

Library
12/7

REFERENCE
ONLY

12-07-2016

2 Hours

Health Science
Part I

GRADE 8
2nd Term 2016

1. An organized game
 1. Meeyo-Meemo
 2. Volleyball
 3. Dog and Bone
 4. Dodge ball.

2. As an intelligent adolescent you should
 1. take correct decisions on nutrition.
 2. avoid fatty fast food.
 3. not skip main meal times
 4. listen and follow ideas of bad friends

3. The number of stages in Long Jump.
 1. 3
 2. 4
 3. 6
 4. 5

4. A method of single hand pass in netball is
 1. chest pass
 2. overhead pass
 3. under arm pass
 4. side pass

5. The first Olympic games were held in
 1. 1950 A.D
 2. 1900 A.D.
 3. 776 B.C
 4. 500 B.C.

6. A method of javelin throw.
 1. American style
 2. Japanese style
 3. Finland style
 4. Horseshoe style.

7. The best person to discuss your problems
1. friend
 2. your brother
 3. your mother
 4. your sister
8. "Serve" is a skill in the game.
1. cricket
 2. football
 3. netball
 4. volleyball
9. The correct decision you should take when your friend suggests you to do something wrong.
1. inform parents
 2. reject it directly
 3. say that you are sick
 4. go without parents' permission
10. Maximum number of players in a football team.
1. 7
 2. 9
 3. 11
 4. 12
11. A method used to preserve food.
1. Subject it to high temperature.
 2. Subject it to low temperature.
 3. adding chemicals
 4. all above.
12. "Standing Start" is used in the event
1. 400m, 200m
 2. 800m, 1500m
 3. 100m, 800m
 4. 1500m, 75m
13. An example for a throwing event.
1. Shot putt
 2. Javelin
 3. Hammer
 4. Discus
14. The most successful way to exchange ideas
1. used words which hurt others
 2. talk in a friendly manner
 3. talk unsuitable things
 4. talk as you please.

15. Commands given in the crouch start
1. get set, go
 2. on your mark, go
 3. on your mark, get set
 4. on your mark, get set, go.



16. Not a jumping event
1. hurdles
 2. long jump
 3. pole vault
 4. high jump.

17. Example for a communicable disease
1. high blood pressure
 2. diabetes
 3. heart problems
 4. cholera.

18. A feature not seen in organized games
1. standard number of players.
 2. standard play time.
 3. limited number of officials/judges.
 4. can be played anywhere

19. A fruit containing a large amount of Vit. C
1. apple
 2. lime
 3. grapes
 4. mango.

20. A main reason for sports injuries
1. not following rules and regulations.
 2. Knowledge on sports equipment used.
 3. participating attentively.
 4. participating without proper warming up.



Name

Class

Subject

Grade 8

12-07-2016

Health and Physical Education - 8^A

Part II

Answer question I and 4 others.

I

- 1) Name 2 vertical jumps.
- 2) Name 2 horizontal jumps.
- 3) mention 2 communicable diseases.
- 4) mention 2 non-communicable diseases.
- 5) Name the nutrients in a balanced diet.
- 6) Name 2 athletic events, starting with the 'crouch start'.
- 7) Write 2 events using the 'standing start'.
- 8) Name 2 games, in which only 'a ball' is used as the equipment.
- 9) Mention 2 mosquito breeding places.
- 10) Write 2 diseases, spread by mosquitoes.

2

- 1) Name 4 qualities of a leader.
- 2) Name 3 factors to be considered, when communicating with others.
3. Mention 3 factors considered, before taking a correct decision.

3

- 1) Mention 4 instances of food spoilage.
- 2) Name 3 factors, causing food spoilage.
- 3) What 03 factors, you consider when selecting (prepared) instant food.

4

- 1) Describe 'crouch start'
- 2) 'standing start.'
- 3) Name 2 running events.

5

Select any one game from Volleyball, Netball and football and answer the following questions.

Volleyball.

- 1) Write 3 skills.
- 2) Name 3 types of blocking.
- 3) Write 2 methods of 'serve' and 'spike'

Netball

- 1) Write 5 skills.
- 2) Name 2 types of passes using single hand
a)
b)
double hand
a)
b)

Foot ball

- 1) Write 3 methods of ^{kicking} hitting the ball
- 2) Name 4 methods of goal keeping
- 3) →

3) Write

- Weight of the foot ball.
- Maximum number of players
in a team
- minimum number of players

6

1) Explain briefly, what should you do,
'If your friend invites you to
watch a film, without your
parents' permission.'

2) 'When your friends call you
for a sea bath, without telling
your parents.'

7

1) Name the 7 rhythmic leg movem

2) Name 3 rhythmic jumps -