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Department of Education, Southern Province
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Department of Education, Southern Province

Third Term Test 2022 (2023)

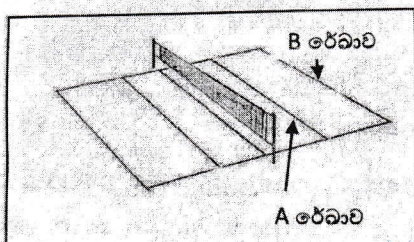
Grade 8

Health and Physical Education

Two hours

Part – I

- Answer all the questions.
 - Underline the most suitable answer in the questions numbering from 1 – 20 .
- 1) Physical, social, mental and spiritual well being of a person is termed as
 - I. Health promotion
 - II. Total health
 - III. Health related physical fitness
 - IV. Physical fitness
 - 2) Self esteem is the person's own evaluation of his/her own worth. Which of the following is incorrect about self esteem?
 - I. Self esteem should be enjoyed in a humble way.
 - II. Being disciplined is a quality needed for building up self esteem
 - III. Breaking rules and regulations brings harms to self esteem
 - IV. Self esteem is a basic need.
 - 3) A requirement of a person with effective communication
 - I. Listening to others ideas
 - II. Express ideas clearly and in a friendly manner
 - III. Understand others ideas by their behavioural patterns
 - IV. All the above features
 - 4) The number of members of a March Past with the leader is
 - I. 25
 - II. 20
 - III. 30
 - IV. 22
 - 5) The right marker should keep looking straight ahead while all the others in the squad turn their heads 90° to the right looking with an angle of 45° upwards. This instance is
 - I. When a march past curves to the left hand side
 - II. Forward march to form three lines
 - III. Compliments on the March
 - IV. Mark time
 - 6) What are the lines indicated by A and B in the below given court?



- 1) Attack line and service
- 2) Service line and attack line
- 3) Service line and back line
- 4) Service line and side line

7) Two handed pass in netball ?

- I. Shoulder pass
- II. Chest pass
- III. Underarm pass
- IV. Lob pass

8) There are 15 members in a team (now increased up to 18)out of them only 11 players play and one of them acts as the goal keeper. This game is

- I. cricket
- II. netball
- III. foot ball
- IV. volley ball

9) The fusion of an ovum and a sperm is referred as ?

- I. menstruation
- II. ovulation
- III. implantation
- IV. fertilization

10) Which of the following is not an organ in the male reproductive system ?

- I. testicals
- II. ovaries
- III. prostate glands
- IV. penis

11) A runner keeps his/her front foot closer to the starting line, the back foot is about shoulder width apart from the front foot and the weight of the body is on the front foot .He/She is getting ready

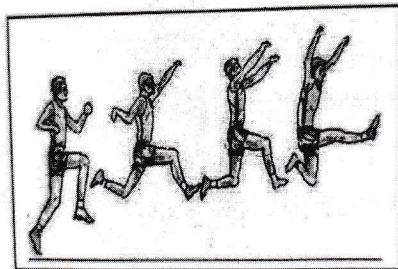
01 At " on your marks " command of standing starts

02 At " on your marks " command of crouch starts

03 At " go " commands of crouch starts

04 At " get – set " commands of crouch starts

12) Which of the following stage of long jump technique is shown by the diagram below ?



- I. approach run
- II. flight
- III. take off
- IV. landing

13) which of the following is not a technique of long jump ?

- I. Hang technique
- II. Straddle technique
- III. Sail technique
- IV. Hitch kick technique

14) The events that are started with the crouch start is ?

- I. 100m / 200m / 400m hurdles
- II. 100m / 800m / 1500 m
- III. 100m hurdles / 500m / 800m
- IV. 800m / 1500m / 5000m

15) The nutrients that provide energy for our daily activities are ?

- I. Starch and minerals
- II. proteins and vitamins
- III. carbohydrates and fats
- IV. vitamins and minerals

16) Which of the following should not be done in food consumption ?

- I. Consumption of food before 1½ hours or 2 hours before sleep
- II. Avoid consumption of too much food
- III. Consumption of intermediate food 2 Hours after a main meal
- IV. Consumption of food while watching television

17) A sexually transmitted disease ?

- I. chikungunya II. sars III. Dengue IV. AIDS

18) Forcing a person to engage in anti-social activity is

- I. harassments II. abuse III. annoying IV. punishments

19) A feature not to be observed in a person who gives first – aid ?

- I. Disgust of others II. Take correct decisions III. Calmness IV. Being observant

20) Understanding others problems and difficult situations and helping them in need is referred as ?

- I. Co-existences II. Socialization III. Empathy IV. Sensitivity

(2x20 = 40 marks)

Part II

The first question is compulsory. Answer four more questions.

01) The theme of the school Health Day of Jayabima College is "To win the life , start from school" .The participants were educated on how to win present economical issues to maintain personal health as well as the health of others. Special attention was given to health habits, health promotion, nutrition , safety etc.

- I. How do you refer maintaining personal cleanliness through correct habits ?
- II. Write two ways how the community participation can be obtained to maintain a healthy physical environment in school.
- III. Name two food items that can be sold in school canteen .
- IV. pH value of water that can be consumed is 6-7 .Who is the health officer from whom it can be checked ?
- V. Write a method you can adapt to confirm your safety in school ?
- VI. Write two advice that can be given to an adult related to methods of food preparation without destroying the nutritive value in them.
- VII. Give an example for a substitute from that the same nutrition value can be obtained instead of highly expensive food.
- VIII. Write two psycho-social skills that can be developed by working as a team.
- IX. Give two health habits that can be followed to maintain your health.
- X. Give two measures that can be taken to avoid from smoking and liquor consumption .

(2x10=20 marks)

02) I. Write 3 facts to remember when preparing food for your family members .

II. Write 3 points to remember when presenting food .

III. Give 4 methods of food preservation with examples.

(3+3+4=10 marks)

03) Challenges we have to face in our everyday environment are called "Environment challenges". To face them successfully we have to develop competencies.

I. Name two environmental challenges.

II. Give two examples each for communicable diseases and non-communicable diseases

III. Write 4 precautions that can be taken to prevent accidents.

(2+2+2+4=10 marks)

04) I. Put the relevant health related physical fitness factors given below to complete the table given.

NO:	Physical fitness factors	Benefit obtained by it
1	The ability to distribute and use by oxygen becomes efficient
2	Minimize joint pains
3	muscles generate more strength
4	Can work without being tired
5	Easy to manoeuvre body due to low amount of fat

(Body composition / cardiovascular endurance / muscular endurance / muscular strength/ flexibility)

II. What is the physical fitness factor that can be improved by engaging in Gymnastics and aerobics ?

III. What are the two maintain components of body composition ?

(5+2+3=10 marks)

05) I. Throwing the javelin and discus are some throwing events. Name two other throwing events you know .

II. What are the two methods of gripping the javelin ?

III. Design two activities to improve the throwing of discus. If needed explain it with illustrations too.

(2+3+5=10 marks)

06) I. Name the national game in Sri Lanka and write one of its skills.

II. Heading the ball is a skill of football. Write two other skills of foot ball.

III. Maintain a skill in any game you like and design a lead-up game to improve that skill. If needed explain it with illustration too.

(2+2+2+4=10 marks)

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