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மாகாணக் கல்வித் திணைக்களம் - வட மத்திய மாகாணம்
DEPARTMENT OF EDUCATION – NORTH CENTRAL PROVINCE



Grade

8

SECOND TERM TEST - 2019

SUBJECT - Health and Physical Education

School :

Name of the Student/ Index No :

Time : 2 hrs.

Part I

Answer all the questions.

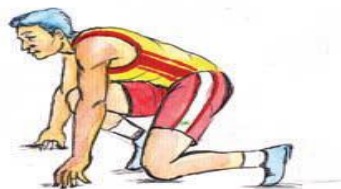
Underline the most suitable answer.

- Human being always tries to achieve beyond basic needs and secondary needs. Self esteem is one of the requirements of humans. What is meant by “self esteem”?
 - Having relationships with others in the society
 - Persons’ own evaluation of his/her own worth.
 - Maintaining good values.
 - Develop our talents and skills.
- What should be the respond to this command? “ Squad,.....turn.....left”
 - Turn your body 90° to the left from the direction you are facing at the moment.
 - Turn your body 180° to the left from the direction you are facing at the moment.
 - Turn your body 45° to the left from the direction you are facing at the moment.
 - Turn your body 60° to the left from the direction you are facing at the moment.
- Not a practice in a good canteen.
 - Providing good food with lot of oil, sugar and salt
 - Keeping bins to put waste food and other materials.
 - Providing clean water facility.
 - Providing cereals, green leaves and other healthy food.
- Which pass of netball is shown in the picture below?
 - One hand pass
 - Bounce pass
 - Under arm pass
 - Chest pass



- Syphilis is spread by
 - mosquitoes
 - sexual behavior
 - water
 - air

6. Which is not a way of heading the ball in football?
 - a. Heading in a standing position.
 - b. Heading with a dive.
 - c. Heading with a jump.
 - d. Heading the ball with two hands.
7. A part of health promotion school is,
 - a. Using pure drinking water.
 - b. Maintaining the canteen clean.
 - c. Maintaining good interpersonal relationships.
 - d. All the answers above.
8. Which running event is started as in the picture shown below?



- a. 5000m
 - b. 400m
 - c. 800m
 - d. 1500m
9. Which of the following is a skill of volleyball?
 - a. footwork
 - b. shooting
 - c. blocking
 - d. spiking
10. Which is not important to maintain reproductive health?
 - a. Adequate knowledge and awareness
 - b. following health habits and healthy behavior
 - c. living according to the social values and norms
 - d. mental collapses

Select the most suitable answers from the words given within brackets and complete the sentences.

(Fallopian tube/left/organized//support/flight/right/lead up/take off speed/womb)

11. When the forward march is done, the “halt” command is received as the heel of thefoot touches the ground.
12. The phase of feet touching the ground when running is called.....phase
13. In long jump,is very important to determine the distance of the jump.
14. Having simple rules and regulations is a feature ofgames.
15. The ovum gets fertilized with the sperm inside the

State whether the following statements are correct or wrong by putting a (✓) or (X) in the space given.

16. Holding a “Sramadana campaign “to eradicate dengue comes under the theme of creating a healthy environment. (.....)
17. Obeying rules and regulations, is a social benefit we get by engaging in games. (.....)
18. Health habits are important to maintain a good reproductive health. (.....)
19. There are only internal factors affect our self esteem. (.....)
20. A woman faces her menopause at the age of 65-70. (.....)

Part II

Answer only 5 questions.

1. (I) Explain briefly “ a health promoting school”
(II) Write 2 features of a school with good physical environment.
(III) Name 2 groups that are essential to develop a health promotion school, other than Principal and teachers.
2. (I) Which category does long jump belong to, according to the classification of athletics? Name another event belong to that category.
(II) Name two techniques of long jump.
(III) Write 2 activities that can be used to practice long jump.
3. (I) Explain briefly “lead-up games”
(II) Write 2 lead-up games done with equipment and without equipment separately.
(III) Explain the above mentioned two games under the following sub topics.
- Minor game
 - Major game involved
 - Skills
 - Equipments
4. (I) Describe briefly what is meant by “ reproductive health”
(II) Write 2 things affect the health of reproductive system.
(III) Write 4 steps can be taken to protect from abuse and harassment.

5. (I) The following garbage bins are set up in many places and the road side. Name the 4 different waste materials to be put inside the following A,B,C,D bins separately.



A

B

C

D

- (II) Name 2 problems created when the environment is not clean.
- (III) Write 2 ways of using waste materials to make your house beautiful.
6. (I) Write 2 instances where March Past can be seen.
- (II) Name the four directions used to give commands in a march past.
- (III) Write 4 advantages you get by participating in march past.
7. (I) Write 2 basic needs and 2 secondary needs separately.
- (II) Write 2 external factors helping us to develop self esteem in us.
- (III) Write 2 social reasons harmfully affect the self esteem of us.





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- Past Papers
 - Model Papers
 - Resource Books
- for G.C.E O/L and A/L Exams



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