



Third Term Test - Grade 08 - 2023  
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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. Diptheria                      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



## 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 environmantal challengers. Due to these challenges man has to face difficulties. He should develop many competencies to over come these challengers
1. Write 2 disasters occured recently (2 marks)
  2. Write 2 ways how to avoid abuses and corsion (2 marks)
  3. Write 2 communicual and 2 non communicual 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 fitness 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**

- |       |       |       |                          |
|-------|-------|-------|--------------------------|
| 01. 2 | 06. 4 | 11. S | 16. Vitamin and Minerals |
| 02. 2 | 07. 3 | 12. T | 17. ethics               |
| 03. 4 | 08. 2 | 13. Q | 18. muscullar strength   |
| 04. 1 | 09. 1 | 14. P | 19. Patience             |
| 05. 2 | 10. 1 | 15. 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/Earthquakes
  2. Not allowing anyone to touch the body  
Screaming for help  
Avoiding such situations
  3. Give marks for correct answers
  4. Say understanding/ Say awareness/Controlling emotions
  
06.
  1. Cardio vascular endurance  
Muscular endurance - Muscular strength
  2. Give marks for correct answers
  3. good circulation 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 air passage  
B - Breathing - checking whether breathing