



PROVINCIAL DEPARTMENT OF EDUCATION - NORTH WESTERN PROVINCE

SECOND TERM TEST - 2019

Grade 08 Health and Physical Education

Two Hours

Name / Index No. :

Part - I

- Answer all questions
- Two marks for each question and the total is 40 marks.
- Write the answer selecting from the answer given in the brackets.

(Physical / Preference / Vertical / Maternal / Physical / Paternal / Natural / Horizontal / Artificial)

01 A factor that we should consider when designing a healthy school environment is the environment.

02 A lead - up game can be designed according to

03 Ovum is the cell needed for conception.

04 beverages should not be sold in a healthy school canteen.

05 Long jump is a jump.

- Read the following statements and mark (✓) if correct and mark (✗) if incorrect.

06 PH value of pure drinking water is between (6 - 7). ()

07 Supporting phase in running is the phase in which the foot comes off the ground. ()

08 Group activities help to identify each other. ()

09 Sperms of a male are produced throughout the life time. ()

10 "Serving the ball to a target" is a lead - up game of volleyball. ()

- Underline the correct answer for the questions 11 - 20.

11 If you want to be a valuable person in adolescence you.

- (i) Should refrain from drugs.
- (ii) Should not keep company with opposite sex.
- (iii) Should tend to see films, photographs and publications which depict sexual contents.
- (iv) Should not appreciate maternity and paternity.

12 This is not a principle of school health promotion.

- (i) Providing clean drinking water
- (ii) Selling artificial beverages
- (iii) Bringing healthy food to school
- (iv) Maintaining clean canteen.

13 Running drills are needed to practice correct running techniques.



Underline the running drill shown in the above picture.

- (i) Running D
- (ii) Running B
- (iii) Running E
- (iv) Running R

14 The first stage of Long Jump is,

- (i) Approach run
- (ii) Take off
- (iii) Crossing the bar
- (iv) Jumping

15 ★ You can gain a lot of pleasure, talents and experience of major games.

★ These games can be played with or without equipment.

The above mentioned features can be seen in.

- (i) Minor games
- (ii) Major games
- (iii) Folk games
- (iv) Lead up games

16 Sexually transmitted diseases are,

- (i) Genital warts, Filaria
- (ii) AIDS, Dengue
- (iii) Syphilis, dysentery
- (iv) Gonorrhoea, herpes simplex

17 A netball game is started with a

- (i) Center pass
- (ii) Attacking
- (iii) Shooting
- (iv) Passing

18 The direction which is 180° opposite from the direction you are facing in squad is,

- (i) Right
- (ii) Left
- (iii) Backward
- (iv) Forward

19 ★ A - back zone is 3m.

★ B - Game is started with a service.

★ C - can be played with low cost.

What is the incorrect statement regarding volleyball is,

- (i) B
- (ii) A
- (iii) B C
- (iv) C

20 The number of reserves that can substitute with other players in football is,

- (i) 4
- (ii) 3
- (iii) 2
- (iv) 5

(2 x 20 = 40 marks)

Part - II

- **Answers 05 questions including the first question.**

01 Sumana Vidyalaya is a school where there is a rich environment to learn with students who love to promote health.

- (i) According to above description, which kind of a school is Suman Vidyalaya ? (02 m.)
- (ii) Write two themes of health promotion. (02 m.)
- (iii) Write two strategies that can be followed when preparing policies. (02 m.)
- (iv) Mention two health related policies that can be implemented in a school. (02 m.)
- (v) Name 02 institutions which help to re-organize health services. (02 m.)
- (vi) Name two things that contain in the physical environment of a health promotion school. (02 m.)
- (vii) Name two people who can support to promote health in a school. (02 m.)
- (viii) Name 02 institutions which help to promote health in a school. (02 m.)
- (ix) Write two characteristics of a healthy psycho - social environment. (02 m.)
- (x) Write one programme that can be implemented by the school to the society. (02 m.)

(Total 10 marks)

02 Lead - up games are used to improve the skills of major games.

- (i) Name two lead - up games. (02 m.)
- (ii) Write two mental fitness that you can gain by playing lead - up games. (02 m.)
- (iii) Mention one major game and write how to do a suitable lead - up game for that. (04 m.)

(Total 10 marks)

03 Football is an attractive and enthusiastic game.

- (i) Name four other major games in addition to football. (02 m.)
- (ii) Mention two techniques of kicking the ball. (02 m.)
- (iii) Write two factors that should be considered when heading the ball. (04 m.)

(Total 10 marks)

04 'Running drills' help for a successful running.

(i) Write two running events.

(02 m.)



(ii) Mention two other running drills in addition to the above.

(04 m.)

(iii) Write the two phases in running.

(04 m.)

(Total 10 marks)

05 Long Jump is a field event

(i) Write two techniques of long jump

(02 m.)

(ii) Write four main phases of the techniques of long jump.

(04 m.)

(iii) Write two basic jumping activities.

(04 m.)

(Total 10 marks)

06 Maintaining the health of the reproductive system help to ensures the existence of the species.

(i) Name male and female hormones related to reproductive system.

(02 m.)

(ii) Mention 02 barriers to reproductive health.

(04 m.)

(iii) Write 02 factors which help to maintain reproductive health.

(04 m.)

(Total 10 marks)

Answer Paper - Part I

(01) Physical	(02) Preference	(03) Maternal	(04) Artificial	(05) Horizontal	(06) ✓
(07) ✗	(08) ✓	(09) ✗	(10) ✓	(11) i	(12) ii
(13) ii	(14) i	(15) iv	(16) iv	(17) i	(18) iii
(19) ii	(20) ii	(2 x 20 = 40 marks)			

Part - II

- 01 (i) A health promoting school (02 m.)
 (ii) ● Re-organising and making optimum use of health services.
 ● Developing policies which promote health
 ● Creating a healthy environment.
 ● Improving knowledge and skills.
 ● Getting health from the community. (02 m.)
 (iii) Specific / measurable / achievable / relevant / time bound. (02 m.)
 (iv) Maintaining clean classrooms / Cleaning toilets / Sport facilities / Opportunities for core curricular activities. (02 m.)
 (v) Hospital / Office of the medical officer of health / Dispensaries. (02 m.)
 (vi) Clean air / Clean environment..... (02 m.)
 (vii) Medical Health Officer / Grama Niladhari / Police officers. (02 m.)
 (viii) Police / Hospital (02 m.)
 (ix) Counselling facilities / Safety..... (02 m.)
 (x) E d u c a t i n g t h e c o m m u n i t y (02 m.)
- 02 (i) Beat the ball / Kick ball / Turning about and running (02 m.)
 (ii) ★ Enjoyment and pleasure
 ★ Creating interest and promoting encouragement
 ★ Self discipline
 ★ Developing ability to accept both victory and defeat. (04 m.)
 (iii) G i v e m a r k s a c c o r d i n g t o t h e g i v e n a n s w e r (04 m.)
- 03 (i) V o l l e y b a l l / N e t b a l l / E l l e / C r i c k e t e t c (04 m.)
 (ii) Inside of the foot / Surface of the foot / Outside of the foot. (04 m.)
 (iii) ● Heading with the center of the fore - head.
 ● The ball should be headed in the middle.
 ● When heading the ball eyes should be focused on the ball. (04 m.)
- 04 (i) 100m, 200m, 400m, 100m x 4 (02 m.)
 (ii) Running A, running B, skipping (04 m.)
 (iii) ★ Support Phase
 ★ Flight Phase (04 m.)
- 05 (i) Hang / Sail / Hitch - Kick (02 m.)
 (ii) Approach run / take off / flight / landing (02 m.)
 (iii) ★ Jumping forward taking off with both feet.
 ★ Stretching the body in flight
 ★ Hopping towards the jumping area using one leg. etc..... (04 m.)
- 06 (i) ● Oestrogen - female ● Testosterone - male (02 m.)
 ● Sexual harassment and abuse ● Teenage pregnancies
 ● Sexually transmitted diseases (04 m.)