



Grade 08

Health and Physical Education

7.Let us play lead-up games

Part I

Underline the most suitable answer.

01. The games which have fixed set of rules and regulations, standard court and equipments.
 - a) Athletics
 - b) Organized games
 - c) Lead-up games
 - d) Recreational games.
02. Engaging in lead-up games help us to
 - a) Master the skills needed for major games.
 - b) Improve our mental fitness
 - c) Improve our physical fitness
 - d) Improve above all.
03. A lead-up game bank with equipment is
 - a) Eluwan kema
 - b) Kick the ball
 - c) Turning about and run
 - d) Simon Says
04. This is not a mental fitness gained by playing lead-up games.
 - a) Build up self-discipline
 - b) Ability to accept both victory and defeat.
 - c) Provides enjoyment and pleasure
 - d) Hepls to build up endurance
05. “Beat the ball” lead-up games helps to develop the skills needed for
 - a) Dribbling
 - b) Chest pass and bottom change
 - c) Quick start
 - d) Serving the ball

(2 X 5 = 10)

Part II

01. What do you mean by lead-up games? (03)

02. Write 3 features of lead-up games. (03)

03. Write the 2 rules of following lead up games.

i) Turning about and running. (02)

ii) Serving the ball to a target.(02)

04. Select a skill from one of the major game and design a lead-up game for it. (05)

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(15 marks)