

**De Mazenod College**  
**Grade 8**  
**1<sup>st</sup> Term Test – 2016**  
**Health and Physical Education**

Time :- 2 hours

Name : ..... Class : ..... Class No.....

**(01) Underline the correct answer**

1. This is not a need of adolescents,
 

a) Mother's milk	c) Leadership
b) Fun and enjoyment	d) Education
  
2. Rhythmic leg movement develop,
 

a) Appearances	c) Balance
b) Endurance	d) All above
  
3. A leg movement with arm stretching is,
 

a) Kick	b) Lunge	c) Jogging	d) Skip
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4. During turning activities the following part of the body, must be protected.
 

a) Sole of leg	c) Shoulder
b) Palm	d) Head
  
5. Example for a rhythmic movement,
 

a) Knee lift	c) Star jump
b) Forward roll	d) Jump and turn
  
6. Number of factors affecting the self esteem of adolescent,
 

a) 02	b) 03	c) 04	d) 05
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7. The group of angles formed in the event, ' turn left , ½ right turn, and about turn'.
 

a) 45 <sup>0</sup> , 180 <sup>0</sup> , 45 <sup>0</sup>	c) 60 <sup>0</sup> , 45 <sup>0</sup> , 180 <sup>0</sup>
b) 180 <sup>0</sup> , 60 <sup>0</sup> , 60 <sup>0</sup>	d) 360 <sup>0</sup> , 60 <sup>0</sup> , 180 <sup>0</sup>
  
8. In a marching squad formation of a line from the tallest student to the shortest according to heights is,
 

a) 03 rows	c) 02 rows
b) Single row	d) None above
  
9. Number of steps per minute, in quick march is,
 

a) 125	c) 118
b) 122	d) 120
  
10. Group of indoor games,
 

a) Swimming, Boating	c) Football, Golf
b) Archery, Shooting	d) Badminton, Table Tennis

(02) Mark ( √ ) or ( X )

1. Organize walks for Health Promotion in schools. ( )
2. Psycho social environment is the main feature of Health promotion ( )
3. Jumping with arm stretching is Knee lift ( )
4. 'Patience' is an ethical skill ( )
5. Creative writing is a social skill ( )
6. Explaining facts is an ethical skill ( )
7. 'Possess things' is not a need of adolescents ( )
8. It is wrong, to salute with the right hand ( )
9. 'Health' is the ability to do sports ( )
10. 'Stagnation of water' is water pollution ( )

### Part II

(03)

1. Write 2 advantages of school health promotions.

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2. Name 3 officers in a school health promotion committee.

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3. Name 2 other people, who can help the school health promotion.

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4. Mention 2 ways, you can help in the school health promotion.

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5. Write 2 objectives of a School Health Promotion.

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(04)

1. Name 3 likes of adolescents.

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2. write 4 factors influencing 'Self Esteem'.

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3. Give 3 examples for ethical skills.

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4. Name 2 examples for social skills.

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5. Name 2 persons, helping to develop self esteem.

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(05)

1. What is 'Rhythm'?

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2. Mention 5 leg and arm movements.

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3. Name 3 jumps.

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4. Name 2 jumps.

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5. Write 3 accidents, that can happen in rhythmic movements.

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(06)

1. Name 3 instances, where a march past is seen.

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2. Mention 4 turns done in a march past.

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3. Write 2 ways to salute the Chef Guest.

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4. Explain how the squad having lines is done.

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