

සමස්තම පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව සමස්තම පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව සමස්තම පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව
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மேல் மாகாணக் கல்வித் திணைக்களம்
Department of Education - Western Province

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ஆண்டிறுதி மதிப்பீடு 2019
Year End Evaluation

ශ්‍රේණිය } தரம் } 08 Grade }	විෂයය } பாடம் } Subject } Health & Physical Education	පත්‍රය } வினாத்தாள் } I, II Paper }	Answer
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PART I

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|-----------|----------|----------|-----------|-----------|
| 1. (iii) | 2. (i) | 3. (iii) | 4. (iii) | 5. (ii) |
| 6. (iv) | 7. (ii) | 8. (ii) | 9. (i) | 10. (iv) |
| 11. (iii) | 12. (iv) | 13. (ii) | 14. (i) | 15. (iii) |
| 16. (ii) | 17. (iv) | 18. (i) | 19. (iii) | 20. (iv) |

PART II

1. (i)

Volly Ball	Net Ball	Foot Ball
1. Volley Pass	1. Bounce Pass	1. Heading with a dive
2. over arm service	2. Shoulder pass	2. Heading the ball in a standing position.

- (ii) Age, state of health, gender, level of physical activity, special needs, breast feeding, preferences amount of food need.
- (iii) Hath maluwa, uppuma, spinach and jak seeds, dhal and sarana, milk rice with green gram. vegetable salad, mix mallum
- (iv) ● Damages during production (farm/factory)
● Damages during Transpotation
● Damages during Storage
● Damages during preparation
● Damages during consumption
- (v) near the tap, in the play ground, using sports equipments.
- (vi) ● Gain knowledge and understanding regarding accidents.
● not engaging in risky activities
● Getting advice
● returning things in a proper place
● A bidding by the law
● Carrying out the safety method.

- (vii) ● skill and knowledge about first aid.
● calmness, patience, bravery, leadership
● observant, treating all equally, making
● correct decissions, kindness and sympathy.
- (viii) ● Aiding the healing process
● Minimize the damage caused
● Saving the victims life.
2. (i) Muscular strength, flexibility
- (ii) **Muscular strength** is the amount of energy that can be generated by the muscles in order to fulfill a task.
Flexibility is the ability to move or stretch through the joints.
- (iii) **Muscular Strength** - jumps, push ups, half squatt, weight lifting under supervision, pushing and pulling equipments.
- (iv) Development of muscles and blood vessels, Increasing muscles activity, development of sports skills, muscles can generate more strength, A good figure due to well defined muscles.

3. (i) Leadership, followership, Team spirit
Interpersonal relationship, Accepting victory and defeat, fair play.
- (ii) patient, balancing emotions, team spirit being cooperative, dedication, knowledge of the rules and regulation, making good and responsible decisions, treating all the members equally.
- (iii) follow the rules and regulation
- respecting the judgement.
 - respecting the opponent.
 - respecting the spectators.
 - respecting the media.
 - respecting the teachers and coaches.
- (iv) The rules and regulations of any games can be given marks.
4. (i) Self esteem is the persons own evaluation of his or her ability and worth.
- (ii) **Internal Factors.**
- Self realization, Self confidence,
 - Having commitment and enthusiasm
 - Identifying duties and responsibilities and fulfilling them.
- External Factors.**
- Example and advice from parents and teachers,
 - recognition, guidance and appreciation
 - Encouraging by way of awarding prizes and certificates.
- (iii) ● Social rejection
- being exotized neglect
 - breaking social norms and morals lack of appreciation.
 - violating the law, being abused being ridiculed or bullied.
5. (i) Health promotion enables the people to improve their health by controlling factors which influence health.
- (ii) ● Volunteer programme to clean the environment.
- Preventing the sale of alcohol and drugs
 - Educating the community about child abuse and coercion.
- (iii) office of the medical officer of health, hospital, police, red cross society, Sat Johns ambulance service saukyadana movement
6. (i) Accident, disasters, Abuse narcotics, diseases
- (ii) patience, knowledge, self confidence self awareness, controlling emotions, good interpersonal relationship, law abiding necessary training, good habits effective communication.
- (iii) fainting, animal or snake bite electrocution, burns, injuries, choking blockage of the nose, drawing bee or wasp stings.
- (iv) Text book (page 197 - 202)
Marks can be given according to the answers.
7. (i) volley ball, net ball, foot ball, elle, cricket, rugger, table tennis, cubodi.
- (ii) High jump, Long jump, tripple jump, pole vault
- (iii) Text book page 78 - 82