

**MATUGAMA EDUCATION ZONE**

## GRADE 8

## Health and Physical Education

**2 hours**

**Name:** .....

- Answer all the questions
- Each correct answer is given 2 marks.  $2 \times 20 = 40$  marks

01. An external factor that affects for self esteem.

- (1) self realization
- (2) self confidence
- (3) commitment and enthusiasm
- (4) teacher's recognition and guidance

(1) mark time (2) halt from mark time (3) on your mark (4) forward march

(1) 3                      (2) 4                      (3) 6                      (4) 8

- (1) folk games
- (2) minor games
- (3) lead up games
- (4) recreational games

(1) running drill B                      (2) running drill C  
(3) running drill A                      (4) running drill D

(1) 400 m                  (2) 800 m                  (3) 500 m                  (4) marathon

(1) standing start                      (2) bullet start  
(3) medium start                        (4) elongated start

(1) 100 m , 200 m                      (2) 200 m , 400 m  
(3) 400 m , 800 m                      (4) 800 m , 1500 m

- (1) sail technique
- (2) straddle technique
- (3) hang technique
- (4) hitch-kick technique

10. First phase of the long jump technique is,  
(1) approach run (2) flight (3) take off (4) landing
11. An example for physical fitness, while you engage in lead-up games.  
(1) provides enjoyment and pleasure  
(2) helps to build up endurance  
(3) builds up self discipline  
(4) develop team spirit
12. The step you should follow if you want to be with the society as a respectable adolescent is,  
(1) prevent from alchoholism and drugs  
(2) Not respecting and caring about members of the opposite sex.  
(3) Using books, videos, films which contain pornographic materials.  
(4) Not recognizing the importance of motherhood and fatherhood and maintaining the dignity of these roles.
13. The factors which help to improve people's health by controlling health issues is called,  
(1) total health (2) self esteem  
(3) health promotion (4) self actualization
14. A species of mosquito which spreads dengue is,  
(1) Anophles (2) Kulex (culex)  
(3) Encephalitis (4) Aedes Aegyptus
15. The rule which doesn't belong to the game of volleyball is,  
(1) service should be done within 8 seconds after the ball is tossed  
(2) The server should not make contact with the service line  
(3) The player should be able to catch the ball and throw  
(4) A player should not rest the ball in the hand when passing the ball.
16. What should not happen in an over arm service, before touching the ball in Volleyball,  
(1) stand looking ahead  
(2) put the foot of the non-dominant side a little in front  
(3) hold the volleyball in the dominant hand  
(4) bring the striking hand swiftly forward and hit the ball with the palm.
17. The number of reserves that can substitute other players in football  
(1) two (2) three (3) four (4) five
18. It is a common feature that all animals reproduce. Which system does it belong to ?  
(1) The digestive system (2) circulatory system  
(3) excretory system (4) reproductive system
19. The personnels who do not belong to promote health in the schools  
(1) Medical officer of Health  
(2) Police officers  
(3) Public Health Inspector  
(4) Environment officer
20. The athletic event which Susanthika Jayasinghe won the Olympic medal  
(1) 100 m (2) 200 m (3) 400 m hurdles (4) long jump

**SECOND TERM EVALUATION - 2023****GRADE 8**

## Health and Physical Education

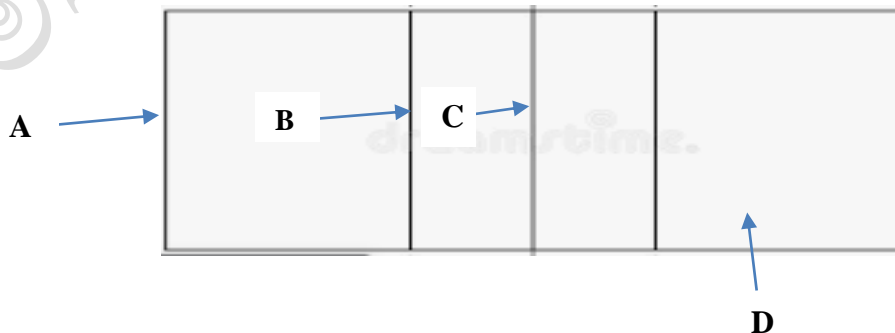
## Paper II

- Answer 5 questions including the question number 01.

01. (i) Write two characteristics which contribute to improve self esteem
- (ii) Write two secondary (other) needs of humans
- (iii) Write two main turns in a match- past you have learnt
- (iv) Write two skills in volleyball except service
- (v) Write two skills in netball
- (vi) Write two programmes that can be contributed to the school by the community
- (vii) Write two short distance running events
- (viii) Write two steps of running.

**(2 x 8= 16 marks)**

02. (i) Write the number of health promotion themes and name two of them (3 marks)
- (ii) Name four health related policies for a school (4 marks)
- (iii) Write four basic characteristics to maintain a clean and healthy canteen in a school. (2 marks)
- (iv) Write two advantages of a health promoting school (2 marks)
03. (i) Write three techniques of service in volleyball (3 marks)
- (ii) Name A,B,C,D, in the volleyball court according to the diagram (4 marks)



- (iii) Illustrate an activity to practise service. .(Describe briefly) (4 marks)

04. (i) How many players can play in a netball team ? Name two of them. (3 marks)  
(ii) Name the two key methods of passing the in netball and write an example for each.(3 marks)  
(iii) Illustrate an activity to practise one of the above methods of passing. (Describe briefly) (2 marks)  
(iv) Write two wrong footwork in netball (2 marks)
05. (i) Mention 3 ways of heading the ball in football (3 marks)  
(ii) Write four skills of football except heading the ball skill (4 marks)  
(iii) Illustrate a suitable activity to practise heading the ball skill in football.(Describe briefly) (4 marks)
06. (i) Name the female and male cells which are involved in fertilisation . (2 marks)  
(ii) Name two organs of male reproductive system and female reproductive system separately (2 marks)  
(iii) Write 3 sexually transmitted diseases and write 2 negative impacts of them (4 marks)  
(iv) Write 2 barriers to reproductive health (3 marks)
- 07 (i) What are the two major methods of start in running events . (2 marks)  
(ii) Mention 4 common exercises in running (3 marks)  
(iii) Write 4 phases of long jump (4 marks)  
(iv) Write 2 techniques of long jump (2 marks)





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