

Mid Year Examination - 2015

Health and Physical Education

Grade 08

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Time: 02 Hours

Name/ Index No.

Part I

- Answer all the questions.
 - Select the correct answer and underline it.
- 01 A school that acts using its total energy and abilities to make it a place of healthy environment suitable to study, work and live is known as,
- (1) A healthy school (2) Health promotion school
(3) Total health (4) An effective school
- 02 Like to be independent, like to possess things are qualities mostly shown by,
- (1) police officers (2) adolescents
(3) adults (4) small children
- 03 A mental skill is,
- (1) doing new creations (2) following rules and regulations
(3) singing (4) using correct posture
- 04 The games created to practice and improve the skills of a major game is known as
- (1) organized games (2) minor games
(3) lead up games (4) folk games
- 05 The athletic event which we can use "Hang" technique is,
- (1) High jump (2) Pole vault (3) Long jump (4) Shot put
- 06 The food item which can be preserved by covering under sand is,
- (1) Lime (2) Maldew fish (3) Yoghurt (4) Pumpkin
- 07 The ability to complete a task successfully in a short period of time is known as
- (1) Strength (2) Endurance
(3) co-ordination (4) speed
- 08 The age between 10 - 19 years of life is known as,
- (1) Adult stage (2) Adolescence
(3) Youth (4) Childhood
- 09 Syphilis is a disease transmitted through
- (1) mosquitoes (2) water
(3) sexual contacts (4) Air
- 10 An infectious disease is,
- (1) Diabetes (2) Cholesterol
(3) Heart diseases (4) Chikungunya

● **Fill in the blanks using the given words in brackets.**

(running drills, standing start, crouch start, scissor jump, organized game)

- 11 can be used as a technique in high jump.
- 12 To start short distance races can be used.
- 13 Cricket can be identified as an
- 14 To start long distance races can be used.
- 15 To improve the speed of running should be done.

● **Put a (✓) mark if the statement is correct and put a (X) mark if the statement is incorrect.**

- 16 Peer groups act to develop self esteem. ()
- 17 Cart wheel is a rhythmic jump. ()
- 18 We can stand easy to listen to a long lecture. ()
- 19 Spiking is a skill of the game volleyball. ()
- 20 The ball can be hit by the head in the game football. ()

Part II

(C. 40)

● **The first question is compulsory.**

● **Answer 05 questions including the first question.**

- 01 Sunil, who entered Ranmal Vidyalaya a new student is not satisfied with the environment of the school. As he entered from the gate he saw a garbage pit in the compound. The drainary system and the toilets too are not in a proper condition.

- (1) Name a programme that can be implemented in Ranmal Vidyalaya.
- (2) State 02 facts from the above paragraph to show that the school is not clean.
- (3) Name 02 institutes that the school can get help to make it a health promotion school.
- (4) Name 02 persons that they can get help from.
- (5) Write 02 aims of a health promotion school.
- (6) Write 02 things that can be done to make the physical environment of the school pleasant.
- (7) Write 02 that tell us the mental environment of the school is healthy.
- (8) Write 02 activities to be done to build up a good social environment in the school.
- (9) Write 02 benefits of a health promoting school.
- (10) Name 02 diseases that can be caused due to unclean environment.

(2 x 10 = 20)

- 02 Lot of physical, mental and social changes of a person takes place during adolescence.
- (1) Write 02 hormones that affect the secondary sexual characteristics of a person separately.
 - (a) Female
 - (b) Male (2 m.)
 - (2) Write 02 physical changes for each male and female adolescent.
 - (a) female
 - (i)
 - (ii)
 - (b) Male
 - (i)
 - (ii) (4 m.)
 - (3) Write 04 things expected more by the adolescents. (4 m.)
- 03 Rhythm is very important to do a particular task attractively and effectively.
- (1) What is meant by "rhythm" ?
 - (2) Name 02 rhythmic leg movements and 02 rotating activities.
 - (3) Write 04 benefits of maintaining rhythm when doing activities. (10 m.)
- 04 One can develop self awareness when walking in a march past.
- (1) Write 02 occasions where you can see a march past.
 - (2) Write 04 commands given in a march past.
 - (3) Name 04 types of turns used in a march past. (10 m.)
- 05 Sports activities can be used to spend the leisure effectively.
- (1) What is meant by a lead up game ?
 - (2) State 04 skills of the game volleyball.
 - (3) Write 04 ways of kicking the ball in the game football. (10 m.)
- 06 Food helps us to lead a healthy life.
- (1) Write 02 factors affect spoiling of food.
 - (2) Name 04 instances where food get spoilt.
 - (3) Write 04 ways ancient people used to preserve food. (10 m.)

2025

1ம் தவணை வகுப்புகள்

தரம் 6 முதல் 11 வரையான
மாணவர்களிற்கான தமிழ் மற்றும் ஆங்கில
மொழிமூல வகுப்புக்கள் ஆரம்பமாகவுள்ளன.

ஆரம்பம் 01.01.2025



இலங்கையின் எப்பாகத்திலிருந்தும்
Zoom app மூலம் எமது வகுப்புகளில்
இணைந்து கொள்ள முடியும்.

அனைத்துப் பாடங்களும் ஒரே கல்வி நிறுவனத்தின் கீழ்...



Education

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