



PROVINCIAL DEPARTMENT OF EDUCATION NORTH WESTERN PROVINCE
THIRD TERM TEST - 2018

Grade 08 HEALTH AND PHYSICAL EDUCATION

Two Hours

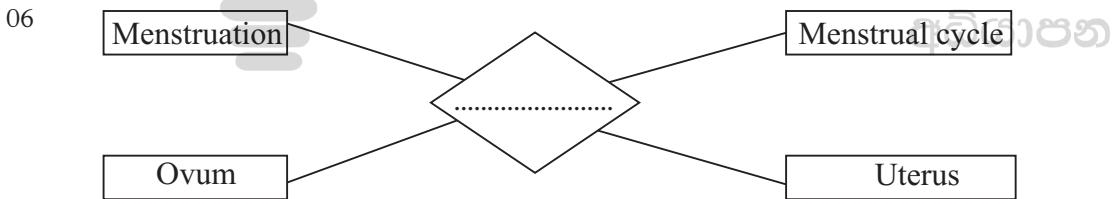
Name / Index No. :

PART - I

- Answer all questions on this paper itself.
- Fill in the blanks of the questions 01 - 05 choosing the most suitable answer from the brackets.

01. An internal factor that should be cultivated in us to improving self esteem is (being ridiculed/ self-confidence/ being harassed)
02. is a basic posture. (standing/ standing at ease/ walking)
03. co-ordination is very important for over head pass of volleyball. (neuromuscular/ bones/ organs)
04. Dinner should be taken just before sleeping. ($1\frac{1}{2}$ - 2 hours / 2 - 3 hours / $2\frac{1}{2}$ - 3 hours)
05. is a communicable diseases. (Diabetes / Leptospirosis / Paralysis)

- Underline the most suitable answer for question No. 06 to 15.



What is the system in which the above processes and organs can be seen,

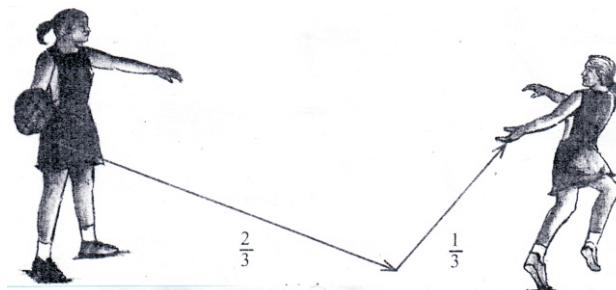
What are the long jump techniques of the above mentioned techniques,

(1) A and B (2) C and D (3) B and C (4) B and D

08 An advantage of developing flexibility as a fitness factor is,

09 A feature of a favorable psycho social environment is,

10



The method of passing the netball depicted by the above diagram is,

(1) Side pass (2) Under arm pass (3) Bounce pass (4) Shoulder pass

11 The main two methods of hitting the football are done by using,

(1) head and forehead (2) leg and hand
 (3) hand and head (4) leg and head

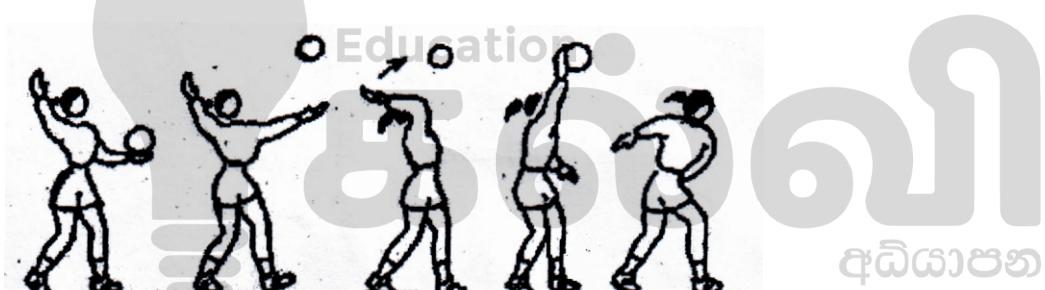
12 The number of methods of gripping the javelin is,

(1) 1 (2) 2 (3) 3 (4) 4

13 The factor that should be considered when selecting food is, its,

(1) Ingredients (2) Sterilization (3) Pasteurization (4) Dehydration

14



The above diagram depicts,

(1) Court defending (2) Setting the ball
 (3) Underarm service (4) Over arm service

15 The fertilized ovum travels into the uterus wall and, it is known as,

(1) ovulation (2) fertilization (3) implantation (4) menstruation

• **Put a tick (✓) or a cross (✗) in the brackets for the questions 16 - 20.**

16. Skills of major games can be developed by engaging in leadup games. (.....)

17. "Specific" is a quality that should be there when preparing health policies. (.....)

18. Increasing amount of fat in the body is not causal for increasing non communicable diseases. (.....)

19. "Followership" is not a sportsmanship skill. (.....)

20. 'Patience' is a compulsory quality of a first aid giver. (.....)

(2 x 20 = 40 marks)

- Answer only for 05 questions including the question No. 01.

01 Dilum is a grade 12 student of Thissa M.V. and also he is the sports captain while engaging in co-curricular activities eagerly. He is clever for both at playing football and sprinting. He takes a balanced diet daily and he has developed many skills related to sportsmanship. Dilum is used to express his ideas directly while listening to other ideas.

- (i) What is the stage of life to which Dilum belongs? (02m.)
- (ii) Write two co-curricular activities that Dilum might have participated in. (02m.)
- (iii) Write two sprinting events that Dilum might have participated in. (02m.)
- (iv) Write two skills of football. (02m.)
- (v) Write two nutrients of a balanced diet. (02m.)
- (vi) Write two sportsmanship qualities of Dilum. (02m.)
- (vii) Write two qualities of one who has the ability of having effective communication. (02m.)
- (viii) Write the commands given at the start of sprinting events. (02m.)

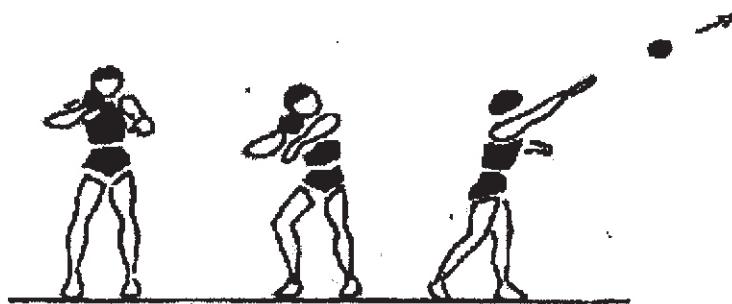
02 It's a good habit to consume enough amount of fresh vegetables and fruits daily.

- (i) Write 03 factors that should be considered when selecting food. (03m.)
- (ii) Write 04 kinds of mixed diets. (04m.)
- (iii) Write by one method of preserving each of the following food items. (04m.)
 - * Lime
 - * Fish
 - * Fruits
 - * Milk

03 We have to face various challenges in our day to day life.

- (i) Mention 03 environmental challenges. (03m.)
- (ii) Write 04 kinds of narcotics that you know. (04m.)
- (iii) Write 02 harmful effects of environmental challenges against man. (02m.)
- (iv) Write 02 of the skills that man should develop in him/her to overcome the challenges. (02m.)

04 It is very important to grip the objects properly to make a successful throwing.



(i) Name the throwing event depicted by the above diagram. (01m.)

(ii) Name 02 more throwing events that you know. (02m.)

(iii) Write 02 activities that can be used to practice the above event. (04m.)

(iv) Write 02 precautions that we can follow to minimize injuries and accidents during throwing events. (04m.)

05 A young work force with a proper fitness is a resource for a country.

(i) Write 03 health related fitness factors. (03m.)

(ii) Write 02 activities that can be used to develop flexibility. (04m.)

(iii) Write 02 advantages of keeping correct body composition. (04m.)

06 Volleyball is the national game of Sri Lanka.

(i) Draw a diagram of a volleyball with the standard measurements. (03m.)

(ii) Write 02 activities that can be used to practice overhand pass. (over arm setting) (04m.)

(iii) Write 02 rules relating to over arm setting. (04m.)

07 Netball is a popular game among women.

(i) Write the 02 main methods of passing the netball among each other. (03m.)

(ii) Write 04 main skills of playing Netball. (04m.)

(iii) Write 02 rules related to catching and passing the netball. (04m.)

PART - I

(01) Self-confidence	(02) Stand at ease	(03) neuromuscular	(04) 1½ - 2 hours				
(05) Leptospirosis	(06) 4	(07) 3	(08) 4	(09) 1	(10) 3	(11) 4	(12) 2
(13) 1	(14) 4	(15) 3	(16) ✓	(17) ✓	(18) ✗	(19) ✗	(20) ✓

(2 × 20 = 40 marks)

PART - II

01 (i) Adolescence (02m.)
(ii) Scouts / Cadet / Sports / St. John etc., (02m.)
(iii) 100m / 200m / 400m / 4x100m etc., (02m.)
(iv) Dribbling / Kicking / heading / throwing in / goal keeping etc., (02m.)
(v) Proteins / Carbohydrates / fats / vitamins / mineral salts (02m.)
(vi) Leadership / team spirit / follower ship / inter personal relationship (02m.)
(vii) Listening to others ideas.
Expressing his/her, own ideas clearly.
Talking in a pleasant manner. (02m.)
(viii) On your marks, get set, fire (go) (02m.)

02 (i) Freshness / Price / Weight / taste / colour / smell etc., (03m.)
(ii) "Hath maluwa" / Milk rice with green gram / Vegetable salad / Mixed mallum (04m.)
(iii) Lime - salting / burying under sand
Fish - canning / smoking / drying
Fruits - Cooling / adding sugar
Milk - Cooling / sterilization / pasteurization (04m.)

03 (i) Accidents / disasters / abuse / harassment / cigarettes / alcohol / diseases (03m.)
(ii) Cocaine, Hashish, Ganja, Marijuana, Alcohol, Cigarettes (04m.)
(iii) Loss of life, Loss of property, Mental and physical disturbances / Social conflicts economical problems etc., (02m.)
(iv) Correct behaviour / protection / favourable thoughts / Controlling emotions (02m.)

04 (i) Shot putting (01m.)
(ii) Discus throwing / Javelin throwing (02m.)
(iii) Rolling the shot along the ground.
Throwing the shot being in a standing position.
Throwing the shot to a whistling.
(iv) Throwing under the supervision of a teacher.
No body should be in the front when equipment is being thrown.
Not to use damaged equipment. (04m.)

05 (i) Cardio vascular endurance / muscular endurance / muscular strength / flexibility / body composition (03m.)

(ii) Stretching exercises / Yoga / Gymnastics etc., (04m.)

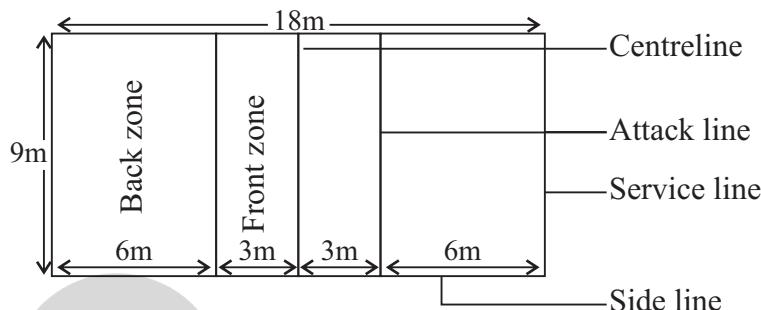
(iii) Maintaining proper B.M.I.

Being free from noncommunicable diseases.

Body can function more effectively.

Joint mobility is effective and prone to less stress. (04m.)

06 (i) Volleyball court with standard measurements. (03m.)



(ii) Passing the ball with fingertips to marks on the wall.

Holding the ball with both hands and hitting it hard on the ground. (04m.)

(iii) Ball should not be rested in hand when it is being set.

Ball cannot be thrown.

Ball should not be contacted with hand more than once. etc., (04m.)

07 (i) (Single handed) one-handed pass

two handed pass (03m.)

(ii) Ball controlling / Foot work / Attacking / Defending / Shooting etc., (04m.)

(iii) Catching the ball without obstructing other players.

Not to catch the ball again after bouncing or tossing up by same player.

Not hold the ball in hand more than 3 seconds.

Not to hit the ball purposely. (04m.)