



Third Term Test - Grade 08 - 2023

ନେବନ ବାର ପର୍ଯ୍ୟନ୍ତରେ - ୦୫ ଜୁଲାଇ - ୨୦୨୩

Health & Physical Education

Time: 2 hrs

Name / Index No.

PART I

Answer all questions.

Underline the correct answer from questions 1 to 10.

01. A policy related to social wellbeing

1. Developing a favourable religious environment
2. Prohibiting smoking, drugs and abuses
3. Protecting the environment
4. Fullfilling the needs of the people

02. The Starting method of 800 m running is,

1. Croched start
2. Standing start
3. Middle start
4. Elongated start

03. An Organized game is,

1. Olinda Keliya
2. Fishing net
3. Meemo Meeya
4. Rugby

04. The running drill denoted by the diagram is,

1. Running drill A
2. Running drill B
3. Running drill C
4. Bounding

05. A Sexually trasmitted disease,

1. Diphteria
2. Siphilis
3. Cancer
4. Measles

06. An Organ of the male reproductive system,

1. Ovary
2. Fallopian tube
3. Vagina
4. Prostrate gland

07. The answer with double hand passing in netball,

1. Over head pass / high shoulder pass
2. Under arm pass / side pass
3. Lob pass /over head pass
4. Shoulder pass / lob pass

08. A lead up game played with equipment,

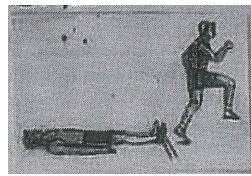
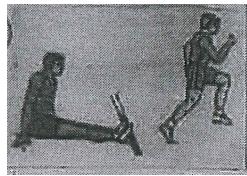
1. Mewara Keliya
2. Service to a target
3. Zig zag running
4. Inivata peraleema

09. The number of headings in foot ball,

1. three
2. two
3. four
4. five







*** Match the A and B**

A

11. A collection of organs in a body
12. A psychosocial feature in a healthy school
13. A physical fitness developed by lead up games
14. The main cause for accident
15. A special need category

B

- P Careless and ignorones
- Q Endurance
- R Patient
- S Body composition
- T Appreciation



* Select the correct answer from the bracket.

patience - ethics -vitamins and minerals - muscular strength , umbilical cord

16. To protect from dieases are should consume rich food.
17. Obeying rules regulation in sports, favourable behaviour are called as in sports.
18. Push- ups and half squal develop
19. is a quality of a first aider.
20. When a baby is in the womb, the nutrients and oxygen are gained through the of the mother.

PART II

* The first question is compulsory. Answer 4 other questions.

01. Some special qualities & abilities of some grade 8 students are given below.

Samith : Optimum weight to the height, physical fitness factors are well developed clever in his studies, everybody likes him.

Ayone : Maintain correct posture always and a member of the school cadet team.

Thisun : The speedest player in the under 14 team, has won medals at the provincial level competitions.

Kaveen : A friendly person with empathy, sociable qualities all the students like him.

1. Write 2 total health factors that Samith should develop.
2. Write 2 other factors that Samith developed to promote health that are not mentioned in the paragraph.
3. Write 2 athletic events participated by Thisun
4. Write the starting method used by Thisun
5. Write 2 marching methods of Ayone.
6. Write 2 benefits of maintaining correct posture.
7. Write 2 factors related to the self esteem of Ayone
8. What is empathy?.
9. Write 2 special qualities of Kaveen.
10. Write 2 sportsmanship qualities of Nipun.

(10 x 2 = 20 marks)

02. Consuming nutritious food and preparing food in a hygienic manner leads to a healthy lifestyle.

1. Write the 3 main functions of food. (3 marks)
2. Write 3 ways to promote the nutritional value of food. (3 marks)
3. Write 4 methods of food preservation. (4 marks)

03. Running speed can be developed by increasing the stride length and the Frequency of steps.

1. Write 3 ways to develop the speed of running (3 marks)
2. Write the command given for 200m running (3 marks)
3. Write the two types of jumping events according to the categorization of athletics. (2 marks)
4. What is the starting method of 800m running (2 marks)

04. Write answers based on Practicles and Theory related to Netball football and Volley ball.

1. Write 2 skills of Volleyball. (2 marks)
2. Write 2 activities to practise the volley pass in volley ball. (3 marks)
3. Write one activity to practise one handed pass in netball. (3 marks)
4. Write 2 skills in foot ball. (2 marks)

05. The challenges faced from the environment is called as environmental challengers. Due to these challenges man has to face difficulties. He should develop many competencies to over come these challengers

1. Write 2 disasters occurred recently (2 marks)
2. Write 2 ways how to avoid abuses and cersion (2 marks)
3. Write 2 communical and 2 non communical diseases. (4 marks)
4. Write 2 competencies that you should develop to face environmental challengers. (2 marks)

06. Physical fitness could be developed by engage in physical activities.

1. Write 3 health related physical fitness factors (3 marks)
2. Write 3 activities to develop the above mentioned physical ftiness factors. (3 marks)
3. Write 4 benefits of developing the physical fitness. (4 marks)



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Health & Physical Education

Answer Paper

PART I

2	06.	4	11.	S	16.	Vitamin and Minerals
02.	2	07.	3	T	17.	ethics
03.	4	08.	2	Q	18.	muscular strength
04.	1	09.	1	P	19.	Patience
05	2	10.	1	R	20.	Omblical Cord

PART II

01. 1. Physical / Social
2. Mental / Spiritual
3. 800m / 100m
4. Crouched start
5. Quick march / Slow march
6. Avoid from diseases / good appearance /self esteem
7. Leadership / honesty / law abiding
8. The feeling we got when others fall into trouble as it is happened to us.
9. Unity / accepting defeat & victory as the same spirit.
10. Leadership / followership /inter relationship
02. 1. provide energy /body growth /protection (imunity)
2. home grown vegetables & fruits
3. Making mixed food Adding lime and maldive fist etc.
4. drying / salting / pickles etc.
03. 1. running drill A/B/C
2. on your mark / set / 90
3. horizontal / verticle
4. standing start
04. 1. Service/Recieving/seffing/blocking
2. Give Marks for the correct answers
3. Give Marks for the correct answers
4. Skills in foot ball

05. 1. Tsunami/ Floods/Eaethslips
2. Not allowing anyone to touch the body
Screaming for help
Avoiding such situations
3. Give marks for correct answers
4. Say understanding/ Say awarness/Controloing enolans

06. 1. Caidio vasculan endurance
Muscalan enduance - Muscalan strength
2. Give marks for correct answers
3. good circalaton of blood to the muscles
Muscle functioning/easy to maintain correct posture.

07. 1. ability to get recover soon / less prone to diseases
2. proper knowledge on first aid
decision making ability
being alert
3. A - Airway - checking for the our passage
B - Breathey - checking whether b