



JAFFNA HINDU COLLEGE

Risk Holiday Self - Education Worksheet - 2020

Grade - 08 | Health and Physical Education

Name/Index No :

Mrs.K.Senthuran, NDT (Science)

Unit 01 : Let us improve our self esteem

01. What is self-esteem?

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02. How does a person with self-esteem contribute to society?

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03. Write the two types of factors which influence self-esteem?

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04. What are the internal factors influence one's self-esteem?

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05. What are the external factors influence one's self-esteem?

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06. What are the social factors which have a negative impact on self-esteem?

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07. What are the internal factors which have a negative impact on self-esteem?

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08. Name the secondary mental needs?

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09. List person's abilities which contribute to improve self-esteem?

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10. List person's characteristics which contribute to improve self-esteem?

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Unit 02 : Let us march correctly

01. Number of members participate in march past squad?

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02. Name the member who should keep look straight ahead when the command ...Eyes right... Given?

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03. Give the types of turns in march past

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04. Write the two types of marching?

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05. Write the instances where march past squad performance takes place?

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Unit 03 : Let play vollyball

01. What is the national game of Sri Lanka?

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02. Who introduce the volley ball game?

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03. Which organization administrate the volley ball game?

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04. What is the mass of volley ball?

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05. What is the time duration a player for serving volley ball?

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06. Write skills of volley ball.

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07. Give the numbers of players participated in a volley ball team?

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08. How many short time breaks can be obtained by volley ball team in a round?

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09. Draw the volley ball court and label it

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10. Write the skills of volley ball.

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11. Write the type of playing volley ball

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12. Write techniques of over arm service?

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13. Write the types of setting?

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14. Write the steps of volley pass?

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15. Give the rules relating to service?

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Unit 04 : Let us play netball

01. How many types of ball passing methods? What are those?

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02. What are the factors that should be taken into consideration when throwing the ball?

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03. What are the factors that should be taken into consideration when catching the ball?

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04. Draw the figure to holding the ball correctly

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05. Write the types of one-handed ball passing and two- handed ball passing

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06. What are the factors that should be taken into consideration when passing the ball?

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07. Draw the netball court and mark the measurement

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 08. Name the players played in a netball team

 09. Write the skills of netball.

 10. Give the numbers of players participated in a netball team?

Unit 05 : Let us learn about the start in running

01. How many commands in crouched start?

 02. Which type of start, starts with the commands of 'on your mark'-go?

 03. What are the commands used in 100m race?

 04. Write the middle-distance races

 05. Name the races which start with crouched start?

 06. How many parts of body touching the ground when go command given during 100m race?

 07. Name the events which start with crouched start?

 08. Give the commands of crouched start?

 09. Give the commands of standing start?

 10. Name the events which start with standing start?

