

Health & Physical Education,
Art Education and Work Education

Class: VIII

Time : 2 hrs.

Score : 45

Instructions

- Question Paper consists of 3 parts - Health & Physical Education, Art Education and Work Education.
- Each part carries 15 score.
- 15 minutes for cool off time and 2 hrs for writing the answers can be taken together and the writing can be started from commencement of the exam itself.
- Answer of each part should be written in separate answer sheets.
- Subject, Name, Class and Roll number should be written in each answer sheet.

HEALTH AND PHYSICAL EDUCATION

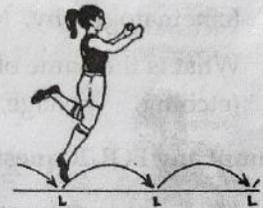
Time : 40 mts.

Score : 15

Attempt any FOUR questions from 1 to 6. Each question carries 1 score.

(4 × 1 = 4)

1. The ability of the individual to adapt and live with the system of the society is called _____.
(social health, physical health, mental health, environmental health)
2. Who is the sports person who has won the most olympic medal?
(Usain Bolt, Michael Phelps, Sania Mirza, Sachin Tendulkar)
3. Which special ability helps elephants to lift huge trees with ease?
(flexibility, speed, muscle strength, co-ordination)
4. Which of the following organisation is related to health sector?
(SAI, WHO, UNO, SPC)
5. Which sports activity is seen in this picture?
(hop jump, walking, swimming, rabbit jump)
6. Which day is observed as World Health Day?
(January 1, June 1, December 31, April 7)



Attempt any FOUR questions from 7 to 12. Each one carries 2 score. (4 × 2 = 8)

7. Describe the functions of Skeletal system.
8. What is co-ordination? Name any two sports activities that require coordination.
9. What is health?
10. How do sports activities improve mental health?

11. Name any four health related to physical fitness components.
12. Write down any four emotional states that happened while engaging in games.

Attempt any ONE question from 13 and 14 which carries 3 score. $(1 \times 3 = 3)$

13. What are the things to follow to achieve and maintain physical health?
14. What is freely movable joint? Write two examples.

ART EDUCATION

Time : 40 mts.

Score : 15

Attempt any 4 questions from 1 to 6. Each answer carries 1 score. $(4 \times 1 = 4)$

1. You are walking through a thick forest all night. It is dark everywhere all this time. Someone comes in with a light. What expression would you go through while performing this scene on stage?

(Bhayanakam-Athbhutham, Santham-Hasyam, Sringaram-Raudram, Santham- Karunam)

2. Who made compulsory Carnatic Music education in the music department of Kalamandalam?

(T.H.Vinayak Ram, Kalamandalam Neelakandan Nambeesan, Kalamandalam Gangadharan, Dakshina Moorthi)

3. Which performing art form does the following picture belong to?

(Mohiniyattam, Ottan Thullal, Bharatha Natyam, Kuchupudi)

4. You and your friend's bicycle are parked in the school yard. The sun shines on the left side of the vehicle. If so, where does the shadow of the bicycle fall?

(forward, left side, right side, straight down)

5. What is the name given to the process of arranging parts of motion pictures captured by a video camera, removing unwanted ones and so on?

(cinematography, editing, dubbing, direction)

6. What is the name of the art work made using coloured papers and pieces of cloth?

(etching, collage, tempera, engraving)



Attempt any FOUR questions from 7 to 11. Each two carries 3 score. $(3 \times 2 = 6)$

7. "You are walking through a sunflower field painted by Vincent Vangogh. Yellow sunflowers spread as far as the eye can see, the crows fly in the blue sky above. A man dressed in red is walking towards you on the same path. When he got closer he realized that it was Vangogh himself."

(a. Read the above description and identify and write down the objects that contain primary colours. b. Draw a picture of sunflower. c. Write a short note on any one art work of Vincent Vangogh)

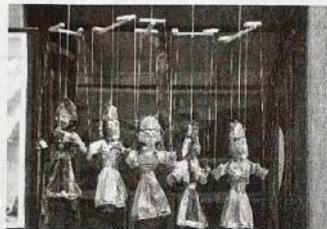
8. Match the following

a. Ramachandran Pulavar	Music
b. Kavalam Narayana Panicker	Shadow Puppetry
c. Kanayi Kunhiraman	Dance
d. Kanak Rale	Creative painting
e. M.S. Subbulekshmi	Drama
f. M. V. Devan	Sculpture

9) Identify the musical instruments given below



- 10) Which are the states represented by the given dance forms?
(Bharatanatyam, Mohiniyattam, Kuchupudi)
- 11) Which art forms are seen below?



Attempt any ONE question from 12 and 14 which carries 5 score.

(1 × 5 = 5)

12. You and your friends are preparing a playhouse in the middle of the garden at home. The playhouse is made of stone, wood and mud. In the garden there are plants and flowers of many kinds and colours. What butterflies and birds would come to it? Imagine the scene and draw the picture and colour it.
13. Prepare a brief note on the musically significant items like patriotic song, group song, folk song that you come across at the school youth festivals.
14. A child walks along the road on the way to school with a bag and an umbrella in the rain. Suddenly a speedy bus splashed water on the child's body but the child continues his journey to school. Now complete the film script of the story.
Scene 1 - A child walking along the road holding an umbrella
(write the scenes 2 to 5)
Scene 6 - The child goes through the school gate with the bag and umbrella.

WORK EDUCATION

Time : 40 mts.
Score : 15

(3 × 1 = 3)

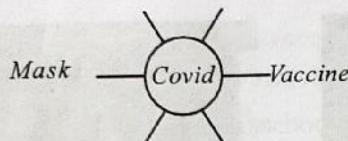
Attempt any 3 questions from 1 to 4. Each answer carries 1 score.

1. Sprouted grains contain mostly _____ .
(fiber, carbohydrate, magnesium, potassium)
2. What is the name of the by product from biogas plant?
(mud, compost, slurry, bonemeal)
3. Where is the origin of origami?
(India, Japan, China, America)
4. What is the name of the embroidery used for stitching flower stems?
(backstich, cross stitch, long and short, stem stitch)

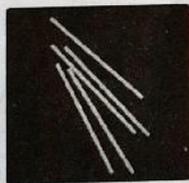
Attempt any FOUR questions from 5 to 9. Each one carries 2 score.

(4 × 2 = 8)

5. What is the material required for making tobacco emulsion?
Describe the method.
6. Name any four materials required for making clothes.
7. What is porting mixture? What are its components?
8. Complete the word sun.



9. Describe the method of making a wall hanger using the materials seen in this picture below.



Attempt any ONE question from 10 and 11 which carries 4 score.

(1 × 4 = 4)

10. Describe any mask making method that we still use as a part of Covid prevention.
OR
11. Describe how to paint a pillow cover using fabric paint.