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**Physical Education**

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**Hours**

**08 fY%aKsh – f;jk jdr we.hsu - 2022**

**தரம் 08 - ஆண்டிறுதி மதிப்பீடு - 2022**

***Grade 08 – Third Term Examination - 2022***

Ydka; mS;r úÿy, - fld<U 04

புனித பேதுரு கல்லூரி, கொழும்பு 4

***St. Peter's College - Colombo 04***



Name: …………………………………………..…..…… Class: …….……… No: ……………

**Part - I**

01. Which physical fitness factor develops through walking fast, riding bicycles swimming and aerobics?

i. Flexibility ii. Muscular endurance

iii. Muscular strength iv. Cardiovascular endurance

02. Thease are sports activities that are designed to develop skills of major games. They are known as,

i. Organized games ii. Minor games

iii. Lead up games iv. Major games

03. A skills in football is,

i. Service ii. Setting

iii. Heading the ball iv. Attacking

04. The throwing event is not included in school athletic event is,

i. Discus throw ii. Javelin throw

iii. Shot put iv. Hammer throw

05. Horizontal jumping events according to the classification of athletics are,

i. Long jump , High jump ii. Long jump , Triple jump

iii. High jump , Triple jump iv. High jump , Pole vault

**Part - II**

Athletic engage in different types of throwing events in which they throw equipment from the front , from sides and from above the body.

i. Name the 04 throwing events. ***(04 Marks)***

ii. Write 03 rules and regulations of throwing events. ***(03 Marks)***

iii. Write 02 methods used for gripping the javelin. ***(03 Marks)***

02. Playing games provides not only fun and enjoyment but also develops intellectual, emotional and social standards.

i. State the skills of volleyball. ***(04 Marks)***

ii. Write 02 main ball passing methods in netball and give examples for them separately. ***(04 Marks)***

iii. State 02 ways of heading the ball in football. ***(02 Marks)***

03. Rules and regulations are very important to conduct any game in a good manner and smoothly.

i. State 04 skills that are developed along with the sportsmanship. ***(04 Marks)***

ii. Write 04 ethics in sports that a good sportsman should follow. ***(04 Marks)***

iii. Write 02 advantages you get by following rules, regulations and ethics in sports. ***(02 Marks)***

04. i. Explain physical fitness. ***(03 Marks)***

ii. What are the health related physical fitness factors? ***(03 Marks)***

iii. Name 04 benefits of having a good body composition.  ***(04 Marks)***