

Health & Physical Education, Art Education
and Work Integrated Education Page 2

Class : VIII

Time : 2 hrs

Score : 45

Instructions

- Question paper includes 3 parts - Health & Physical Education, Art Education and Work Integrated Education.
- Each Part carries 15 Score.
- Use separate answer sheets for each parts.
- Write Subject, Name, Class and Roll Number on each answer sheets.
- First 15 minutes may be allotted as cool off time.

Health and Physical Education

1 Match the following and choose the correct answer.

A. B.M.I	1. Flexibility
B. Marathon Race	2. Body Composition
C. Resistance Training	3. Cardio respiratory Endurance
D. Yoga	4. Weight Training

- a) A - 3 B - 4 C - 1 D - 2
- b) A - 2 B - 1 C - 3 D - 4
- c) A - 2 B - 3 C - 4 D - 1
- d) A - 1 B - 4 C - 2 D - 3

(Score 1)

2. Which health-related physical fitness component is most essential for participants in Tug of War?

- a) Reaction Time
- c) Muscular Endurance

b) Body composition

d) Flexibility

(Score 1)

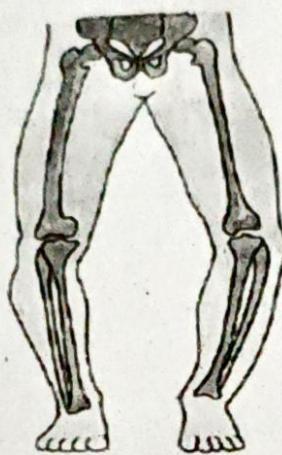
3. Write any four exercises to develop muscular strength?

(Score 2)

4 Explain the ABC of First Aid.

(Score 2)

5. Identify the postural deformities shown in the picture.



i

ii.

(Score 2)

6 Explain the First Aid procedure for fracture?

(Score 2)

7A List down any four health-related physical fitness components required for maintaining good health.

OR

7B Fill in the blanks.

Static Stretching	Dynamic Stretching
i.	1.
ii. Upper Back Stretch	2.
iii.	3. Shoulder Rotation

(Score 2)

8A Explain the benefits of practicing Padmasana regularly?

OR

8B Explain flat foot and its remedial measures.

(Score 3)

Art Education

1. **Statement 1:** When a picture is drawn based on light and shadow, the objects appear three-dimensional.

Statement 2: Observation skill is required to depict light and shadow.

Choose the correct answer based on the statements given above.

- a) Statement 1 and 2 are correct.
- b) Statement 1 and 2 are incorrect.
- c) Only statement 1 is correct.
- d) Only statement 2 is correct.

(Score 1)

2. The following statements are given based on the picture.



Statement 1: The picture shows a symbol used in Western music.

Statement 2: This symbol is used in the language of music.

Statement 3: This symbol is called the Treble Clef.

Statement 4: Another name for the Treble Clef is the Bass Clef.

Choose and write the correct option.

- a) Statements 2, 3 and 4 are correct.
- b) Only statement 4 is correct.
- c) Statements 1, 2 and 3 are correct.
- d) Statements 1 and 4 are correct.

(Score 1)

3A Logo is a visual symbol that represents an institution or a service or an enterprise. Observe the logos given below:



Draw a logo for the IT club of your school.

OR

3B A flower pot is placed near a window, and sunlight is falling on it through the window. If you are observing and drawing this scene, what are the important things you need to notice? Explain. (Score 2)

4A Draw the musical note given below and label the parts - Head, Stem and Tail.



OR

4B Prepare a brief description of the different types of *talas*.

Indicators:

a). Name any three *talas*.
b). Choose any one *tala* and describe how it is performed. (Score 2)

5A a) Identify and write which of the given pictures are close-up shots.



Pic. 1



Pic. 2



Pic. 3



Pic. 4

b). In which situations, close-up shots are mostly used in films?

OR

5B Editing is used in the film to combine scenes meaningfully.

The following context of the story has to be filmed in separate shots and then completed through editing:

A middle-aged man is walking along the roadside in the night, with a lit torch. Suddenly, as if someone called him from behind, he turns around in fear. In the dim light at a distance, he sees...

a) Complete the story context.
b) Draw the table given below and complete it by writing the appropriate shots in the missing parts.

	Situation	Shots
Shot 1	A middle-aged man is walking along the roadside in the evening with a torch in his hand.	Wide Shot
Shot 2	Close up Shot
Shot 3	An area with dim light at a far distance
Shot 4	Medium Shot

(Score 2)

6. Kerala is a state known for its rich diversity of dance forms. The three dance forms given below are examples of this diversity:



Oppana



Thiruvathira



Margamkali

Observe these three dance forms and write four similarities among them.

(Score 2)

7. "It is an extremely cold land, with snowfall all around. Isolated houses, trees, and mountains are all covered in snow. In a valley blanketed with snow, there lives a girl named Miranda."

If this story setting is to be made into a drama, how should the character of Miranda be presented? Explain based on the following indicators:

Costume, Body posture / Movement, Age, Lifestyle

(Score 2)

8. You need to promote a Village Tourism project that highlights the natural beauty and culture of your village. What methods can be adopted for this? Explain.

(Score 3)

Work Integrated Education

1 Some statements about sewing machine are given below

Statement 1. A domestic sewing machine works with the help of software.

Statement 2 Industrial embroidery machines use only one colour of thread to complete decorative stitches.

Statement 3. Industrial sewing machines are fast and reduce human labour.

Choose the correct answer from the following.

- a) Statement 1 and 2 are correct.
- b) All statements are correct.
- c). Statement 1 and 3 are correct.
- d). Only statement 3 is correct.

(Score 1)

2. Match the following and choose the right answer.

A) T square	1	
B) Mini drafter	2	
C) Drawing Board	3	
	4	

- a) A - 3 B - 4 C - 1
- b) A - 2 B - 3 C - 4
- c) A - 3 B - 1 C - 2
- d) A - 4 B - 3 C - 2

(Score 1)

3. It has been decided to include cloth products stitched by the students in the marketing fair organized by the school.

- A) Suggest two useful cloth products to be included in the fair.
- B) What can be done to make these products more attractive? (Score 2)

4. Your school has decided to go on a one-day study tour.



(Score 2)

- a). Observe the given tourism map and prepare a suitable tourism circuit for the study tour.
- b). What are the things to be considered while preparing a tourism circuit?

5. A farmer is planning drip irrigation for a large farm with uneven land. What would be the main reasons that would lead the farmer to choose the drip irrigation system? (Score 2)

6. The classified waste materials can not be transported to the recycling centre in its same form.

- How are classified wastes set for transportation?
- What is the name of this process? (Score 2)

7A It is advisable to draw an outline before making any construction. Do you agree with this statement? Why?

OR

7B You have decided to organise a Cake Fest with your friends. What can you do to increase the sale of the cake? (Score 2)

8A You were asked to make cakes in different colours for the school Food Fest using natural food colours.

- How can you add colour to the cakes naturally?
- What are the advantages of using such edible natural colours?

OR

8B Prepare a suitable poster to create awareness against generating legacy waste. Include suitable pictures and slogans. (Score 3)