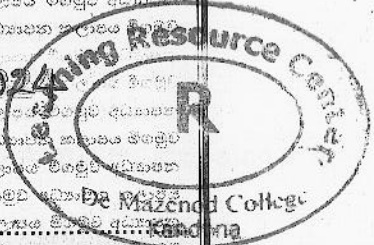


2024-08

 Negombo Education Zone Second Semester Examination 2024 Health and Physical Education		
Index number.....	Name.....	
Grade 08	Paper I, II	Time 02 hours

Instructions

Answer all the questions.

Choose the most appropriate answer and underline it.

- 1) A quality that does not belong to the principle of personal skill and knowledge development that belongs to health promotion themes is,
 1. Maintaining good interpersonal relations in the society.
 2. Coping with stress.
 3. Maintaining a clean canteen.
 4. Self-realization and self-esteem.

- 2) Choose the category of basic requirements from the following requirements.

1. Food, love, security.	2. Food, clothing, air.
3. Food, Water, housing	4. Food, water, air.

- 3) Different types of turns are used in a parade. The answer that has the correct turns is,
 1. Turn forward, turn back, turn left.
 2. Turn left, turn right, turn back.
 3. Turn left, turn right, turn front.
 4. Turn back, turn to the front, turn to the rear.

- 4) The number of members should be in a platoon ,is

1. 12	2. 24	3. 18	4. 25
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- 5) A command given in parades is given as "Odd number step forward and even number step backward" is given as,

1. To make a single line.	2. Formation of two lines for
3. To form a three lines	4. None of the above

- 6) One handed throwing techniques in netball are,
 1. Shoulder pass and underhand throw.
 2. Under arm pass and overhead pass.
 3. Side pass and chest pass.
 4. Shoulder pass and overhead pass.

- 7) The ball is first awarded by one team to the opposing team, and the players of that team picks up and attacks by themselves. We are trying to prevent it. The game that mention is ,

1. Volleyball.	2. Handball.	3. Netball.	4. Cricket.
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8) Madhavi, who went to see the Negombo Zonal Athletic Meet, watched the races with great enthusiasm. At the start of the race, the spectators in the stadium watched silently and two commands were given for the race. Which event belonging to the category of athletic events will have started there?

1. 400 meters
2. 800 meters
3. 400 meters
4. 100 meters

9) The number of players that can be registered in the team is 15. The number of players in the game is 11. One of them is the goalkeeper and three players can be substituted. This game is

1. Elle.
2. Football.
3. Basketball.
4. Net balls.

10) In relation to athletics, this diagram shows a section related to athletic events. What are the two stages here?

1. Speed and rapidity of action.
2. The distance between the support phase and the step.
3. Flight phase and speed.
4. Support phase and flight phase.



11) An organ belonging to the female reproductive system.

1. Fallopian tube.
2. Prostate gland.
3. Bladder.
4. Sperm duct.

12) This is not a sexually transmitted disease.

1. Herpes
2. syphilis
3. Instruction
4. Chikangunya

13) The throwing equipment for throwing events is,

1. Discus
2. javelin
3. Hammer.
4. Put

14) According to the WHO the age range that belongs to adolescence is ,

1. Ag. 8 – 15
2. Ag. 19 - 25
3. Ag. 10
4. Ag. 8 – 20

15) How long does the Olympic Games take place?

1. Once in 02 years.
2. For 06 years once
3. Once in 04 years.
4. From year to year held

16) The country and city which hoisted the 2024 Summer Olympics were,

1. Paris, France
2. America los Angeline City.
3. Brisbane, Australia.
4. England , London.

17) The condition called anemia is caused by the deficiency of which nutrients?

1. Calcium.
2. Zinc.
3. Phosphorus
4. Iron.

18) A long jump technique is,

1. Take off
2. Approach run
3. Eastern leap.
4. Hitch kick technique

19) What is a non-communicable disease?

1. Filaria
3. Diarrhea.

2. Heart failure.
4. Cholera.

20) In the event of an emergency, the telephone call number required to get the ambulance service (Sua Sariya) required to take the patient to a hospital is,

1. 1990
2. 1919
3. 1917
4. 7788

Paper II

- The first question is mandatory. Answer four more questions.

01) This college, which is a prestigious school in the Negombo Education Zone with many extracurricular activities, proudly says that it has achieved many achievements in education and other competitions. After watching Pahandi playing in the college cricket team for a while, the coach told her that she was better at short distance running than cricket and referred her to the athletics coach. Here she must have gained a good understanding of running drills, start of matches, sports rules and ethics.

1. Write two sprint events in which you think she could participate in.
2. Write a starting method and command used for sprint events.
3. Name two running drills she performed.
4. Write two advantages of running drills.
5. What is meant by self-esteem?
6. Write two advantages of doing sports.
7. Write two extra-curricular activities in which students can participate in the school.
8. Mention two activities that can be organized in the school with the help of the community.
9. Write two factors that influence the school environment to be beautiful and pleasant.
10. Diagram a suitable activity that can be used to practice starting matches.

(marks 10 x 2 = 20)

02) A student spends most of the day with family members and the next most time in school.

1. What is a health promotion school? (marks 02)
2. What are the three main elements of a healthy school environment? (marks 03)
3. Name 03 Health promotion themes that have been established to promote health (marks 03)
4. Write 02 activities that can be done according to a theme you presented. (marks 02)

03) We can play volleyball using a ball and with a small space at a very low cost.

1. Write 04 skills in volleyball. (marks 02)
2. Draw a rough diagram of a volleyball court with dimensions. (marks 03)
3. Name 03 steps that can be followed for the convenience of learning over hand service. (marks 03)
4. Describe a lead up game that can be used to practice serving. Use diagrams to support your answer. (marks 02)

- 04) In many government schools, there is a counseling service to solve the problems that arise when children face various challenges in their daily life.
1. Name 04 challenges that you think students of your age may have. (marks 02)
 2. Write 03 qualities that can be built in oneself to avoid challenges and face them successfully. (marks 03)
 3. Write 03 activities you can do to promote school health. (marks 03)
 4. Choose one of the following 03 topics and write a brief introduction.
 - ❖ Sympathy
 - ❖ Follow-up
 - ❖ Leadership (marks 02)
- 05) We can engage in lead up games to develop the skills of major games correctly and enthusiastically.
1. Write 04 special features that can be seen in lead up games. (marks 02)
 2. Write 03 mental fitness factors gained by playing lead up games. (marks 03)
 3. Write a sport and skill you like other than volleyball and create a suitable lead up game to develop it and write down how to do it. (marks 03)
 4. Write two main types of lead up games. (marks 02)
- 06) Football is the most popular sport in the world.
1. Write 02 main ways to hit the ball in football. (marks 02)
 2. Write 03 forms of attack for one of the two methods presented above. (marks 03)
 3. Explain with a diagram the training activities for developing above the mentioned modes. (marks 03)
 4. Write 02 other advantages of engaging in group activities. (marks 02)
- 07) Food is a basic need of man. It is the responsibility of each of us to obtain food in such a way as to preserve nutrition.
1. Write 02 main nutrients that we get and write one food each. (marks 02)
 2. Write 03 main functions of food. (marks 03)
 3. Name 03 types of food and write briefly how to prepare it so as to preserve its nutritional quality. (marks.03)
 4. Write 02 adverse conditions caused by not getting proper nutrients. (marks.02)

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