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தென் மாகாணக் கல்வித் திணைக்களம்
Department of Education, Southern Province

අවසාන වාර පරීක්ෂණය - 2025
இறுதி தவணைப் பரீட்சை - 2025 / Year End Term Test - 2025

ශ්‍රේණිය தரம் Grade	08	Health & physical Education	කාලය நேரம் Time	02 Hours

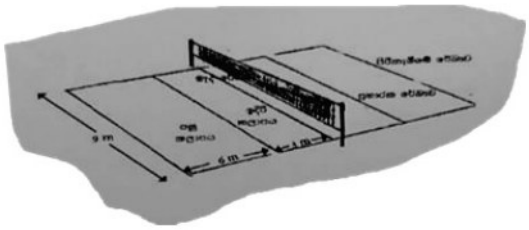
නම பெயர் Name ..... විභාග අංකය சுட்டிலக்கம் Index No. .....

Part I

- Answer all the questions,
- Underline the most suitable answer.

Imagine that you have participated in under 16 100m race in All Island Athletic Meet. It is announced that you have won the first place in that event and you are asked to collect the certificate.

1. The proud feeling you'll have at this moment is termed as
   i. Happiness ii. Self esteem iii. Aesthetic feeling iv. Patience
2. A skill needed for the above question no:1 is
   i. Sports skills ii. Creativity iii. Computer literacy iv. All the above
3. Not a quality you will develop according to the answer in No:1
   i. Leadership ii. Cooperation iii. Anti social activities iv. Socializations
4. The below given play area is used for
   i. Netball
   ii. Table tennis
   iii. Volleyball
   iv. Basketball



   Below given are ball passing methods in netball.
   - Shoulder pass - Lob pass
   - Under arm pass - Side pass
5. Which method can be used for both one handed pass and two handed pass,
   i. Shoulder pass ii. Side pass iii. Underarm pass iv. Lob pass
6. Below given starting technique cannot be used in
   i. 1500m race
   ii. 110m hurdles
   iii. 100m race
   iv. 4×400m relays



7. Helping the school children to promote the health of the school and the society they live in by helping them to influence and control factors which affect health is
   i. Physical wellbeing iii. Health promotion
   ii. Clean environment iv. Proper wellbeing

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Below given are some challenges you may face in the society.

- Memorizing lessons
- Preparing for exams
- Participating for a sports event
- Being subjected to abuse

8. A service that helps to make children prepare for above challenges is
   i. First aid service
   ii. Counselling services
   iii. ambulance services
   iv. hospital services

9. A human competency needed for the 21st century is
   i. Critical thinking
   ii. Effective communication
   iii. creative thinking
   iv. above all

10. The games that are created to develop the skills of major games are
    i. Lead up games
    ii. Minor games
    iii. Fun games
    iv. Group games

11. Below diagram shows an activity to improve a skill of football. That skill is



    i. Kicking the ball
    ii. Throw in
    iii. Heading the ball
    iv. Shooting the ball

12. Which of the following is not a sexually transmitted disease?
    i. Syphilis ii. Measles iii. Gonorrhoea iv. AIDS

13. A throwing event according to athletic classification
    i. Discus ii. Long jump iii. High jump iv. 100m hurdles

14. A feature of a person who has developed effective communication is
    i. Listening to others ideas
    ii. Expressing the ideas clearly and in a pleasant way
    iii. Talking in pleasant way
    iv. Above all factors

15. Which of the following is not a disaster condition?
    i. Tsunami ii. Earthquake iii. Sprains iv. Floods

16. An instance of child abuse and harassment is
    i. Empathy
    ii. Stroke
    iii. Forceful engagement in sexual activity
    iv. Sound pollution

17. A harm caused due to the use of narcotic drugs is
    i. Subjected to various trauma
    ii. Subjected to mental trauma
    iii. Being less attractive
    iv. Above all

18. A communicable disease
    i. Nerve disease ii. Diabetes iii. Leptospirosis iv. Hearth disease

19. Not a characteristic of a first aid giver
    i. Being excited
    ii. Being careful
    iii. Presence of mind
    iv. Timely leadership

20. Mark time, forward march, halt, compliments on march and correct turning are related to
    i. Long jump ii. Race walking iii. March past iv. Shot put

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Part II

- Answer 5 questions including the first question.

1) Ran Pokunagama maha Vidyalaya implements a lot of programmes to uplift the school health promo tion. School health promotion committees, student's health clubs…etc contribute a lot for that. The maintains a healthy physical environment and there is a canteen where all the fresh, nutritious food is sold. Some students participated and won awards in national as well as international level sports and games.

I. Write two places in school where the physical environment is kept clean and healthy.

II. Write two themes of health promotion.

III. Write two examples for health related policies.

IV. Name two nutrients that provide energy to us.

V. Name two healthy snacks that can be seen in this canteen instead of fast and junk food.

VI. Name two organized games that they might have played.

VII. Name two short distance running events.

VIII. Name two horizontal jumps that they might have participated in.

IX. Write two competencies that develop through sportsmanship.

X. Write two ethics students can develop by engaging in sports.

2) Physical fitness helps us to have a healthy life.

I. What do you mean by physical fitness?

II. Write three health related physical fitness factors.

III. Write three measures that can be taken to maintain proper body mass index.

IV. Write two categories of physical fitness.

3) The special abilities that are developed through athletics greatly help in day-to-day life too.

I. What are the two methods in starting a race.

II. Name 3 events that can be started with a standing start.

III. What are the three commands used in crouched start?

IV. Briefly explain how the body is kept in one of the above commands.

4) Healthy food is essential for the wellbeing of our body.

I. Write two things to consider when selecting our food.

II. Write three instances where the nutritional value of food is damaged during preparation.

III. Write three methods of preserving the nutritional value of food.

IV. Write 2 main functions done by food.

5) We face many challenges in our daily lives and we live happily by facing them successfully.

I. Write two environmental challenges we face in our daily lives.

II. Write 3 measures that could minimize the harmful effects of disasters.

III. Write two harmful situations arise due to accidents.

IV. Write 3 skills needed to overcome environmental challenges.

6) We engage in sports and games and outdoor activities to enjoy our leisure time successfully.

I. In which organized game overarm service is employed?

II. What are the ball passing methods on netball. Write three.

III. Write 3 ways of heading the ball in football.

IV. Write 2 facts to consider when heading the ball in football.

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