



JAFFNA HINDU COLLEGE

First Term Exam - 2023

Grade :-8

Health and Physical Education

Time : 2.00 Hours

Name / Index No :

Part -I

Underline the most suitable answer

01. Confidence in one's own worth or abilities is called.

(a) Self – respect

(b) self – esteem

(b) Self – confidence

(d) self - discipline

02. Which is the national game of Sri Lanka?

(a) Football

(b) Netball

(c) Volleyball

(d) Basketball

03. Which posture is used to listen a lecture for a long time?

(a) Standing at ease

(b) standing at attention

(c) standing at easy

(d) All the above

04. Which one is carbohydrate rich food?

(a) Dhal

(b) Rice

(c) Butter

(d) Green gram

05. Which one is secondary need for human?

(a) Love

(b) Food

(c) Air

(d) Water

06. Which pass of netball is shown here?

(a) Overhead pass

(b) Under arm pass

(c) Chest pass

(d) Side pass



07. Which is a non-communicable disease?

(a) Cancer

(b) Dengue

(c) Chicken pox

(d) Rabies

08. The standing start should be used for all the races above meters.

(a) 200m

(b) 400m

(c) 800m

(d) None of the above

09. Select the correct one which include game and the number of players correctly.

(a) Volleyball – 5

(b) Basketball – 6

(c) Netball – 7

(d) Football - 8





10. Which one is the example for static posture?

(a) Walking

(b) Running

(c) Jumping

(d) Sitting

11. During a march past you must practice various turns. In this turns the body is rotated 180° in a clockwise direction is.
- (a) About turn (b) Right turn (c) Left turn (d) Half turn
12. The first command of the crouch start is
- (a) go (b) on your marks (c) get set (d) none of the above
13. Which skill / skills contribute to one's positive self – esteem.
- (a) Physical skill (b) Psychological skill (c) social skill (d) All the above
14. The maximum number of members in a platoon of a school march – past is.
- (a) 25 (b) 26 (c) 28 (d) 32
15. Which figure correctly shows at the “go” command
- (a)  (b)  (c)  (d) 
16. Which one is an organized game?
- (a) Hopscotch (b) Football (c) Jacks (d) Hide and seek
17. Oranges are a good source of
- (a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D
18. A rule related to service.
- (a) Done before the signal (b) Done touching the service line
(c) Done within 8 seconds (d) All are correct
19. Factor that should be taken into consideration when throwing the ball when playing netball.
- (a) Shift the weight of your body on to the front foot
(b) Keep your eyes on the direction to which you are going to throw the ball
(c) Throw the ball backwards
(d) Do not maintain body balance
20. Which is a good health habit?
- (a) Drink plenty of water
(b) Limit television and computer use
(c) Eat healthy foods
(d) All are correct

(20 x 2 = 40 Marks)

Part II

Answer any four Questions

(01) Self – esteem is an important higher human need

- (i) Write 3 abilities which help to improve on self – esteem? (3 marks)
- (ii) Write 3 factors which have a positive impact on self – esteem. (3 marks)
- (iii) Write 3 social factors which have a negative impact on self – esteem. (3 marks)
- (iv) Write 3 importance of self-esteem in our live. (6 marks)

(15 marks)

(02) Volley ball game played by two teas.

- (i) Write 6 skills in volleyball. (6 marks)
- (ii) Write 2 rules related to passing (setting) the ball. (2 marks)
- (iii) Write 2 ways for a team to score a point in volley ball. (2 marks)
- (iv) Draw and write the measurements of the volleyball court. (5 marks)

(15 marks)

(03) A parade or procession, especially of troops past a reviewing stand is march past.

- (i) Write the 2 types of marching. (2 marks)
- (ii) Write 2 commands of march past. (2 marks)
- (iii) Write 3 occasions that marching squad will parade? (3 marks)
- (iv) Write 4 advantages of correct posture. (8 marks)

(15 marks)

(04) Netball introduced as a game that is very popular among girls and women

- (i) Write 4 skills of netball. (4 marks)
- (ii) Write 3 one – handed ball passing methods. (3 marks)
- (iii) Write the length and width of netball court. (2 marks)
- (iv) Write 3 benefits of playing netball. (6 marks)

(15 marks)

(05) The start is a very important phase of running events

- (i) Write the types of running events based on the distance. (3 marks)
- (ii) Write 3 running events which use crouched start. (3 marks)
- (iii) Write 3 mistakes made in the start in running. (3 marks)
- (iv) Write 3 benefits of running. (6 marks)

(15 marks)



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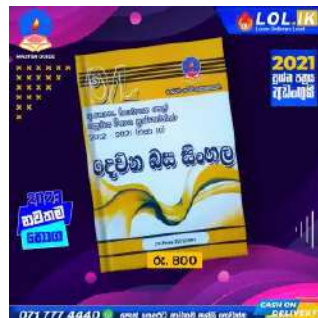
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