



MINISTRY OF
EDUCATION AND CULTURE

SAMOA NATIONAL ASSESSMENT OF PRIMARY EDUCATION

2025

SNAP E YEAR 8

HEALTH & PHYSICAL EDUCATION

Time Allowed: 120 Minutes (2 Hours)

INSTRUCTIONS:

1. You have 10 minutes reading time before you start writing
2. Check that you have a separate Answer Sheet.
3. Check that all your information on the Answer Sheet is correct.
4. Use the Answer Sheet for **ALL ANSWERS**. Read each question carefully before using the Answer Sheet to mark your response (A, B, C or D).
5. Completely shade the circle like this: and **NOT like** this:
6. **DO NOT** WRITE ANSWERS IN THIS BOOKLET.
7. This paper has 60 multiple choice test questions

HEALTH AND PHYSICAL EDUCATION CURRICULUM		Page	Number of Questions
STRAND 1	PERSONAL HEALTH	2	24
STRAND 2	ACTIVE HUMAN MOVEMENT	8	20
STRAND 3	COMMUNITY HEALTH	13	16
		TOTAL	60

CHECK that this booklet contains pages 2-16 in the right order.

AT THE END OF THE EXAMINATION GIVE THIS BOOKLET AND ANSWER SHEET TO THE SUPERVISOR

DO NOT WRITE ANSWERS IN THIS BOOKLET. USE THE ANSWER SHEET.

STRAND 1:

PERSONAL HEALTH

1. What is self-esteem?
 - A. People playing sport.
 - B. Knowing about yourself.
 - C. People's reaction to something.
 - D. Belonging to a certain group of people.

2. One way or action that can improve self-esteem is:
 - A. hide from other people.
 - B. laugh all the time.
 - C. stay calm.
 - D. cry a lot.

3. Which of the following describes a person with high self-esteem?
 - A. Avoid interactions.
 - B. An outgoing person.
 - C. Always gives up easily.
 - D. Do not like challenges.

4. Someone with a low self-esteem is someone who:
 - A. is always curious
 - B. is happy all the time.
 - C. is being independent.
 - D. is afraid to make mistakes.

5. Which of the following best represents the picture?

- A. Be strong.
- B. Self-confidence.
- C. Serious behavior.
- D. Low self-esteem.



6. What behavior is shown in the picture?

- A. Love
- B. Respect
- C. Bullying
- D. Listening



7. What challenge is shown in the picture?

- A. Abuse
- B. Anxiety
- C. Peer pressure
- D. Body shaming



8. What is puberty?

- A. Movement of the body.
- B. Storage of the food supply.
- C. Restoration of the body strength.
- D. Development of the body to adulthood.

9. One of the key physical changes in boys during puberty is:

- A. breast enlargement.
- B. menstrual cycle.
- C. wider hips.
- D. facial hair.

10. Which of the following best explains the importance of going through puberty?
- A. Changing the parts of the body.
 - B. Disregarding the changes of the body.
 - C. Foreseeing the changes of the body.
 - D. Understanding changes of the body.
11. Which of the following can affect human growth?
- A. Going to school.
 - B. Our environment.
 - C. Talking on the phone.
 - D. Having a bank account.
12. Which of the following can assist human growth?
- A. Sun
 - B. Stress
 - C. Culture
 - D. Nutrition
13. Why is it important to measure weight and height of children?
- A. To evaluate their growth.
 - B. To monitor their growth.
 - C. To stop their growth.
 - D. To help their growth.
14. Choices are very important to health. Which of the following is an example of a health harming choice?
- A. Eating balanced diet.
 - B. Eating very salty food.
 - C. Eating fruit every day.
 - D. Eating less processed food.

15. What is nutrition?
- A. Providing the right food for the body.
 - B. Collecting of vegetables for selling.
 - C. Gathering of processed food for later.
 - D. Time for the body to rest.
16. What does nutrition do to the body?
- A. Helps the body to get sick.
 - B. Uses water to fill the body.
 - C. Helps the body to use energy.
 - D. Uses food to support the body's health.
17. It is believed that processed food are harmful to the body. Which of the following best explains why?
- A. They are costly to buy.
 - B. They are badly packaged.
 - C. They contain unhealthy ingredients.
 - D. They are stored for a long period of time.
18. To live a healthy life, which of the following should we do?
- A. Eat balanced food and watch TV.
 - B. Eat balanced food and play bingo.
 - C. Eat balanced food and sleep all day.
 - D. Eat balanced food and exercise regularly.

Use the table below to answer Questions 19 and 20.

Food group	Locally available foods
Body building food	Meat, milk, eggs, beans, peas, peanuts, fish
Energy giving food	Banana, Cassava, sweet potatoes, yams, rice, taro, flour
Health and protective food	Fruits, vegetables, green leafy vegetables

19. What nutrient obtained from the body building food is important for growth?

- A. Fats
- B. Protein
- C. Vitamins
- D. Carbohydrates

20. Which food helps to protect the body from disease?

- A. Meat
- B. Vegetables
- C. Taro
- D. Peanuts

21. Physical activity includes which of the following?

- A. Sleeping
- B. Walking
- C. Fasting
- D. Eating

22. Exercise is important to health. How many times is the most recommended and effective for general fitness?
- A. 2 times a day
 - B. 3 times a week
 - C. Every day
 - D. Once a month
23. Which of the following best describes the relationship of food with physical activity?
- A. Food fills the body with toxins.
 - B. Food helps the body to sleep better.
 - C. Food gives fuel to the body to move.
 - D. Food protects the body from pain.
24. Calling names is a form of:
- A. domestic abuse.
 - B. physical abuse.
 - C. mental abuse.
 - D. verbal abuse.

STRAND 2:**ACTIVE HUMAN MOVEMENT**

25. Human movement is the:
- A. process of staying in one place.
 - B. ability to change position or direction.
 - C. lack of motor performance of the human body.
 - D. movement of the body using various muscles and joints.
26. Which of the following is **NOT** required in the game of netball?
- A. Running
 - B. Striking
 - C. Catching
 - D. Jumping
27. Soccer, rugby and netball all involve ONE of the following movements.
- A. Kicking
 - B. Tackling
 - C. Climbing
 - D. Throwing
28. Which of the following best explains the importance of warm-up in sports?
- A. To increase the possibility of muscles contractions.
 - B. To decrease the heart and blood rates of athletes.
 - C. To strengthen the power of athletes in different sports.
 - D. To allow athletes to perform well and reduce the risk of injury.

29. Which of the following sports involves **scrummaging**?

- A. Soccer
- B. Rugby
- C. Netball
- D. Basketball

30. To reduce the risk of health problems, it is recommended to:

- A. eat fried food four times a week.
- B. build body muscles with steroids.
- C. exercise at least 20 minutes a day.
- D. increase the daily amount of food.

31. Outdoor activities are very important in child development. Which activity strengthens the shoulders?

A.



B.



C.



D.



32. Why is it important to stretch the muscles?

- A. It protects the body from the increasing heart rate.
- B. It helps prepare the muscles to be hard and strong.
- C. It prepares the muscles to be flexible and loose.
- D. It prepares an individual for their chosen sport.

33. What can be done to prevent sport injury?
- A. Eat a lot of food before a game.
 - B. Always cool down before a game.
 - C. Drink a lot of ice tea before a game.
 - D. Do a warm up routine before a game.
34. Physical activity is described as:
- A. body movement produced by skeletal muscles.
 - B. placement of people from one place to another.
 - C. decrease of body movement for better health.
 - D. maintaining healthy body weight and good mental health.
35. Cooling down is important after a game in any sport. If you stop too fast, you could:
- A. pass out.
 - B. feel tired.
 - C. feel excited.
 - D. injure others.
36. Which of the following is a use of video recording in sports?
- A. To entertain spectators
 - B. To improve the grounds
 - C. To improve sound systems
 - D. To evaluate sports performance
37. One role of media in sports is to.
- A. entertain music fans.
 - B. enhance different cultures.
 - C. promote sports popularity.
 - D. collect income from spectators.

38. The process of recovery is when the body:
- A. repairs itself.
 - B. is over trained.
 - C. loses its strength.
 - D. protects itself from danger.
39. What is sportsmanship?
- A. Joking to each other while playing.
 - B. Respectful behavior in sports.
 - C. Disrespectful among players.
 - D. Show full strength in sports.
40. Being a leader means to:
- A. be nominated.
 - B. have the ability to guide.
 - C. have knowledge of others.
 - D. be able to dominate discussion.
41. What is the responsibility of a team captain in sports?
- A. Lead the team to victory.
 - B. Discuss benefits with coach.
 - C. Select players to play.
 - D. Train other players.
42. What represents value in a good sportsperson?
- A. Communication
 - B. Responsibility
 - C. Teamwork
 - D. Adapt

43. Which of the following is a safety wear for rugby?

- A. Bibs
- B. Goal rings
- C. Shin guards
- D. Mouth guards

44. What do you do to a sprained ankle?

- A. Apply ice to the injured area.
- B. Apply water to the bruised area.
- C. Apply bandage to the infected area.
- D. Apply pressure to the swollen area.

45. What is healthy living?
- A. Living with the right lifestyle choices.
 - B. Enjoying life to the fullest.
 - C. Making bad lifestyle choices.
 - D. Ignoring wise choices in life.
46. Which is the quickest way to promote good health for the whole country?
- A. Person to person communication.
 - B. Examination of health in public places.
 - C. A good health competition in a school.
 - D. Advertisement on TV, radio and social media.
47. What are Communicable diseases?
- A. Diseases like infections of the teeth.
 - B. Diseases caused by a person's lifestyle.
 - C. Diseases that can be spread from person to person.
 - D. Diseases that cannot be spread from one person to another.
48. Communicable diseases can be spread by:
- A. wearing masks.
 - B. eating well cooked food.
 - C. cleaning our hands properly.
 - D. touching contaminated objects.

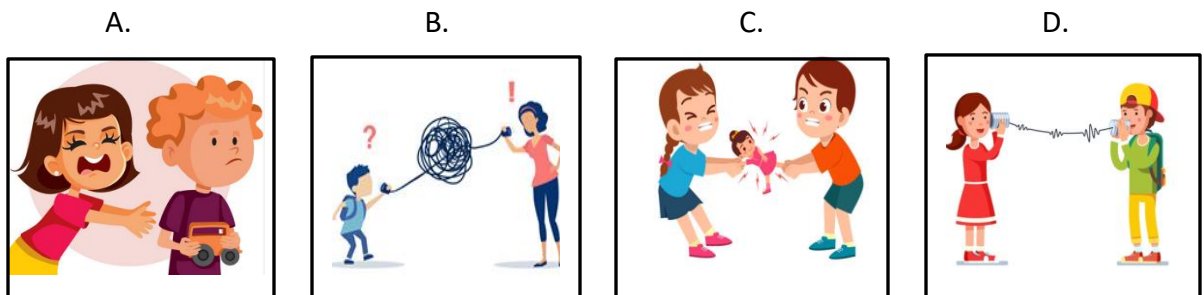
49. Which of the following is an example of a communicable disease?

- A. Cancer
- B. Measles
- C. Diabetes
- D. Dengue Fever

50. Which of the following scenarios describe loyalty?

- A. Lying to a very close friend.
- B. Keeping your friend's bag safe.
- C. Copying your friend's homework.
- D. Stealing your friend's lunch.

51. Which picture below shows good communication?



52. Which scenario best describes an accident?

- A. Heavy rain has caused the flooding in Apia.
- B. Strong winds have caused the falling of trees.
- C. Paul slipped and spilled the food on the floor.
- D. Tsunami has made people move to higher grounds.

53. Earthquake happens when there is/are:
- A. sudden movement in the earth crust.
 - B. large shift of water in the ocean floor.
 - C. big holes appearing on the ocean floor.
 - D. sudden relocation of the ocean plates.
54. What is one safety procedure during a fire?
- A. Stop, drop and roll.
 - B. Look before crossing.
 - C. Practise clear lockdown.
 - D. Float, breathe and relax.
55. Why is it important to understand safety rules and procedures?
- A. To protect from harm.
 - B. To increase the risk of injuries.
 - C. To allow work to continue.
 - D. To follow any instruction.
56. What is the purpose of medical drugs prescribed by doctors?
- A. Treat illness.
 - B. Save the planet.
 - C. Diagnose treatment.
 - D. Promote healthy animals.
57. Which of the following best describes a positive attitude?
- A. Holding on to past experiences.
 - B. Choosing only the best for oneself.
 - C. Always comparing oneself to others.
 - D. Seeing good things in different situations.

58. Health risk occurs during rainy season because:
- A. heavy rainfall can contaminate water.
 - B. heavy rainfall means more clean water.
 - C. people are wasting water.
 - D. there will be no flooding.
59. Which of the following is a common disaster in Samoa?
- A. Cyclone
 - B. Drought
 - C. Starvation
 - D. Volcanic eruption
60. In preparation for a Tsunami, what must we know first?
- A. Transport
 - B. Emergency kit
 - C. Evacuation plan
 - D. Bag of spare clothes