



HEALTH AND PHYSICAL EDUCATION

**STUDENT
TEXT BOOK**

GRADE 8



ADDIS ABABA CITY ADMINISTRATION EDUCATION BUREAU

HEALTH AND PHYSICAL EDUCATION

STUDENT TEXT BOOK

GRADE EIGHT

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INTRODUCTION

Education in every sense is one of the fundamental factors of development Period. Education raises people's productivity and creativity and promotes entrepreneurship and technological advances. In addition, it plays a very crucial role in securing economic and social progress and improving income distribution.

Physical Education develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high quality of physical education curriculum enables all students to enjoy and succeed in many kinds of physical activity. Physical education is mainly given through practical work that develops mental, physical, social and psychological aspects of development of the students.

An improvement of science and technology in our world changes the way of teaching and learning process of physical education to go along the modern educational system and periods. This textbook is prepared based on some research findings under the new physical educational syllabus.

This text book has seven chapters; each chapter has different topics that may develop the students' cognitive, attitudinal and psychomotor aspects of learning. The text also includes the need of students with disability and ways to support them.

CHAPTER

1

CONCEPTS OF PHYSICAL EDUCATION AND SPORTS

The concept of health and physical education is not new. The fact is that it has its roots in the ancient period. At various stages in history, different people have associated indifferent meanings to the word health and Physical Education.

Health: is a state that completes physical, mental and social well-being, it is not merely the absence of disease.

Physical education: is simple words understood as learning with the help of movements of body and realizing the benefits at mental level. It simply means education through the use of physique and physical movements and deriving the advantage for social gain.

Sport: is a wider term which acts as an institution involving all physical activities of individual skills governed by a set of rules, and it is often taken competitively.

Chapter one tries to discuss briefly about modern health and physical education and sport, the importance of health and physical education for students day to day activities, the relationship of health and physical education with other profession, the Ethiopian legends in different sport activities and role of Ethiopia in the Olympic Games.

Learning Outcomes: At the end of this unit, learners will able to:

- Aware of the philosophical bases of physical education and sport;
- adapt the principles of sport and Olympic games to build personal and social skill.
- cooperate with peers and develop interpersonal skills.
- appreciate how Ethiopian sport legends connect to the community

1.1 PHILOSOPHY OF PHYSICAL EDUCATION

Start up question

- Do health and physical education have an importance in your daily life activities?

The philosophy underlying physical education utilizes principles that encourage exploration and mastery of physical, mental and social skills. It can be argued that health and physical education can lay the foundations of pupils physical health and lifelong activeness in lifestyle. Young children are leading sedentary lives period. This is because physical activity is frequently displaced by television watching, spending more time on the Internet and playing video game.

Much concern has to be given for this lifestyle change as childhood obesity has risen greatly in the recent years.

Within the school context, incorporating physical activity is a likely means to improve the physical health status of children as well as mental development. In a school setting, a health and physical education program can serve society in many ways if implemented

and utilized appropriately. Health and physical education program is given in the school has the following importance's.

- It is a preventive measure against disease.
- It helps to teach students the value of regular exercise.
- It allows student to interact together to a common goal which is to win and excel physically.
- Its a link to good health
- It promotes academic learning.
- It builds self-esteem.

Activity 1.1

- List down the importance of physical education.
- Write at least three reasons that cause child obesity.

1.2 PHYSICAL EDUCATION PROFESSION

Learning competency: At the end of this topic you will be able to

- Describe the profession of physical education

1. Do you think that health and Physical Education has a relationship with other professions? Which professions are closely related with Health and physical Education?

Health and Physical Education as a discipline, is related with different professions. Physical education is not only a subject that focuses on physical fitness but also concerns with the development of a number of skills, abilities and attitudes for leading a healthy life style.

To be successful in any profession, individuals should have physical, mental and psychological wellness and fitness.

Activity 1.2

Give short answers for the following questions

1. Explain the relationship between physical education and sport commentator?
2. List five professions which are related with physical education?

1.3 ETHIOPIAN SPORT LEGENDES

Learning copetancy: At the end of this topic you will be able to
Describe three Ethiopian sport legendes activities

Start up of questions

- List two Ethiopian sport legends and their contributions, for their

YIDNEKACHEW TESSEMA

Yidenekachew Tessema was born in Jimma on september 11,1921 G.C. He played for St. George club for 23 years. He also played 27 times for the national team, in addition he served as a coach and team leader for both the St. George and the Ethiopian national teams.

He was a founder of Ethiopian football federation, one of the founding members of the confederation of African football(CAF) were he served in several capacities including being its president for 15 years. He contributed a lot in the fight against apartheid and played a crucial role to increase the number of African football teams taking part in the world cup.



fig.1.1 Yidnekachew Tessema

MESERET DEFAR



Figure 1.2 Meseret Defar

Meseret Defar was born November 19, 1983G.C in Addis Ababa, Ethiopia. She began her running career in primary school and won several primary and secondary school competitions.

Her achievement continued in national and international level. She was broken many records in 3,000-metre, 5,000-metre, and 2-mile races. Meseret has been successful in the 5000 meters in different international competitions and she was the Olympic game Olympic gold medalist 2012G.C London Olympics.

GEREMEW DENBOBA

Geremew Denboba was one of the first Ethiopian Olympians period. He represented Ethiopia and participated in the 1956G.C Olympic Games in Melbourne, Australia.

He was the first person in history to wave our national flag in Olympic Games. Even though the team had a very long (nearly seven days) journey, inadequate preparation and training which played a big role, with these fellow Ethiopians, the ranked 9th in the world, and it was recorded as the first black Olympic cyclists.



Fig1.3 Geremew Denboba

Activity 1.3

What was the main contribution of Yidinekachew Tessema for Ethiopia and Africa?

What is the contribution of Meseret Defar for her society?

1.4 ETHIOPIAN IN THE OLYMPIC GAMES

Learning competency: at the end of this topic you will be able to mention the role of ethiopian in the olympic games.

Start up question

- What was the role of Ethiopia in the Olympic Games?

Ethiopia was one of the few African nations to participate in Olympic Games in the 1950th where as many African countries were under colonial era. Ethiopia made great roles for other African counter parts in the Olympic Games and other international competitions.

- Ethiopias early famous athletes AEeEe Bikila Mamo weldeMiruts Yifter and their successors Haile Gebreslasie, Kenenisa Bekele, Gezhagne Abera, Million Wolde and others have become an example of many African athletes to develop a winning mentality in Olympic games and other competition.
- In addition, Ethiopian women Olympic champions, Derartu Tulu, Fatuma Roba, Tirunesh Dibaba, Meseret Defar, Tiki Gelana, Almaz Ayana and others have motivated African women youngsters, even children to come to in athletics and Olympic competition.

Activity 1.4

Why Ethiopia did not participate in monitorial Olympic Games

1.5 FIRST AID AND INJURY MANAGEMENT

Learning Competency :- At the end of this topic, students will be able to: -

Provide first aid when simple injuries happen

Start up question

- What is first aid ?

First aid

Emergency care or treatment given to an ill or injured person before regular medical aid can be obtained.



Injury management

Injury management is a co-ordinated and managed process consisting of activities and procedures to facilitate a timely, safe, and durable return to work for injured workers.

Sports Injury Management is the management of a specific injury to allow an individual to return or continue their chosen sport without damaging or compromising their body.

Sports injuries are commonly caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand.

First aid for injuries

- Rest – keep the injured area supported and avoid using for 48-72 hours.
- Ice – apply ice to the injured area for 20 minutes every two hours for the first 48-72 hours.
- Compression – apply a firm elastic bandage over the area, extending above and below the painful site.

1.6 MECHANISM TO PREVENT DOPING

Learning Competency :- At the end of this topic, students will be able to: -

- suggest doping prevention mechanisms.

Start up question

- What is doping?
- Do you remember some factors of doping from your grade seven lesson?

Nowadays, doping is critical issue at international level in sport. The term “doping” refers to the use of prohibited medications, drugs, or treatments by athletes with the intention of improving athletic performance. Hundreds of drugs and methods have been used in

doping for the purpose of sports performance enhancement.

This is not only concerned with health matter but also with the moral as well as ethical values of humanity affecting honest team spirit of sports competition. This is directly affecting sports competitions around the world.

Doping is widely used by sportspersons in an attempt to improve their performance without any fear or unawareness related to their consequences or side effects. These practices not only hinder the quality of sports but also it must be considered as one part of corruption in sports, thus affecting sport spirit.

Doping is dangerous for any athletes especially in the case of young and more harmed sports people. Their health can be damaged and a psychological dependence can be created. Doping help athletes to train harder, increase muscle mass and strength and recover more quickly beyond their natural biological and psychological capacity.

Risks include: - kidney damage, increased aggression and disturbing the natural balance of hormones.

Prevention ways of doping are:

1. Educating
2. Counseling
3. Communicating

Activity 1.5

1. List three ways of doping prevention.
2. Write risk factors of doping.

SUMMARY

- The concept of health and physical education is not new rather is originated in the ancient period. Physical education, which is given through physical activity in school has many importances for the society such as, it teaches the value of good, it promotes academic learning it makes a good cardiovascular system, and it builds self- esteem.
- Health and Physical education is related with many professions such as Teaching, Coaching, nutritionist, recreation worker, sport commentators, exercise therapist and other professions.
- Ethiopia has many sport legends, this unit especially mentioned Yidinekachew Tessema (Father of Ethiopian football), Meseret Defar, who is the Olympic champion and , UNFPA ambassador and Geremew Denboba the known Ethiopian cyclist.
- Ethiopia was one of the few African nations to participate in Olympic Games in the 1950th where as many African countries where under colonial era.
- First aid is an emergency care or treatment given to an ill or injured person before regular medical aid can be obtained
- Doping is dangerous for any athletes especially in the case of young and more harmed sports people. Their health can be damaged and a psychological dependence can be created.

CHAPTER REVIEW QUESTIONS

I. Write True if the statement is correct and False if the statement is Incorrect

1. The concept of physical education is new in our modern world.
2. physical education has less relationship with other professions.

II. Choose the correct answer for the following questions

1. For how many years yidenekachew tessema became a president of CAF?
A. 23 years B. 15 years C. 16 years D. 27 years
2. Who is the first athlete to wave Ethiopian national flag in melbourne olympic games?
A. Mamo Wolde B. Geremew Dembaba
C. Wami Beratu D. Abebe Bikila

III. Give your short answers for the following question

- 1 Define modern Physical Education and sport?

CHAPTER



2

SOCIAL AND EMOTIONAL DEVELOPMENT

INTRODUCTION

Social and emotional learning enhances students capacity of integrating skills, attitudes and behaviors to deal effectively and ethically with daily tasks and challenges. A physical active environment is the ideal place to enhance these skills. Whether it is achieving a personal best in the mile run, or competing on a successful team, or dropping a catch during a key play, all these situations come true where there is social and emotional learning.

Mental, intellectual, emotional and social development of a growing child is dependent and closely related to physical development.

A physically fit individual possesses a well-balanced personality, which is mentally sharp, emotionally stable and socially well-adjusted. In chapter two you will learn about social and emotional learning in health physical education.

Learning outcomes At the end of this unit, learners will be able to:

- Creates a practice plan to improve performance for a self-selected skill.
- Demonstrate communication and leadership skills that promote team dynamics.
- Analyze situations and apply strategies to solve problems

2.1 SELF AWARENESS AND SELF MANAGEMENT SKILLS IN PHYSICAL EDUCATION

Learning competency:- at the end of this topic you will be able to

- Creates a practice plan to improve performance for a self-selected skill.

start up question

- What are self-awareness and self-management mean?

Self awareness defined as conscious knowledge of one's own character and feelings.

Self management defined as the ability to regulate one's emotions, thoughts and behaviors effectively in different situations.

Self-awareness activities and exercises are tools that can help you to not only reach your goals, but also to discover who you are at a core level and what you want out of life.

Activity 2.1

1. How do you overcome the problem of your classmate who has an aggressive behavior during mini football game?

The following techniques can help you to develop self-awareness skills.

- Mind fullness Meditation
- Journaling
- Having a personal vision
- Observing others

Self management activities and physical exercise

Self management skills are the abilities to navigate and shift in a ones thought in health way emotions and behaviors in order to make decisions and reach goals.

Self management skills include:

- regulating and expressing Rnes emRtiRns thRughtfully;
- sustaining healthy boundaries;
- identifying and using stress management strategies;
- using planning and organizational skills;
- showing the courage to take initiative;
- maintaining attention;
- Self-management skills feedback constrictively;

Self-management skills (techniques) are developed and used in the prevention program because cognitive behavior techniques are a first effective approach in facilitating behavioral change than simple providing knowledge.

2.1.1 BUILDING SELF CONFIDENCE

The following activity may help the students to build their self confidence

Rolling In Admiration

Procedure of the game

This works somewhat similar to Catch The Compliment. Just like Catch The Compliment, it needs at least three players, but the more players there are, the better experience everyone will have.

- All the players sit in a circle.
- Then, one person rolls the dice.
- Whichever number appears on the dice, the person has to say that many positive characteristics about the person next to them.

Then the next person will take the dice and do the same.

2.1.2 DEVELOPING RESILIENCE

Resilience was defined by most as the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity.

The following activity may help the students to develop resilience the activity called mindful meditation and do have its own producers students should have practice such activities to develop your self resilience

How to Practice Mindfulness Meditation

1. Get Comfortable. Find a quiet and comfortable place
2. Consider a Timer
3. Focus on Breathing
4. Notice Your Thoughts
5. Give Yourself a Break



Fig2.1 mindful meditation

Activity 2.2

1. Write some common techniques that develop self-awareness.
2. List at least 4 self-management skills.

2.2 SOCIAL AWARENESS AND RELATIONSHIP SKILLS IN PHYSICAL EDUCATION

Learning competency at the end of this topic you will able to demonstrate communication and leadership skill that promote team dynamics

Start up question

- Define social awareness?
- How do physical activities develop social awareness and relationship skill?

Social awerness:-The ability to take the perspective of others and empathize with including those from diverse background and cultures. It is the process through which children and adults understand and manage emotions, set and achieve positive goals, recognize the feelings of and show empathy for others and make responsible decisions.

Relationship skills refer to the ability to build positive relationships, especially with diverse individuals and groups, using a variety of methods. Improved self-confidence and self-sufficiency can be achieved from participating in physical activity at any age.

As adults grow older, physical activity can also provide opportunities for social interaction and can decrease feeling of loneliness or exclusion. Physical activity helps to work in team. Furthermore, social awareness and communication skills required for students to protect themselves from different accidents.

Role play

Positive Awareness

- Write list of things that you like about yourselves.
- If you need touch, suggest something like “I, am cheerfull” or “I, am creative.”
- You should put this list in a place where you will often see it to reinforce the positives that you see in yourselves.

physical activity can help to

- encourage social interaction;
- improve concentration and learning;
- increase personal confidence and self-awareness;
- reduce feeling of depression and anxiety;
- improve quality of life.

Physical activities develop social awareness and relationship skills by:

- increasing confidence,
- enhancing peer acceptance,
- improving leadership skills and empathy,
- developing teamwork,
- increasing feeling of exclusion,
- improve leadership skills,
- increasing self-sufficiency.

2.2.1 COMMUNICATION

The following activity helps you how to communicate each other to common goal and also, it helps how communication is related with collaboration.

Drill 1

Minefield

- An empty room or hallway
- Blindfolds
- A collection of common office items

Instructions:

1. Place the items (boxes, chairs, water bottles, bags, etc.) around the room ,There's no clear path from one end of the room to the other.
2. Divide your team into pairs and blindfold one person on the team.
3. The other must verbally guide that person from one end of the room to the other, Avoiding the “mines.”
4. The partner who is not blindfolded can't touch the other.
5. If you want to make the activity more challenging, make all the pairs go simultaneously so teams must find ways to strategically communicate over each other.

Communication is:

- the process of mutually transferring feelings and thought
- Now a person expresses him/herself through interactions with others.

Communication is a basic skill learned in the personal and social skills framework. Additionally, children who have social awareness will be able to think critically and adapt to social change.

Communication is a key and learning to be part of team is similar with learning to value the effectiveness of teamwork.

Communication skills are the abilities you use when giving and receiving different kinds of information.

Communication also divided in two verbal communications and non verbal communication

verbal communications; occur when you use words to express how you feel or what you think about a situation. It helps students to know the rules of a game or how to protect themselves or others by knowing the information.

Non verbal communication; occurs when you express how you feel or what you think without the use of words.

Nonverbal communication can be as simple as the expression on your face or as complex as modeling a particular situation. Nonverbal communication plays a major roll in the success of an athlete.

They have to be able to interpret and send nonverbal signals to teammates and competitors.

2.2.2 LEADERSHIP

leadership is the ability of an individual or a group of individuals to influence and guide followers or other members of an organization.

Given the importance of a leader's behavior, it is also essential that they learn skills, such as:

Communication, Motivation, Delegating, Positivity, Trustworthiness, Creativity, Feedback, Responsibility, Commitment, Flexibility

Drill 2

The following drill named “**spot the difference**” may help to develop the quality of leadership, students follow the rules the game and play the game in group.

Spot the difference

Spot the difference is a real-life simulation of the popular paper puzzle game and one of several great leadership training games for adults. This game helps participants test and improve their attention-to-detail and memory retention. It also encourages teamwork and bonding.

Follow these steps to play spot the difference:

1. Form two equal lines facing one another.
2. Spend a minute or two observing the people in the line facing you.
3. Turn around so you cannot see the people in the line in front of you and stay there for a few minutes. During this time, the people in the other line will visibly change some things about themselves. People in the line could swap clothing, change their hairstyle, remove their glasses and apply makeup, for example.

Activity 2.3

- List some mechanisms that physical activity develops social awareness?
- Write four skills to develop social awareness.

2.3 ATTENTION CONTROL AND DECISION MAKING IN PHYSICAL EDUCATION

Learning competency at the end of this topic you will able to

Analyze situation and apply strategies to solve problems

Start up question

- What is attention control?
- What is decision making?
- How can you explain responsible decision making?

Attention control

Attention control is defined as one ability to focus and shift attention in a flexible manner.

The following strategies may help students to develop the skills of attention control

- A. Take Frequent Breaks
- B. Plan Physical Activity during Breaks
- C. Break Large Tasks into Smaller Parts
- D. Test out Times for Peak Attention
- E. Practice Focus in A specific Location
- F. Use Visual Timers

Decision making

we make decision in our daily life. We make those decisions quickly and with little thought or effort. We face with a decision that has positive or negative results. Thus, developing responsible decision making plays a vital role for successful life.

Decision making is the process of making choices by identifying a decision is gathering information, and assessing alternative resolutions.

Responsible decision making is the ability to make constructive and respectful choice about personal behavior and social interactions based on consideration of standards like:

Safety concerns

Social norms

The realistic evaluations consequences of various actions

The well-being of self and other

Different sport activates helps to develop decision making skills as most sports require decision making. Physical activities strongly improve decision making.

Decision making is a fundamental element for any sport, especially for open, fast, dynamic team sports, such as volleyball, football, rugby and basketball. In most tasks, such as play calling and ball allocation,

penalty kick and circumstances during play, time out and switching players, decision making is important.

Drill 1

Perform the following drill in your groups and present for your classmates what you have learned from this activity in accordance with decision making.

Instruction

- Stand in row
- Select 10 students from the class and form two groups with 5 students for "Lion" and 5 students for "Cat" groups
- Mark 5-meter distance from starting line at the right and left side of the row for lion and cat attacking and defending zone
- Mark 3-meter distance circle at the right and left back sides of the finishing line
- Select one student from the class to give command by saying "Rat or Goat" at the back of the finishing line.

- The game starts immediately after the command by deciding to be either the goat or rat to fight against enemy
- The 5 students from line and cat group play as an attacker turn by turn until end.
- Students who pass the attacking and defending line and enter to the Rat or goat house will be the winner
- Student who is touched by the line or the cat will be disqualified and out from the game by doing 5 push ups
- The game continues until one student remains from the goat or rat group

2.3.1 ANALYZING SITUATION

Analyzing situation is basically the process of critically evaluating the internal and external conditions that affect an organization, which is done prior to a new initiative or project. It provides the knowledge to identify the current opportunities and challenges to your organization, service or product.

Activity 2.3.1

The following activity may help the students to develop the skill of analyzing situation.

The SWOT analysis is used to match strengths to opportunities and convert weaknesses or threats into strengths or opportunities or at least make them manageable:

Note that there are four factors in the SWOT analysis:

Helpful — Strengths and Opportunities.

Harmful — Weaknesses and Threats.

Internal — The Strengths and Weaknesses are internal to the organization.

External — The Opportunities and Threats are external to the organization.

SWOT Analysis

Strength <ul style="list-style-type: none">• Abilities and skill• Knowledge	Weakness <ul style="list-style-type: none">• abilities or skill needed
Opportunity <ul style="list-style-type: none">• Support• Technology	Threat <ul style="list-style-type: none">• Risks• Obstacles

Based on the above diagram students should have write your own strength, weakness, opportunities and threat.

2.3.2 PROBLEM SOLVING

Problem solving is the way by which solutions are developed to remove an obstacle from achieving an ultimate goal.

The following methods help to solve the problems that we face. students you should have to follow the steps well to solve your problems easily.

- Define the problem
- List all the possible solutions
- Evaluate the options
- Select the best solution
- Create an implementation plan
- Communicate your solution

Activity 2.3.2

Students the following activity will help you to develop problem solving skills.

Scavenger Hunt

This scavenger hunt game involves solving a list of problem activities.

- Begin by dividing your group into teams.
- Give each group a list of to do activities.
- The list should begin with some simple tasks, with increasingly more difficult activities.

Some suggested activities are the following;

- Write a one hundred word poem on a given theme.
- Find an object readily available in the area in which you are playing
- Drink a whole can or glass of a liquid
- Solve a Sudoku or cross word puzzle
- Write out all the lyrics of a song (traditional song)

The team that completes all the activities first, wins.

Activity 2.3.2.1

1. In which types of sport activity decision making is required?
2. list at least three social standards that you consider in decision making.

SUMMARY

- Social and emotional learning enhances our capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges. A physical active environment is the ideal place to enhance these skills. Whether it is achieving a personal best in the mile run, or these competing on a successful team, or dropping a catch during a key play all situations come where there is social and emotional learning comes in to play.
- Self awerness defined as conscious knowledge of one s own character and feelings. Self management defined as the ability to regulate one's emotion thoughts and behaviors effectively in different situations.
- Social awerness:-The ability to take the perspective of others and empathize with including those from diverse background and cultures.
- Communication is: the process of mutually transferring feelings and thought
- Decision making is the process of making choices by identifyinga decision is gathering information, and as sessing alternative resolutions.

CHAPTER REVIEW QUESTIONS

I. Match the following phrases in column A with their correct definition from column B.

A

1. Communication
2. Collaboration skills
3. Nonverbal Communication
4. Verbal communications
5. Communication skills

B

- A. abilities you use when giving and receiving different kinds of information
- B. enables to successfully work toward a common goal with others
- C. exchanging of information by speaking, writing, or using some
- D. express how you feel or what you think without words.
- E. express how you feel or what you think with words

II. Fill in the blank

1. -----is the process of making choices by identifies a decision

III. Write short answer for the following questions

Write the difference between verbal and nonverbal communication.

CHAPTER



3

PHYSICAL FITNESS

INTRODUCTION

As school student's mostly do, you have probably done different day to day activities. To accomplish these activities in healthy and safe way physical fitness is crucial. Maintaining physical fitness and ever stayed condition has a lion share for one's wellness.

This chapter explains the health and physical fitness including ways of physical fitness development, cardiovascular endurance exercise, muscular endurance exercise, speed and prevention of doping which might assist you to stay fit and healthy to build confidence, optimism, and self-efficacy.

Physical fitness is an ability to meet the ordinary, as well as unusual demands of daily life safely and effectively without being overly fatigued. The totally fit person has a healthy and happy outlook towards life.

Learning outcomes: - At the end of this chapter, students will be able to:

- Recognize exercise which develops their age appropriate physical fitness
- Improve their physical fitness by performing age appropriate exercise.
- Demonstrate positive attitude to engage in different physical exercise

3.1 CARDIOVASCULAR EXERCISE

Learning competency at the end of this topic you will be able to

- Describe aerobic exercise
- Improve their cardiovascular fitness through selected aerobic exercise
- Appreciate the benefit of exercise

start up question

- Discuss in groups and present the points of your discussion to the class
- What kinds of exercise will improve your cardiovascular endurance?
- Discuss ways of Health and Fitness development.
- What is the difference between aerobic and anaerobic exercise?

Note before you discuss about cardiovascular exercise you should now about what a physical fitness mean.

Physical fitness is a person's ability to meet the physical stresses and demands of a variety of physical activities efficiently and effectively.

Physical fitness provides a person with the capacity:

- To perform work safely in activities of daily living,
- To pursue leisure-time.
- To endure

sport activity

Physical fitness involves the integrated and efficient performance of all the major systems of the body, including the heart and lungs, the skeleton, the muscles, and the brain. The brain is an essential element as it is used in controlling the muscles that move the bones, as well as controlling the heart and lungs to provide energy for the working muscles. Fitness also influences our psychological well-being, including mental alertness and emotional

Physical fitness varies from person to person. It is influenced by factors such as: -

• Age	• Personal health habits
• gender	• Level of physical exercise
• heredity	• Eating practices etc.

As students have learned in earlier grades there are two categories of physical fitness components.

Health-related fitness skill related physical fitness components.

Physical fitness components		
No	Health-related fitness Components	Skill-related fitness components
1	Cardiorespiratory endurance	Agility
2	Muscular strength	Balance
3	Muscular endurance	Coordination
4	Flexibility	speed
5	Body composition	power
6		reaction time

Cardiovascular Endurance is the ability to deliver oxygen and nutrients to tissues and to remove wastes, over sustained periods of time.

Cardiovascular exercise is any activity that increases heart rate and respiration and raises oxygen and blood flow throughout the body by using large muscle groups of the body repetitively and rhythmically. Such activity progressively challenges your most vital internal body organs and improves the function and performance of the heart, lungs and circulatory system.

The most common cardiovascular endurance exercise are rope jumping, Running, Mountain climbing, brisk walking, Jogging or jogging in place, Cycling/bicycling, Dancing, Circuit training, Stair climbing, martial arts, Jumping jacks, squat jumps, split jumps. benefit of cardio vascular exercise include;

1. Improved heart health
2. Enhanced brain health
3. Increased metabolic rate
4. Weight regulation
5. Improved mood and energy
6. Stronger immune system

Activity 3.1

1. Define what cardiovascular endurance exercise mean?

Drill 1

3.1.1 RUNNING ON THE SPOT

Procedure of running on the spot

1. Lift your right arm and left foot at the same time.
2. Raise your knee as high as your hips.
3. Then switch to the opposite foot, quickly lifting your right foot to hip height.
4. At the same time, move your right arm back and your left arm forward and up.
5. Continue these movements.

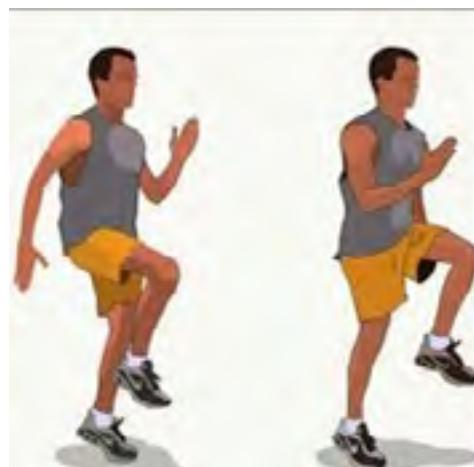


Figure 3.2.1 Running on the spot

N.B

- Talk to your teacher if you have health problem before you begin any exercise program
- Before warming - up never start any exercise.

3.1.1 RHYTHMIC /AEROBIC EXERCISE

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise by stretching and strength training routines with the goal of improving all elements of fitness

This exercise helps to improves your breathing, elevate your heart rate and enhancing metabolism as well. They are different from on-the-spot jogging in intensity as they need you to exercise your legs more than simple jogging.

Drill 2

Knee up rhythmic exercise

Procedure

- Fold your arms at the elbow and extend them forward at waist level, parallel to the ground
- Try to bring your right knee up to your arms
- Your thigh should be parallel to the ground
- Repeat with your left knee
- Start slowly and increase Sace once you're confident
- Faster repetitions can help you burn more calories
- Make sure to keep your back straight as you do it



FIG3.2.2KNEE UP RHYTHMIC EXERCISE

3.2 MUSCULAR ENDURANCE

Learning competency at the end of this topic you will be able to

- Appreciate the benefit of exercise
- Improve their musculoskeletal fitness

Start up question

- What does Muscular endurance exercise mean?
- Which types of exercises that develop our musculoskeletal fitness?

Muscular endurance; Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Muscular endurance refers to the number of repetitions of a single exercise you can do without needing to stop and rest.

Muscular endurance can be improved by applying multiple fitness styles or even a combination of those into your usual fitness routine.

Types of muscular endurance exercise are stated as follows

- Push-up.
- Squat jump
- Sit-up.
- Plank and others

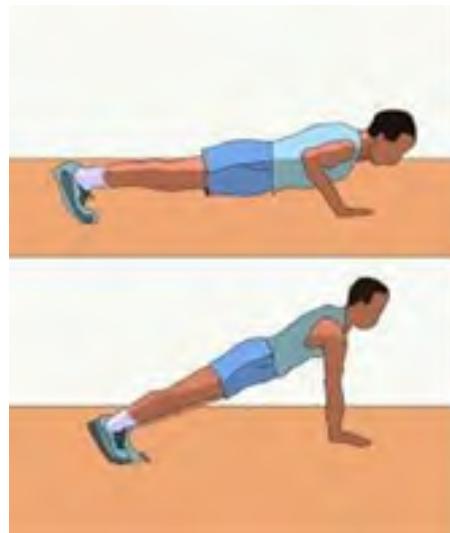


fig. 3.3.1 Girls'pushups

Procedures of push ups

- Get down on the floor placing your hands slightly wider than your shoulders,
- Straighten your arms and legs,
- Lower your body until your chest nearly touches the floor,
- Pause, and then push yourself back up,
- Repeat.

Procedures of girl's push ups

- Place your knees on the mat as shown below in the picture 3.3.3
- Lower yourself to the ground just like in a normal pushup pose,
- Support your knees to give you more balance,
- You can keep on doing these pushups until 10-15 without feeling winded.



fig. 3.3.1 Girls' pushups

3.2.1 SQUAT JUMP

Squat Jumps are a powerful plyometric exercise (exercise without machine) that strengthens your entire lower body and increases your heart rate for a significant calorie burn.



fig 3.3.3 squat jump

Procedures of squat jump

- Begin in a squat position with a step-in front of you and arms bent next to your side.
- Jump up onto the step, swinging your arms to help. You should land in a squat position with both feet touching at the same time and keeping weight in your heels,
- Step down and repeat.

3.2.2 SIT UP

The sit-up is an abdominal endurance training exercise to strengthen, tighten and tone the abdominal muscles.



fig 3.3.4 sit up

Procedures of sit up

- Lie down on your back
- Bend your legs and stabilize your lower body
- Cross your hands to opposite shoulders, or place them behind your ears without pulling on your neck
- Lift your head and shoulder blades from the ground. Exhale (breath out) as you rise
- Lower, returning to your starting point. Inhale (breath in) as you lower

Step to perform pull up

- The pull up bar should be at a height that requires you to jump up to grab it
- Your feet should hang free
- Stand below the bar with your feet shoulder width apart
- Jump up and grip the bar with an overhand grip about shoulder width apart
- Fully extend your arms so you are in a dead hang
- Bend your knees and cross your ankles for a balanced position
- Take a breath at the bottom.



fig 3.3.5 pull up

3.3 FLEXIBILITY

Learning competency at the end of this topic you will be able to

- Increase their flexibility through different stretching exercises

start up question

- What is flexibility exercise?

Flexibility is the range of motion in a joint or group of joints, or the ability to move joints effectively through a complete range of motion. It is the capability of moving through a range of motion without pain.

3.3.1 STRETCHING

Types of stretching

1. static stretching

The term static Stretching refers to an individual's absolute range of motion that can be achieved without movement. In other words, it refers to like bend how far we can reach, bend or turning and then hold that position.

2. Dynamic stretching

Dynamic Stretching is the ability to move muscles and joints through their full range of motion during active movement. Such Stretching helps your body to reach its full potential movement during daily activities, sports and exercise.

safety measures to follow while stretching

- Warm-up for, 10 to 15 minutes before exercising
- Stretching should be done before any sports or strenuous physical activities.

- Stretching should not be done once in a while. you should be practice stretching regularly to maintain balance and improve strength and flexibility.
- Breathing (inhale and exhale) should be normal when practicing stretching.
- Every stretch needs to be held for about 10 to 30 seconds. do not bouncing during the stretch.
- Overstretching is not recommended as it may cause pain.
- Stretching should be done evenly on both sides

Activity Bow pose

Procedures of Bow pose

- Lie on the belly with the head towards one side and the hands alongside the body,
- Turn the head to touch the floor with the chin. Exhale, fold the knees, and grab the right ankle with the right hand and left ankle with the left hand,
- Inhale, slowly lift the chest and raise the knees while continuing to hold the ankles with hands,
- Exhale and slowly lift lower chest and feet. Return to the original position in step one.



fig 3.3.1 Bow pose

Activity cobra pose

Procedure for cobra pose

- Lie down on the belly with face down, elbows bent and hands placed next to the face,
- Gently push the hands to the floor and lift the body upwards. Gradually straighten the elbows and raise the head while doing so,
- Put the weight on the palms and raise the upper body,
- The child can hold this position for 10 seconds and come back to the initial position.

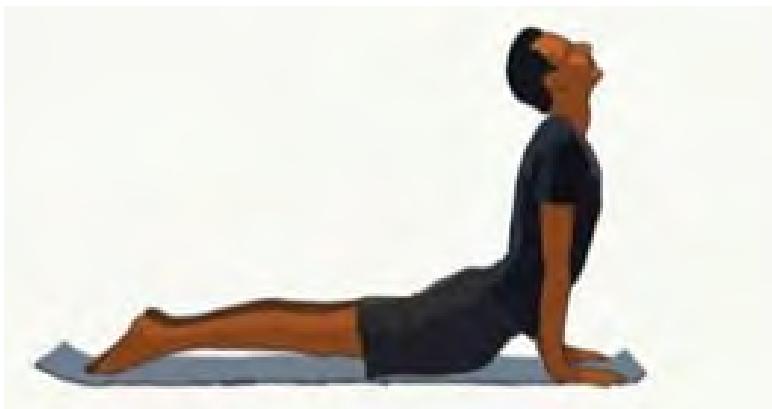


Figure3.3.2 Cobra pose

Activity Seated toe touch

Procedure for Seated toe touch

- Sit on the floor with legs straight forward and feet next to one another,
- Slowly bend forward and touch the toes with hands. Hold the position for 10-30 seconds and return to the original position,
- Beginners can also perform this exercise while sitting in a chair by making legs slightly bent.



fig 3.3.4 Seated toe touch

Activity hamstring stretch

This stretching exercise helps in keeping up the hamstring muscle flexible and even prevents injury.

Procedure for hamstring stretch

- Sit on the floor and stretch the legs forward,
- The right leg needs to be straight, and the left foot should be folded in such a way that it meets the right inner thigh,

- Bend forward and touch the right knee. Hold the position for a few seconds,
- Come back to the initial position and switch the legs to repeat the same



fig hamstring stretch

3.4 SPEED

Learning competency at the end of this topic you bwill be able to

- Improves their speed through different speed run drills

Start up question

- What does speed mean?
- What does it mean that somebody is fast?

Speed refers to a persons ability to move fast or the ability to perform a movement within a short period of time. It is a way of measuring how quickly something is moving or being done, or

moving fast. There are many different types of speed such as running speed, swimming speed, speed of hand or foot movement etc.

The six rules of sprinting techniques

1. Run with the hands moving from the hips to the chin, eliminating side-to-side motion.
2. Maintain a 90-degree bend of the elbows, and drive the elbows back.
3. Keep the shoulders square. Pull the knees straight up, and do not allow them to angle towards the midline of the body.
4. Run by striking the ground directly below the hips, particularly when accelerating.
5. Run on the balls of the feet. Don't be flat footed and noisy.
6. Run on the balls of the feet.

3.4.1 30 METER SPEED RUN

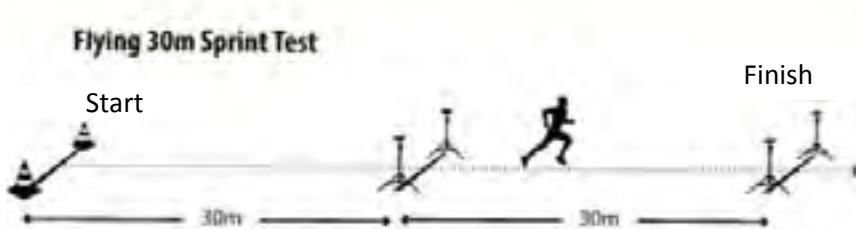


fig 30 meter speed run

Note Warm your body well to prevent sport injuries and care your friends live with disability.



fig speed run for leg disability

SUMMARY

- Physical fitness is an ability to meet the ordinary, as well as unusual demands of daily life safely and effectively without being overly fatigued.
- Cardiovascular exercise is any activity that increases heart rate and respiration and raises oxygen and blood flow throughout the body by using large muscle groups of the body repetitively and rhythmically. Jumping rope, Running, Mountain climbing, brisk walking, jogging in place, Cycling/bicycling, Dancing, Circuit training, Stair climbing, Martial arts, jumping jacks, squat jumps and split jumps exercise are used to develop cardiovascular endurance.
- Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Muscular endurance Exercises includes Pushups, Squat jump, Sit-ups, Plank and others
- Flexibility is the range of motion in a joint or group of joints, or the ability to move joints effectively through a complete range of motion. Stretching can be classified as static Stretching and dynamic stretching.

CHAPTER REVIEW QUESTION

I Write 'True' if the statement is correct and 'False' if it is incorrect

1. warming up body well help to protect injury.
- 2 Sit up is an abdominal endurance training exercise to strengthen skeletal muscles.

II Match the following activity under column A with the appropriate fitness under column B

A	B
1. Push up	A. Abdominal muscle strength
2. Sit up	B. Cardio vascular endurance
3. Walking	C. Flexibility
4. Seated toe touch	D. muscular strength
5. 30-meter run	E. Speed

III Give short answers for the following questions

1. Write three exercises to develop flexibility?
2. Write the main difference between aerobic and anaerobic exercise?