) Write 2 benefits you get by engaging in team sports.
  - vi) Write 2 themes in health promotion.
  - vii) Name 2 resource persons that can be taken their service to a health promoting school.
  - viii) Write 2 benefits that you can get from health services.

(Marks - 2 x 8 - 16)

- 2) A characteristic of each and every creature is to breed its race. Male and Female reproductive system are made to breed human race and to conserve the existence of the human multitude. Reproductive health is to have a physical, mental and social well being of a person to breed his race.
  - i) Write 03 factors that obstacles the reproductive health. (3 marks)
  - ii) Write 03 problems that can happen when sexually abused. (3 marks)
  - iii) Write 03 diseases that are sexually transmitted. (3 marks)
  - iv) Write 02 health conducts that can be followed to conserve reproductive health. (2 marks)
- 3) In athletic there are two parts called track and field events. One can run in the correct technique if he practices the running drills only. The maximum skills of long jump can be performed by adding the leg strength, speed and correct techniques as well.
  - i) Name the two situations of running step. (2 marks)
  - ii) What are the two types of jumps according to the athletic classification. (2 marks)
  - iii) Name the 3 methods of long jump techniques. (3 marks)
  - iv) Name the main stages of a technique of long jump. (4 marks)
- 4) Man has different needs with the fulfilling of the basic needs man needs more higher human needs. They are called secondary needs.
  - i) What are the man's basic need? (3 marks)
  - ii) Define self- esteem. (3 marks)
  - iii) Write 3 external factors that effect the self esteem. (3 marks)
  - iv) Write 3 reasons that affect the self esteem. (3 marks)
- 5) Volleyball is a game that can be played using a ball with a minimum cost and in a small space. Twelve players play in each team six in one team.

- i) Write the 06 skills of volleyball. (3 marks)
  - ii) Draw the volleyball court with the measurements. (5 marks)
  - iii) Write the 3 steps of the over arm service technique in volleyball. (3 marks)
- 6) Netball is a game popular among ladies out of the organized games. Just like Netball, Football is also a game that is attractive and enthusiastic among everyone.
- i) Name the 4 skills of Netball. (4 marks)
  - ii) Name the 4 methods that passing the ball with both hands in Netball. (2 marks)
  - iii) Name 2 skills of Football. (2 marks)
  - iv) Name the 3 methods of 'heading' in Football. (3 marks)
- 7) Under athletics, running events can be classified according to the distance that has to run. To win, any running events, The start is very much important.
- i) Fill in the blanks of the classification below.



- ii) Standing start is used in several running events. Name 3 events. (3 marks)
- 8) In sports, Organized games, Minor Games and Sub Games are several types. By engaging in sports you can enjoy your leisure time happily.
- i) Define what is a sub game? (3 marks)
  - ii) Write 3 characteristics of sub games. (3 marks)
  - iii) Write 3 social fitness that can be developed by engaging in sub games. (3 marks)
  - iv) Name the 2 parts that the sub games are divided. (2 marks)