JAFFNA HINDU COLLEGE

Risk Holiday Self - Education Worksheet (2) – 2020

Grade – 08 | Health and Physical Education

Name/Index No : …… Mrs.S.Kugavathana, NDT (Science)

INSTRUCTIONS :

- Answer all the questions.
- Answer the questions on answer sheets only.
- Read the respective lesson units thoroughly and comprehend before you attempt answering the questions.
- File the completed answer and hand over to the class teacher when the school reopens.

Unit 06 - Let us make our school environment healthy

01. What is health promotion?

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02. What is school health promotion?

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03. What are the aims of school health promotion?

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04. Write the main 3 groups of school environment?

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05. What are the factors should be present in a healthy school physical environment?

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06. Write the characteristics of a healthy psychological and social environment?

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07. Write the themes for health promotion.

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08. How we can use these themes to ensure that we consume healthy food in school?

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09. Give some health-related policies implement in schools.

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10. What are the knowledge and skills you should develop to improve health promotional activities in your school?

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11. Name the social members who help to promote health in the school

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12. Write the community contribution to the school to promote health

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13. Write the school contribution to the community to promote health

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14. Name the public service peoples who help to promote health in the school

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15. Name the institutions which are help to promote health in the school.

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16. Write the programmes which are help to promote health in the school.

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17. Write the students' contribution to health promotion in the school?

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18. Who is the president of the school health committee?

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19. Name the members of the school health committee.

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20. What are the advantages of health promotion in the school?

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Unit 07 - Let us play lead-up games

01. What are lead-up games?

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02. What is the importance of lead-up games?

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03. Write the special features of lead-up games?

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04. How the physical fitness is improved by playing lead-up games?

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05. How the mental fitness is improved by playing lead-up games?

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06. How the social fitness is improved by playing lead-up games?

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07. Give the two types of lead-up games. Give example for each.

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08. Select a skill from one of the major games and design a lead-up game for it

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09. What are the advantages of playing games?

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10. Give the types of games

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Unit 08 - Let us play foot ball

01. Name the world-famous game?

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02. Give the number of players in a team of football?

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03. Give the skills of football

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04. Write the main two skills of football

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05. What do you mean by heading the ball?

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06. Write the different ways of heading the ball

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07. Give the activities for practicing heading the ball

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08. What are the factors that should be taken into consideration when heading the ball in football?

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09. What are the advantages of playing football?

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