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ஆண்டிறுதி மதிப்பீடு - 2016
Year End Evaluation

- 2016

21.11.2016

ශ්‍රේණිය
தரம் } 08
Grade

විෂයය
பாடம் } Health and Physical Education
Subject

පත්‍රය
வினாத்தாள் } I, II
Paper

කාලය
காலம் } 02 Hours
Time

Name :-

Index No. :

Part I

• Underline the correct answer.

(01) Kamal is a Grade 8 student, very popular, clever at studies and sports. He comes to school daily and engages in sports practices.

- (1) Kamal is a selfish boy.
- (2) He has a very high personality development.
- (3) His physical and social health development is at a high level.
- (4) His spiritual health and self confidence is developed.

• Use the following data for questions 2 and 3.

Nimal : very creative; faces problems successfully, active person, working co-operatively with others

Saman : Following correct postures, very healthy

(02) Nimal is,

- (1) Implementing health promotion principles
- (2) a good person
- (3) following good health habits.
- (4) a person with physical, mental and social well being.

(03) Of the two persons who has built up physical skills only?

- (1) Nimal
- (2) Saman
- (3) Both
- (4) None

(04) Pahan is a fatherless child told his friend supun sadly that he is without a school bag. Supun told his parents about it and gave a bag for Pahan. Spun has developed in him,

- (1) Empathy
- (2) Equanimity
- (3) Coexistence
- (4) Inter-relations

(05) Keeping food for a long time with out letting them lose their nutritional value is,

- (1) Food purification
- (2) Food protection
- (3) Food preservation
- (4) Food consumption

(06) The hormones that mainly affect the appearance of secondary sexual features in boys and girls.

- (1) Estrogen
- (2) Estrogen and Testosterone
- (3) Insulin
- (4) Progesterone and insulin

- (07) The environmental challenges that affected most areas of the western provinces this year are,
- (1) Thunders and lightening (2) Cyclones
 (3) Transmicable diseases (4) Floods
- (08) Mostly damaged because of smoking is,
- (1) Respiratory system (2) Skeletal system
 (3) Muscular system (4) Nervous system
- (09) The firstaid suitable for a muscle cramp or a torn muscle is,
- (1) Dressing the injured place
 (2) elevation the affected place
 (3) Giving the R I C E treatment
 (4) taking the patient to a hospital soon
- (10) A transmicable disease that can cause death is
- (1) Common cold (2) High fever
 (3) Dengue (4) All the above
- (11) Flexibility and co - ordination are mostly effectively to
- (1) Athletics (2) Netball (3) Swimming (4) Gymnastics
- (12) During a drill display of a sports meet a leg movement and a jump that can be included,
- (1) March and leap jump
 (2) Jogging and cart wheeling
 (3) March and jogging
 (4) Skipping and jumping jack

• **Use the following information to answer questions 13 - 14 and 15.**

At the recent inter house sport meet how 3 girls have fared are listed below.

Shani : Did shooting very well
 Lashani : Did the setting of the ball well for the spike.
 Nishani : Passed the baton to Lashani correctly and methodically.

- (13) Shani has taken part in
- (1) Netball (2) Volleyball (3) Athletics (4) Cricket
- (14) The player who has participated both in an organized game and athletics.
- (1) Shani (2) Lashani (3) Nishani (4) None of them
- (15) Lashani has used for the game she takes part in
- (1) A ball (2) A ball, a net a baton
 (3) A ball and a net (4) A baton and a net



(A)



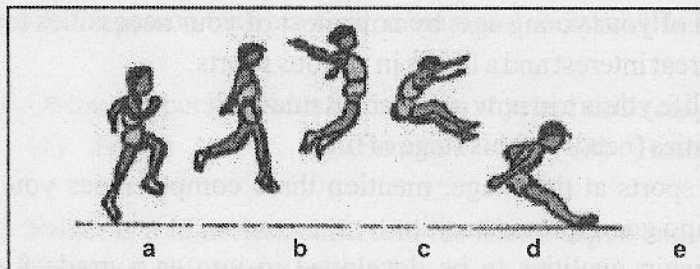
(B)

Shown in the diagram are two methods for the starts of races. Four athletes take part in the following events.

- Lal - 100m, 200m, 800m
- Carl - 100m, 4 × 400m
- Neil - 1500m, 5000m
- Raam - 100m, 400m, 4 × 400m

- (16) The 'A' method for the start is applied by
- (1) Lal
 - (2) Carl and Lal
 - (3) Carl and Raam
 - (4) Carl and Neil
- (17) Who use the type of start with two commands?
- (1) Lal
 - (2) Carl
 - (3) Neil
 - (4) Lal and Neil
- (18) Who uses both types of start?
- (1) Lal only
 - (2) Lal and Carl
 - (3) Neil and Raam
 - (4) Raam only
- (19) You have learnt about "The ball in the air" while studying in grade 8. It is connected with
- (1) A minor game
 - (2) A lead up game
 - (3) An organized game
 - (4) A game played in air

(20)



The picture shown above is the technique of

- (1) Long jump - Hang method
- (2) High jump - Hang method
- (3) Long jump - Sail method
- (4) Hurdling event

Part II

♦ Answer question 1 and 4 others.

- (01) Sawsiripura maha vidyalaya organized a "day camp" under the "Health promotion Concept. There the physical Education teacher organized the program that consisted of 'Minor games. Athletics and organized games and practical activities too, to Grade 8 students.
- (i) Explain how the school has put in to practice the health promotion concept.
 - (ii) Write down 2 objectives of health promotion, the school hopes to achieve by this camp
 - (iii) Mention 2 persons from whose assistance/ help can be gained.
 - (iv) Mention 2 organized games that can be held during the camp.
 - (v) Mention 3 running exercises that can improve on running skills.
 - (vi) Mention how you came to know (recognized) what a minor game is and give one example for a minor game.
- (02) At a programme held about nutrition, in your school a nutritionist (a person involved in food and nutrition) raised the following questions and write down the answers you would give for them.
- (i) Mention 3 instances of food spoilage
 - (ii) Mention 2 factors that affect food spoilage.
 - (iii) Mention 3 things or facts about which you must be careful when buying food from the open market.
 - (iv) Explain briefly (or mention) 3 ways of preserving food without harming the quality in a local method
- (03) You are studying in Grade 8. You are facing a lot of changes, you may have realized. Compared to you need of your young age, by now most of your necessities too, have changed. You show a great interest and a liking in various sports.
- (i) What the stage of life you are in now as a grade 8 student?
 - (ii) Mention 3 necessities (needs) of this stage of life.
 - (iii) If you are doing sports at this stage, mention three competencies you should develop to build up a good sportsmanship.
 - (iv) Mention 3 leadership qualities to be developed in you as a grade 8 student wishing to become a leader.
- (04) At present, transmissible and non transmissible diseases, Child harrassments, child abuse and sexual abuse are on the increase. There fore the adults have the responsibility in looking after and protecting children and making them aware of the same.
- (i) Write down 2 non transmissible diseases that you know of.
 - (ii) Explain briefly with examples what is meant by child exploitation and child abuse.

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- (iii) Mention 3 occasions children become victims of sexual abuse.
- (iv) Mention 2 sexually transmitted diseases that may be caused by being subjected to sexual abuse.
- (05) Listed below are some, athletes and the events they participate in.
- | | | |
|-------|---|---------------------|
| Sunil | - | 200m Long jump |
| Saman | - | 800m, 100m |
| Nimal | - | 10000m |
| Dias | - | High Jump, Shot Put |
- (i) Mention separately how Sunil and Nimal take the start in their events.
- (ii) Write separately the commands given to two starting methods.
- (iii) Sunil takes part in the long jump. Mention the stages of long jump event
- (iv) Mention a technique of high jump.
- (v) Who is the competitor that takes part in a track event as well as a field event.
- (06) (i) Mention 2 features of Netball and Volleyball.
- (ii) Mention 2 skills of volleyball and 2 skills of Netball.
- (iii) Mention 3 ways of throwing the netball.
- (iv) mention the stages in order for a volleyball spiking.
- (07) (i) Mention two important occasions at which rhythmic movements are used in school.
- (ii) Mention the postures that you should be in at the following instances.
- (a) While the school song is being sung.
- (b) During the morning (school) assembly.
- (iii) In addition to the school inter house sports meet, mention 3 other ceremonial occasions to have march pasts for welcoming guests at national level or other occasions.
- (iv) Mention 4 rhythmic leg movements, 2 jumps and 2 rotatory movements, that can be do played during a school inter house sports meet.

