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Provincial Department of Education - NWP

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Third Term Test - 2025

86	S	I-II

Grade 8 | **Health & Physical Education** | **Time : 02 hours.**

Name / Index No.:

PART - I

Instructions :

- **Answer all the questions.**
- **Underline the correct answer.**

01. The incident that affect the self esteem of a person?

(1) awarding prizes and certificates (2) admiring

(3) encouraging others (4) all above

02. A nutritious food that can be seen in the canteen,

(1) Junk food (2) Instant food

(3) Food that contain less sugar and salt (4) Food rich in fat

03. The incorrect statement regarding service in Volleyball,

(1) The ball should be placed on the non dominant hand.

(2) Should serve the ball after the signal.

(3) Should not touch the service line.

(4) Should serve the ball within 8 seconds.

04. The event that is started by crouched start,

(1) 100m - 200m (2) 800m - 1500m (3) 400m - 800m (4) 1500m - 3000m

05. This is not a lead up game,

(1) Turning up and running (2) Hitting to a target

(3) Kick the ball (4) Olinda Kelya

- **State whether the statements are true (✓) or false (×).**

06. There are two stages in running. ( )

07. "Hang technique" is used in high jump. ( )

08. Reproductive system is formed for the excistence of human kind. ( )

09. Gonohrea is a sexually transmitted disease. ( )

10. A B C D E is a method used to give first aid. ( )

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- **Select the correct word from the bracket and fill in the blanks.**

11. ..... is an equipment with lowest weight.
12. Turning 180^0 is .....
13. ..... is spread from mosquitoes.
14. There are ..... techniques in Volleyball.
15. ..... is a factor that should be in a health promoting.

(Hydrophobea / 6 / 5 / Javelin / drinking water / turning left / about turn / Maleria / discus)

- **Match A with B.**

	A	B
16	The paternal cell of human reproductive system is,	Squad
17	A health related physical fitness factor.	Flexibility
18	The ability to understand one's emotions is,	Ovum
19	This is another term for match past	Long jump
20	This is a horizontal jump	High jump
		Sperm
		Empathy

(20 x 2 marks)

PART - II

- **First question is compulsory answer 4 other questions. Answer 05 questions altogether.**

01 The health promotion committee of Abhayapura Maha Vidyalaya has organized the Annual Health week in a different way. They wanted to make the students aware of, Environmental challenges and how to over come them, developing life skills within the students, and to avoid artificial food promoting traditional food, and teaching them to get used to correct food habits. They also felicitated Manohara who has won the Gold medal at the All Island Javelin throw tournament.

(1) Write two other program can be launched to promote health of the school other than the programs mentioned in the paragraph.

(2) Write two environmental challenges the students have learnt.

(3) Write two benefit of learning about the environmental challenges.

(4) Write 02 life skills that should be developed within the students.

(5) Write 02 traditional foods you know.

(6) Write 02 ill effects of consuming artificial food.

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(7) Write 02 other field events apart from Manohara participated.

(8) Write 02 ways to avoid accidents, during throwing events.

(9) Write 02 persons from whom we can get support for the awarness program.

(10) Write 2 sportsmanship qualities that Manohara had.

(2 x 10 = 20 marks)

02. Food is a basic need of man. It is important to lead a healthy life.

(1) Write 3 ways to uplift the nutritional status of your family. (03m.)

(2) Write 3 instances where nutritional value is lost in food. (03m.)

(3) Write 4 factors to be considered when selecting food. (04m.)

03. Health promotion in schools help to uplift the health condition of school children.

(1) Write 3 activities to promote social health of the students. (03 m.)

(2) Write 3 programs to uplift interpersonal relationship. (03 m.)

(3) Write 2 persons who can be get support in community participation and write the type of services can get from them. (04 m.)

04. Accidents are more common today, due to accidents lose of life and physical deformities occur.

(1) Write one cause for accidents and 2 precautions could be taken to avoid accidents. (03m.)

(2) Write 3 objectives of giving first aid. (03 m.)

(3) Explain the first aid given during an animal bite. (04 m.)

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05. As you are in your adolecent period, you should promote your physical fitness and maintain your reproductive health.

(1) Write the physical fitness factor related to the following activities. (03m.)

(i) Push up -

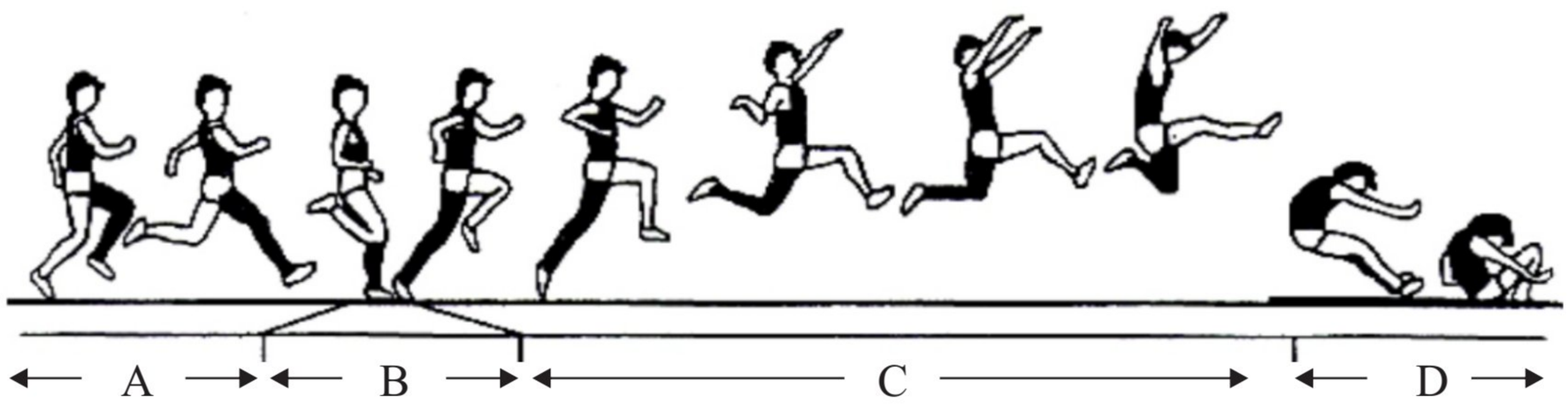
(ii) Gymnastic -

(iii) Mountaineering -

(2) Write 3 factors affect the reproductive health. (03m.)

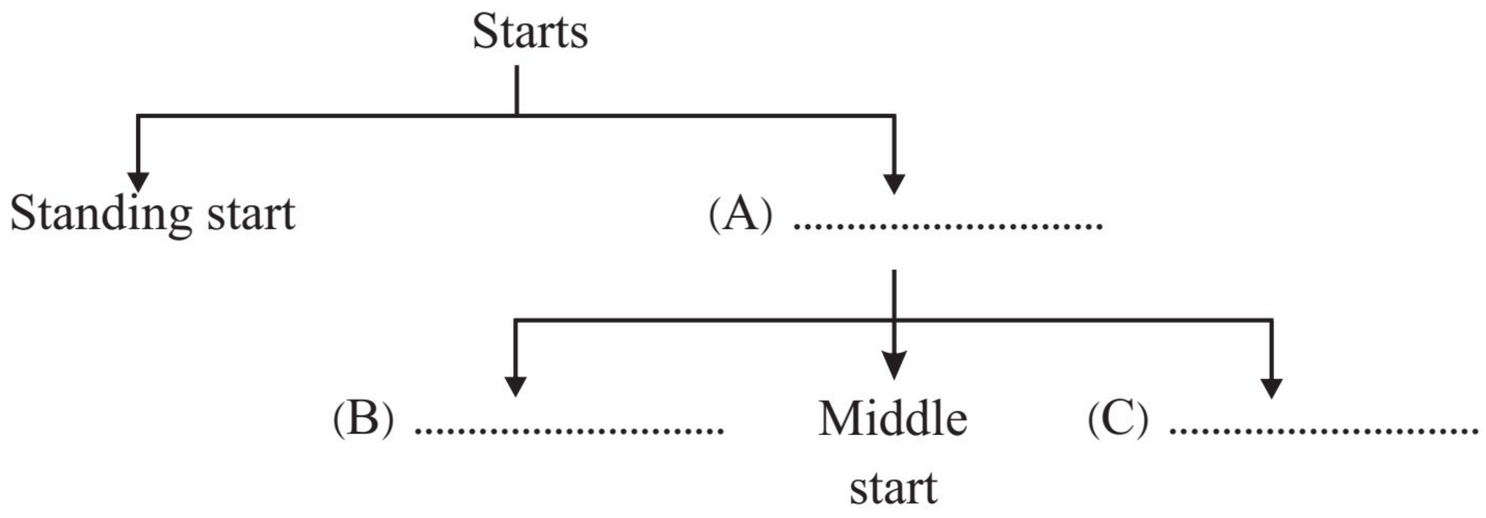
(3) Write 4 healthy practices to protect the reproductive health. (04m.)

06. In Athletics Jumps and throws are considered as Significant. One should develop spots skills as well as sportsmanship qualities.



(1) Write the stages denoted by A B C. (03 m.)

(2) Fill the blanks. (03 m.)



(3) Write 2 activities with diagram to practice to throw the potshot. (04 m.)

07. Volleyball - Netball and Football are Organized games that are popular among school children.

(1) Write 3 skills in Netball. (03 m.)

(2) Write 3 rules in setting the ball in Volleyball. (03 m.)

(3) Explain an activity to practice heading in foot ball. (04 m.)

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Answer Paper - Part I

(01) 4 (02) 3 (03) 1 (04) 1 (05) 4 (6) ✓ (7) ✗ (8) ✓

(09) ✓ (10) ✓ (11) Javelin (12) about turn (13) Malaria (14) 6

(15) Drinking water (16) Sperm (17) Flexibility (18) Empathy (19) Squad

(20) Long jump

(w)

PART - II

01. (1) Dengu eradication program / awareness program on Communicable & non communicable diseases Shramadhana / Drug eradication ..... etc.,

(2) Diseases / accidents / disasters / abuse & exploitation

(3) Minimize the effect / Minimize life threats / to lead a healthy life etc.,

(4) Effective communication / emotional balance / empathy etc.,

(5) Mix mallum / Hathmaluwa / Soup / Sambaru etc.,

(6) Causing cancer / waste of money / Allergic condition

(7) putshot / javelin / hammer throw

(8) Practicing with a teacher or a responsible person / Non one should be stand infront when throwing / The equipment should be kept safely.

(9) PHI / Medical officer / PHH /

(10) Leadership / Honesty / Low abiding etc.,

02. (1) Consuming food in the garden / using different methods to cook / using food preservation method etc.,

(2) Production / Transportation / Storage etc.,

(3) expiry date / date of manufacture / SLS logo etc.,

03. (1) Safety / Counseling / Treating all a like

(2) friendly matches / Shramadhana / Group activities

(3) parents / neighbors / post pupils / etc.,

04. (1) Caclessness / ignorance / not engage in risky activities following rules & regulations etc.,

(2) Safeguarding victims' life / Minimizing danger / helps to reveal from the disease soon

(3) Calming down the patient / Alleying the fear / and washing the bitten area with flowing water with soap, and removing the ring, watches etc.,

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Answer Paper - Part II

05. (1) ..... strength / flexibility / muscular endurance

(2) subjected to abuse / teenage pregnancies / unplaned pregnancy / sexually transmitted diseases

(3) maintain personal cleanliness / wearing cotton underwear / not having sexual activities until marriage / being honest to the spouse after marriage

06. (1) A - approach run B - take off C - flight

(2) A - Crouched start B - Middle start C - Elongated start

(3) Give marks for correct answer.

07 (1) Controlling the ball / Foot work / Attacking / defending etc.,

(2) The ball should not rest on the hand / Should not catch and throw the ball / Should not touch the ball more than once.

(3) Give marks for correct answer.

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