



Asian Grammar School
1st Term Test - 2019
Grade 8
Health and Physical Education

Time: 2 hours

Name :

Class :

Prepared by: Mr. Munasingha

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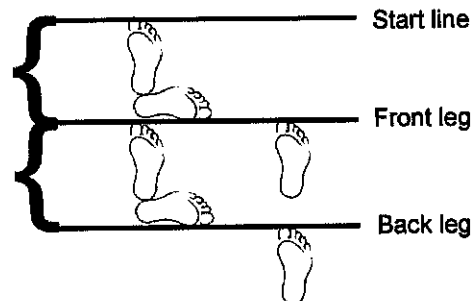
Paper I

- (1) The most suitable statement for health is,
- | | |
|-------------------------------------|-------------------------------|
| i. being free from diseases | ii. developing good attitudes |
| iii. being friendly with each other | iv. all the above |
- (2) Group of people who can help in building up self-esteem of an adolescent.
- | | |
|-------------|---------------|
| i. Teachers | ii. Parents |
| iii. Peers | iv. All above |
- (3) A life competency that should be erased off when controlling emotions.
- | | |
|---------------|----------------------|
| i. Empathy | ii. Logical thinking |
| iii. Sympathy | iv. revenge |
- (4) It is not a sound pollution method.
- | |
|---|
| i. Noise from motor vehicles. |
| ii. Noise of music at the record bars or musical shows. |
| iii. At war. |
| iv. Burning a garbage heap. |
- (5) A rule that you should remember when playing netball,
- | |
|---|
| i. Should not land with both feet. |
| ii. Should not step with the ball. |
| iii. Should stay at one place holding the ball. |
| iv. Should pass the ball while running. |

❖ **Put a right (✓) or wrong (✗) in brackets given.**

- (6) Vitamin D deficiency causes Rickets ()
- (7) Physical health is known as the state of being free from diseases and being physically fit. ()
- (8) There are three major environmental aspects in pollution ()
- (9) Stroke and kidney problems are non infections or do not get transmitted from person to person ()
- (10) Warming up exercise decreases the body temperature ()
- (11) Turning your body 90° to the right by rotating on your sole of the ball left foot and the right heel is
- | | |
|-----------------|-------------------|
| i. Turning left | ii. Turning right |
| iii. About turn | iv. Mark time |
- (12) All the posture in a march past should start being in
- | | |
|-----------------------|----------------------|
| i. stand at attention | ii. standing at ease |
| iii. standing easy | iv. Halting |
- (13) In the "about turn" you should always turn your body
- | |
|---|
| i. Left from the direction you are facing |
| ii. Right from the direction you are facing |
| iii. Anti-clockwise |
| iv. Clockwise |
- (14) The number of players that can be placed in a volleyball court before start a game.
- | | | | |
|-------|-------|--------|-------|
| i. 12 | ii. 8 | iii. 7 | iv. 6 |
|-------|-------|--------|-------|
- (15) This is not a skill in volley ball
- | | |
|----------------------|---------------|
| i. Receiving | ii. Spiking |
| iii. Field defending | iv. Foot work |
- (16) A two handed method of passing the ball in Netball
- | | |
|------------------|--------------------|
| i. shoulder pass | ii. lob pass |
| iii. side pass | iv. under arm pass |

- (17) This is not a rule regarding passing and throwing the ball in Netball
- The ball cannot be thrown over a third of the court.
 - The ball should be passed within 8 seconds, after ball has been tossed.
 - The ball shouldn't be held more than 3 seconds by hand.
 - The ball shouldn't be kicked intentionally.
- (18) Sunil wishes to take part in 100M , 400 hurdles and 100X4M relay race, events in the upcoming annual sport meet in his school. The method of start he does not use for these events is,
- standing start
 - medium start
 - crouched start
 - bullet start
- (19) The group of events, that the standing start should be used.
- 400M,800M, 1500M
 - 400Mx4, 400M Hurdle, 800M
 - 800M,5000M, 10,000M
 - 200M non Hurdle, 400M Hurdle
- (20) This diagram shows the way of getting the steps thorn the starting line for
- Standing start
 - Couch start
 - Medium start
 - Elongated start



PART II

- (1) Marching is a position where the movements of walking position are done according to a regular rhythm following a command.
- i. Name the three main turns adopted in a march past and state what do they mean separately.
 - ii. State the directions of a squad of a march past and explain them in brief.
 - iii. State the maximum number of members in a platoon of a school march past and draw a diagram to show the correct way of forming a platoon for a march past.

(15 Marks)

- (2) Volleyball can be played within a limited space incurring a very low cost.
- i. Write the skills in Volley ball
 - ii. Explain 2 Activities to practice the over arm pass in Volley ball in brief.
- Netball is an organized game that is very popular among girls and woman.
- i. Write the skills in Netball
 - ii. Write 4 two-handed methods of passing the ball in Netball.
 - iii. Draw Volleyball and Netball courts with tall measurements.

(20 Marks)

- (3) Healthy citizens can be considered an important factor for the development of a country.
- i. Explain self esteem.
 - ii. Apart from the basic needs, write down 5 secondary needs.
 - iii. What are the factors which have a positive impact on self - esteem.
 - iv. What are the factors which have a negative impact on self esteem

(20 Marks)

- (4) The nutrients needed for our body, are present in different proportions in different food items.
- i. Write three benefits of including the food items rich in macronutrients in to our meals.
 - ii. Name the six food groups you should include in your healthy diet.
 - iii. Name the diseases you get due to drinking impure water.
 - iv. How do you lose water from the body?
 - v. State the things that you should remember when buying food.

(20 Marks)