

Second Term Test - 2011

Maris Stella College- Negombo.

Grade 8

Health and Physical Education

2Hours

Name:.....

Grade :.....

Index No :.....

1st Part

- Answer all Questions.
 - Select and underline the most Suitable answer in the paper itself.
1. This is an example for less organized game
 - I. Wrestling
 - II. Ko-Ko
 - III. Dodge ball
 - IV. Kabadi
 2. This technique is important at court defending in volley ball,
 - I. Over hand Pass
 - II. Under arm method
 - III. Jump Service
 - IV. Round arm service
 3. This chemical is not used in foot preservation ,
 - I. Citric acid
 - II. Acetic acid
 - III. Hydrochloric acid
 - IV. salt
 4. This is not an advantage obtained by performing activities to a musical rhythm .
 - I. Mental satisfaction
 - II. Less fatigue
 - III. Inefficiency of daily activities
 - IV. To minimize difficult situations
 5. From which year volley ball is consider as our national game?
 - I. In 1998
 - II. In 1921
 - III. In 1991
 - IV. In 1994
 6. This is a most Suitable throwing method to a distance player in net ball,
 - I. Bounce pass
 - II. Lab pass
 - III. Under arm pass
 - IV. Shoulder pass
 7. This is not a feature in spoilt foot.
 - I. Bad smell
 - II. Added foot flavors
 - III. Change of taste
 - IV. Shape of container
 8. This is an example for middle distance race,
 - I. 100 m
 - II. 200 m
 - III. 1500 m
 - IV. 400mx4
 9. Now a days this disease cause huge threat to the Asian countries,
 - I. Cancer
 - II. Dengue
 - III. Leptospirosis (rat fever)
 - IV. Thalassemia

10. There are major 3 factors affect during growth of adolescence, They are,
- I. Education, Sport, Nutrition .
 - II. Nutrition. Sufficient sleep, Happiness.
 - III. Nutrition, exercises, rest.
 - IV. Rest, Nutrition, Happiness..
11. Ravindu expecting to participate 1500m running event in inter house Sport meet
- I. Sitting start
 - II. Standing start
 - III. Crouch start
 - IV. Either crouch or Sitting start
12. This is not a preserving method of fresh milk,
- I. Spray drying
 - II. Sterilization
 - III. Pasteurization
 - IV. Drying
13. This is an example for non-infectious disease,
- I. Malaria
 - II. Chikun gunya
 - III. Leukaemia
 - IV. HIV -AIDS
14. Food group that containing carbohydrate is,
- I. Beans, tomato, potato
 - II. Brinjals, snake gourd, ash plantain
 - III. Rotti, ash plantain, snake gourd
 - IV. Rice, bread, sweet potato
15. A chemical called aflatoxin is formed by ,
- I. A virus
 - II. A mosquito
 - III. A insecticide
 - IV. A fungus
16. Olympic games are held in,
- I. Every 5 years.
 - II. Every 3 years.
 - III. Every 2 years.
 - IV. Every 4years.
17. According to the research findings,
- I. Heart patients
 - II. Skin problems
 - III. Kidney problems
 - IV. Eye patients
18. The player who starts each round of volley ball is named as,
- I. Server
 - II. Receiver
 - III. Libero
 - IV. keeper
19. Today, there is big demand for instant food in our country. A reason that is not affecting the above situation is,
- I. Taste of instant food
 - II. High nutritive value
 - III. Easy to prepare
 - IV. Can keep long time without spoil before preparation.
20. External appearance of coconut oil is changed due to ,
- I. Chemical reaction
 - II. Strong sunlight
 - III. Activity of microbes
 - IV. Type of container

II Part

- **Answer only for 4 questions,use separate papers**

1.
 - I. List 3 objectives of a helthpromoting school. (3 marks)
 - II. Mention 3 groups who contribute to develop the self esteem of a person. (3 marks)
 - III. What are the 3 turns used in march past? (3 marks)
 - IV. Write down the two kinds of marching. (2 marks)
 - V. Mention 2 rhythmic leg movements. (2 marks)
 - VI. Name 2 basic jumps that can be integrated with rhythmic leg movements. (2 marks)

2.
 - I. What are the 3 basic skills in volley ball? (3marks)
 - II. What are the 3 fouls that can be happened during service in volley ball? (3 marks)
 - III. Mention 3 single handed passing methods and 3 double arm passing methods use in netball separately. (3 marks)
 - IV. Draw a standard volley ball court with standard measurements. (3 marks)
 - V. List 3 skills in netball. (3 marks)

3. Adolescent nutrition play a major role in creating a healthy person.
 - I. What are the 4 occasions where food spoilage can be happen? (2 marks)
 - II. Mention 4 factors that should be consider during selecting nutritious food. (4 marks)
 - III. What are the major 3 reasons for food spoilage? (3 marks)
 - IV. What are the 4 criteria's of identification of spoilt food? (2 marks)
 - V. Mention 4 principles used in food preservation. (2 marks)
 - VI. Write down 4 advantages of preserving food. (2 marks)

4.
 - I. Games lead a healthy life style as well as the unity among the nations. What is mean by a lead up game? (2 marks)
 - II. Mention 2 characters of organized games? (2 marks)
 - III. What are tactics? (2 marks)
 - IV. List 5 features of sportsmanship. (5 marks)
 - V. What are the 2 life competencies that can be developed to control your emotions successfully? (2 marks)
 - VI. Mention 2 advantages of controlling emotion. (2 marks)

5. Athletic events create great interest during an athletic meets.
- I. What are the 2 starting techniques used in running? (2 marks)
 - II. List 2 differences between above mentioned starting methods separately. (4 marks)
 - III. What are the 4 stages in long jump? (2 marks)
 - IV. What are the 3 categories of track events? (running) (3 marks)
 - V. List 2 important rules consider in race walking. (2 marks)
 - VI. Mention 2 techniques used in long jumps. (2 marks)