



Royal College - Colombo 07

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Grade 8 – Second Term Test -- July 2019

දෙවන වාර පරීක්ෂණය - 2019 ජූලි - 8 ශ්‍රේණිය

කාලය : පැය 2
Time : 2 hours

Health and Physical Education
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Name :- Grade :- Index number:-.....

Part I

- Underline the correct answer.

- Process of enabling people to improve their health by controlling factors, which influence health is known as,

(i) Health related factors	(ii) Total health
(iii) Health Promotion	(iv) Health and Physical education
- Physical, mental and social completeness is called,

(i) Health development	(ii) Total health
(iii) Sociality	(iv) Creativity
- What is lead up game?

(i) A circumstance of playing the main game.
(ii) The games used to practice the main game.
(iii) The start of the main game.
(iv) The stage of learning rules and regulation of the game
- The most important event in an inner house sport meet is the march past. The maximum number of members in a platoon of a school march past including the leader.

(i) Twenty four	(ii) Twenty five
(iii) Thirty two	(iv) Thirty four
- When practicing correct postures of the march past 'About turn should be always done,

(i) From left side	(ii) From front side
(iii) From right side	(iv) From back side
- A fitness quality of a long distance runner is,

(i) Strength	(ii) Speed	(iii) Endurance	(iv) Flexibility
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- The method of start in running events above 400 m is,

(i) Crouched start	(ii) Standing start
(iii) Elongated start	(iv) Medium start

8. Technique "Hitch kick" belongs to the classification of athletics events. The event used this technique is,
- (i) High jump (ii) Pole vault (iii) Triple jump (iv) Long jump
9. Netball is a popular game among women. Which of the following shows one handed method and two handed method of the game.
- (i) Bounce pass (ii) Shoulder pass (iii) Chest pass (iv) Side pass
10. A couple of games without equipment is,
- (i) Elle, kabbadi (ii) Chess, karate
(iii) Football, Elle (iv) Kabbadi, Karate
11. The basic needs are the secondary needs respectively show,
- (i) Food, air (ii) Love, food
(iii) Food, Protection (iv) Love, Protection
12. It's not a part of a good physical school environment,
- (i) Clean air (ii) Clean food
(iii) Protection (iv) Not enough sport facilities
13. The feature not to be seen in healthy canteen is,
- (i) Having clean drinking water
(ii) Selling low fatty, salty and sugary foods.
(iii) Selling fast food (junk food)
(iv) Selling cereals (grains)
14. The correct answer related to the game of football is, ,
- (i) It is the most popular sport in the world and 11 players play in this game.
(ii) The national sport of Sri Lanka and there is a court with 18m in length and 9m in width.
(iii) Can hit with hands and head, when play.
(iv) There is a court with 45m in width and 90m in a length and 7 players play in this game.
15. Not a benefit of doing running exercisers,
- (i) Improving the techniques. (ii) Developing the running speed.
(iii) Developing skills. (iv) Fast fatigue.

16. Supporting leg is well outstretched and touched the ground and opposite leg bending back, word by the knee and touching buttocks area can be seen in,
- (i) Running drills A (ii) Running drills B
(iii) Running drills C (iv) Running drills A,B
17. The life process that gives rise to a new generation from an existing generation is,
- (i) Blood circulatory system (ii) Reproductive system
(iii) Digestive system (iv) Excretory system
18. Ovaries are produced,
- (i) By the ovaries (ii) By the womb.
(iii) By the testicles. (iv) By the fallopian tubes.
19. Started year of volleyball game?
- (i) 1985 (ii) 1986 (iii) 1895 (iv) 1896
20. Netball game was introduced to Sri Lanka by,
- (i) Mrs. Jenny Green (ii) William G. Mogan
(iii) Robert Volter Kamak (iv) James Nesmith

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(2x20=40 marks)

Part II

Answer the five questions, including the first question.

01. Bandarawela Maha Vidyalaya has this time won the first place of school health programme. The student's pattern of food is also good. They bring their lunch from home. Sports activities is also in a progressive stage. There are talented students for group sports and athletics are studying at the school.
- (i) Write 3 characteristics of a healthy school. (3 marks)
- (ii) Write 2 purposes for promoting school health promotion. (2 marks)
- (iii) Write your 2 suggestions to promote health of the school. (2 marks)
- (iv) Name 3 persons who can help for health promotion. (3 marks)
- (v) Write 2 advantages you receive from a healthy school. (2 marks)
- (vi) Write 2 short distance running events in this school.

- (vii) Write 3 field events to be held in this school. (2 marks)
- (viii) Write 3 non – organized games. (3 marks)
- (viii) Write 3 non – organized games. (3 marks)
02. Maintaining correct posture is a prominent figure in the development of one's personality, We can see correct postures in the march past squad.
- (i) Name 3 main turns in a march past squad. (3 marks)
- (ii) Name 2 types of marching. (2 marks)
- (iii) Explain briefly how correct marching time. (3 marks)
- (iv) Write 2 benefits of engaging in this activities. (2 marks)
03. The functions of the systems of the human body occur in both men and women in the same manner, but one system differs in its process.
- (i) Introduce that system and write the functions of it. (3 marks)
- (ii) Write 3 diseases infected in the system that you have mentioned. (3 marks)
- (iii) Write 2 marvelous activities occur in the female reproductive system. (3 marks)
- (iv) Write 3 steps that you should follow, for the protection of that marvel of these system. (3 marks)
04. Athletics are important among sports. Correct training is required to succeed in athletic sports.
- (i) Name 2 classification of athletic sports. (2 marks)
- (ii) Draw a rough sketch and show how one part of above mentioned is divide further. (3 marks)
- (iii) What is the category the 100 m, 200 m and 400 m are included. (2 marks)
- (iv) Write 4 characteristics of sportsmanship. (4 marks)
05. In the past , a game limited to men has become popular among women too and it is the most popular sports in the world today.
- (i) Introduce that game and write 2 skills of that game. (2 marks)
- (ii) How many players are needed for this game with reserved players? (2 marks)

(iii) Explain what is a lead up game?

(3 marks)

(iv) Write 3 benefits that you can obtain by engaging sports and lead up games.

(3 marks)

06. The netball and volleyball which are created with a collection of several skills these games are popular in schools. These are called organized games and they use different strategies to improve their skills.

(i) Write 3 organized games that are not mentioned in the paragraph.

(3 marks)

(ii) Write 2 skills of one of the games mentioned in the paragraph.

(2 marks)

(iii) Create a suitable activity to improve the performance of one of the games mentioned in the paragraph.

(3 marks)

(iv) Write 2 benefits of engaging in these sports activities.

(2 marks)

07. Athletics can be simply showed as running, jumping and throwing. By engaging running exercises for running events, engaging in jumping activities for jumping events, we can easily obtain activeness and victory.

(i) Name 2 long distance running events and one throwing event in athletics.

(2 marks)

(ii) Write 2 activities that will be helpful for improving the reaction speed of crouch start.

(2 marks)

(iii) Write 2 techniques of long jump.

(2 marks)

(iv) Name 4 main stages of a long jump techniques.

(4 marks)



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