

nalanda v Nalanda Vidyalaya – Colombo 10 da vidyalaya

NALANDA VIDYALAY Unit Test Project

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Grade 8

Health and Physical Education.

Unit: 8 - Let us Play Foot Ball

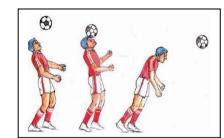
Part I

- Underline the most suitable answer.
- (1) This is not a skill of football.
 - i) Controlling the ball

ii) Goal keeping

iii) Ball handling

- iv) Dribbling
- (2) The way of heading the ball shown in the picture is,
 - i) Heading in a standing position
 - ii) Heading with a jump
 - iii) Heading with a dive
 - iv) Heading without a jump



- (3) Number of reserve players that can be substituted in football is,
 - i) 4

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- iii)
- iv) 1
- (4) The number of players that should be in a team for a game of football.

3

i) 15

- $\mathbf{1}$
- i) 11
- iv) 8
- (5) This is not a factor that should be taken into consideration when heading the ball in football.
 - i) Eyes should be kept focused on the ball.
 - ii) The ball should be headed in the middle.
 - iii) Particular attention should be paid towards ensuring safety.
 - iv) The body should be kept straight.

Part 1

•	Answer all questions.
1)	Write 6 skills in foot ball.
	1
	2
	3
	4
	5
	6
2)	State 3 different ways of heading the ball in foot ball.
	1
	2
	3
3) a)	Write 2 activities that can be done to practice the heading the ball in foot ball.
	1
	2
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1.	

b) Draw a diagram of one activity?

Conducted by : Pavithra Wijerathne

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