



Grade 08

Health and Physical
Education

Unit 5 - Let us learn about start in
running.

Part I

Underline the most suitable answer.

01. The group of events that the standing start should be used,
- 400m, 800m, 1500m
 - 800m, 5000m, 10000m
 - 400m x 4, 400m hurdles, 800m
 - 200m, 110m hurdle, 400m hurdles.
02. This diagram shows the way of getting the steps from the starting line for
- Standing start
 - Crouch start
 - Medium start
 - Elongated start
03. Select the incorrect statement on the standing start.
- The front foot is placed close to the starting line.
 - The weight of the body is on the front foot.
 - The front foot is about shoulder width apart from the foot.
 - The leg at the back is brought forward.
04. Select the incorrect statement about the crouch start
- Strong leg should be kept as the front foot.
 - The knee of the front leg should be placed about 3-4 inches away from the arch of the front foot.
 - The two hands should be placed on the ground closer to the starting line.
 - The gap between two hands is roughly equal to the shoulder width.
05. In the crouched start, the way the legs are placed changes according to,
- The length of stride of the runner
 - The weight of the runner
 - The height of the runner
 - The speed of the runner

Part II

Answer all questions.

01. I. Name the three categories in crouch start.
- II. Draw the diagram to show the commands in medium start under crouch start.
- III. Briefly explain two activities that can be performed in order to practice move forward quickly at the “go” command and increasing the running speed.

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