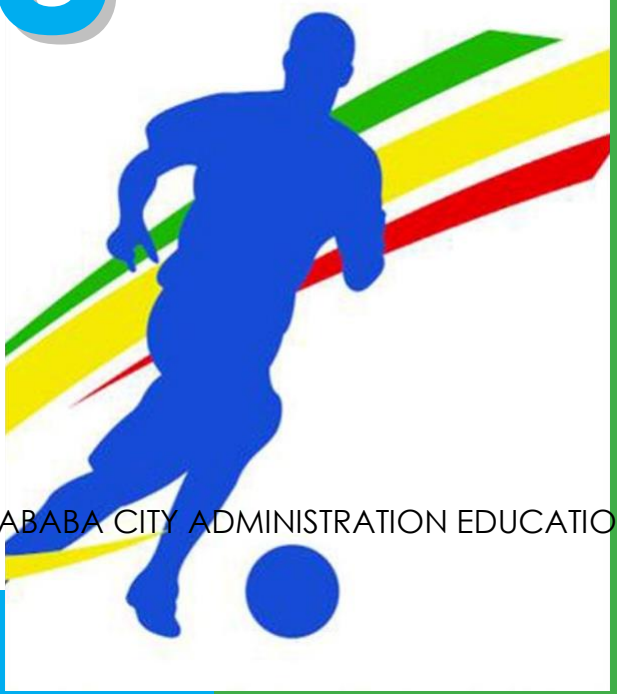
HEALTH AND PHYSICAL EDUCATION



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

MODERN HEALTH AND PHYSICAL EDUCATION AND SPORTS

Introduction

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 Educati.

Health: - is a state that completes physical, mental and social well-being and 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 the modern health and physical education and sport, the importance of health and physical education for student’s day to day activities, the relationship of health and physical education with other profession.

Learning outcomes: At the end of this Chapter, students will able to;

- analyze the concepts of modern health and physical education and sport
- Value the concepts of modern health and physical education and sport.

1.1. Importance of health and physical education

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

- Explain the importance of health and physical education for their day-to-day activities.

Start-up question

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

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 increasingly sedentary lives. 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 resent years.

Within the school context, incorporating physical activity or fitness training 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.

There are many ways that health and physical education can serve and positively affect students and society. The first one is providing over all. For example, health and physical education help students and society to improve health-related physical fitness components, such as cardio respiratory, muscular strength, Muscular endurance, flexibility, and body composition activities.

Studies recommend that if children and adolescents want to increase their life expectancies, they need to eat balanced diet and become physically active. Doing those two things will help children and adolescents to defend themselves against certain diseases and other health problems.

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.
- It's a link to good health.

- It promotes academic learning.
- It builds self-esteem.

Activity 1

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

1.2 Relationships of health and physical education with other professions

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

- Describe some professions that are closely associated with physical education.

Start-up Questions

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 has related with different professions. Physical education is not only a subject that focuses on physical fitness but also concerns with 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. As a result, health and

physical education play a great role making the professionals and organizations they serve successful and productive.

Health and Physical education has relationship with many professions such as teaching, coaching, nutritionist, recreation worker, sport commentators, exercise therapist.

Activity 1

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 legends

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

- Describe three Ethiopian sport legends and their contributions.

Startup questions

1. List two Ethiopian sport legends and their contributions for their country?

Yidnekachew Tessema

Yidinekachew Tessema was born in Jimma on September 11, 1921. He played for St. George club for 23 years, he also played 15 times for the national team, in addition, he served as coach and team leader for both the Saint 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) where 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 Yidinekachew Tessema

Yidnekachew was also instrumental in making the contact of the country which open to outside countries by having international competitions. In addition, he was the member of FIFA executive committee, and he played a great roll to avoid tobacco and alcohol advertisement in stadium.

Meseret Defar

Meseret Defar was born November 19, 1983 in Addis Ababa, Ethiopia. She began her running career in primary school and won several primary and secondary school competitions such as Entoto primary school. Her achievement continued in national and international level.



Figure 1.2 Mesert Defar

She was broken many records in 3,000-metre, 5,000-metre, and 2-mile races.

Mesert has been successful in the 5000 meters in different international competitions and she was the Olympic game Olympic gold medalist 2012 London Olympics.

In addition, Mesert was named national honorary ambassador of UNFPA (United Nation Peoples Fund) in Ethiopia. When She returned from her performance at the 20004 Athens Olympic and has been entrusted with championing the causes of women, youth, and the prevention of HIV/AIDS, especially among young people.

Geremew Denboba



Fig1.3 Geremew Denboba

Geremew Denboba was one of the first Ethiopian Olympians. He represented Ethiopia and participated in the 1956 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 bigger role, with these fellow Ethiopians, they Ethiopia ranked 9th in the world, and it was recorded as the first black Olympic cyclists.

He was the head coach of the Ethiopian cycling team on the 1964 Tokyo Olympic Games. He won 30 cups and 32 gold and silver medals both in international and national stages. These are shining examples of his achievements.

Acivity 1

1. What was the main contribution of Yidinekachew Tessema for Ethiopia and Africa?
2. What is the contribution of Meseret Defar for her society?
3. What was Geremew Demboba's role during 1964 Tokyo Olympic

1.4 Ethiopian in the Olympic Games

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

- Mention the role of Ethiopians in the Olympics games.

Start-up questions

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 whereas many African countries were under colonial era. Ethiopia made great roles for other African counter parts in the Olympic Games and other international competitions for examples;

- Ethiopia showed dedication and organized other African countries to boycott from Montreal Olympic Games, in 1976 against the rule of apartheid (the white minority rule of South Africa) and showed solidarity to the black South African majority.

- Ethiopia's early famous athletes Abebe Bikila, Mamo welde, Miruts Yifter and their successors Haile Gebreslasie, Kenenisa Bekele, Gezhagne Abera, Million Abera 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 havemotivated African women youngsters, even children to come to in athletics and Olympic competition.

In general Ethiopia won 23 gold, 12 silver and 22 bronze total 57 medals since 1956 Olympics games.

Activity 1

1. Why Ethiopia did not participate in monitorial Olympic Games?

Chapter 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 importance's 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. Ethiopia showed dedication and organized other African countries to boycott from Montreal Olympic Games, in 1976 against the rule of apartheid (the white minority rule of South Africa) and showed solidarity to the black South African majority.

Chapter Review Questions

1. 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 no relationship with other professions.

2. Choose the correct answer for the following questions

1. Which one of the following is health related component of physical fitness?

A. Agility B. Cardio respiratory endurance

C. Speed D. A and B

2. Who was the first athlete to wave Ethiopian national flag in the Olympic Game?

A. Mamo Wolde B. Geremew Denboba

C. Kenenisa D. Derartu

Give your short answers for the following questions

1. Define modern Physical Education and sport?

CHAPTER 2

Chapter Two

Social and emotional learning in health and physical education

Introduction

Social and emotional learning enhances students' 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 achieving a personal best in the mile run, competing on a successful team, or dropping a catch during a key play are all situations where social emotional learning come in to play.

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 one you have learned about modern health and physical education and sport that enables you to understand about modern health and physical education, its importance relationship with other profession, Ethiopia's sport legends and Ethiopian in the Olympics.

In chapter two you will learn about social and emotional learning in health physical education. Under this chapter there are five topics. These are;

- Physical activity which develops self-awareness and self-management skills
- Physical activity which develops social awareness and relationship skills
- Physical activity which develops responsible decision making
- Physical activity which develops critical thinking
- Physical activity which develops communication and collaboration skills

Learning out comes: At the end of this chapter, students will able to:

- Shows determination, mental ability and resolution in facing difficulties.
- Puts others' needs before his/her own.
- Contributes the betterment of the class and his/her community.
- Demonstrates effective communication and interpersonal skills in different settings.

2.1 Physical activity which develop self-awareness and self-management skills

Learning competency: at the end of this topic students will able to;

- Persevere when students encounter difficulties.

Startup question

1. What are self-awareness and self-management meant?

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

Self-management: defined as "the ability to regulate one's emotion thoughts and behavior effectively in different situations"

A. Self-awareness activities and exercises

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 you want out of life.

Becoming more self-aware can help you understand your wants, needs and desires as well as your strength and weakness. Self-awareness is also an important tool for success.

Activity 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 to develop self-awareness skills.

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

B. Self-management activities and physical exercise

Self-management skills are the ability to navigate and shift in a health way one's thoughts, emotions and behaviors in order to make decisions and reach goals.

Self-management skills include:

- Regulating and expressing one's emotions thoughtfully,
- Remonstrating perseverance and resilience (flexible) to overcome obstacles,
- Sustaining healthy boundaries,
- Identifying and using stress management strategies,
- Setting personal and collective goals,
- using planning and organizational skills,
- showing the courage to take initiative,
- demonstrating personal and collective agency,
- maintaining attention,
- Self-management skills feedback constrictively,
- Practicing self-compassion.

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



Fig. 2.1 that shows 'mind fullness meditation'

Activity 2

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

2.2 Physical activity which develops social awareness and relationship skills

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

- Exercises personal leadership in contributing to self, class and schoolmates.

Startup questions

1. Define social awareness?
2. How physical activities develop social awareness and relationship skill?

Social awareness: - The ability to take the perspective of and empathize with others, 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 participation 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. A team cannot succeed without working together, no matter how the individual's players.

Furthermore, social awareness and communication skills required for students to protect themselves from different accidents.

Role play

Positive Awareness

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

- Increased confidence,
- Peer acceptance,
- Leadership skills and empathy,
- Develops teamwork,
- Decreased feeling of exclusion,
- Improved leadership skills,
- Increased self-sufficiency.

Activity 1

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

2.3 Physical activity which develop responsible decision making

Learning Competency:- at the end of this topic students will able to:

- Leverages on diversity for the good of the school.

Startup question

1. What is decision making?
2. How can you explain responsible decision making?

Each of us makes decision every day of our lives. We make those decisions quickly and with little thought or effort. We faced 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 identifies 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

Responsible decision making as the ability to make choices that affect you positively in your physical, intellectual, social, and emotional bodies.

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

Decision making is fundamental element of any sport especially 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.

In order to succeed in winning any game and competition at national and international level in all and individual and team sport there is a need to reconsider all successes factors in order to make better decision making to win.

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.

Instructions:

1. Stand in a circle
2. Hold your hands with two students who aren't directly next to them.
3. Hold your hands together
4. Untangle the knot and form a perfect circle without letting anyone's hand.

NB: This activity can be done in the class room or outside the classroom.

Activity 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.

2.4 Physical activity which develops critical thinking

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

- Formulates rules and is able to explain their rationale

Startup question

Define critical thinking?

Role play 1

Procedures

- Make three groups
- Make circle
- Stretch your both hands on the frontier shoulder
- Take 3 fruit name like banana, apple and orange then assigned by those fruits
- When banana called all can jump to the front with to both legs
- When the apple called all can jump to back with both legs and

When the orange called all can rotate 180^{o}

Physical education and sport environments can provide a supportive environment for individuals to learn how to think critically. Our day - to- day life is depending on our physical activity which requires critical thinking. Developing critical thinking skills will allow you to develop more reasoned arguments for your assignments, projects and examination questions.

The **practical nature of physical activity** allows the individual to apply:

- A new strategy
- Attempt a new movement and
- evaluate the worth of the response almost immediately.

Critical thinking is a term used by educators to describe forms of learning, thought, and analysis that go beyond the memorization and recall of information and facts.

Critical thinking skills are a vital part of your academic life when reading, when writing and when working with other students.

Critical thinking in physical education is "reflective thinking that is used to make decisions and upheld the motion responsibilities and challenges. Basically, when you think in a critical way, you think about compound information that are gathered from different sources and perceptions, to make a reasonable decision that can be explained and defended. The thought was represented internally by:

- Mental activities
- Externals in the form of physical activities(actions)
- Decisions

This means that you will be able to present and justify any claims you make based on the evidence you have evaluated.

Physical education (activity) can encourage the development of critical thinking by:

- Preparing an environment that stimulates the expression strong felling
- Representing the role of knowledge and beliefs about teaching and learning
- Modeling critical thinking
- Provide satisfactory support for students

Activity 1

- Make a group each have 5 to 8 members
- Formulate your group rules
- For example rules for practical period such as
- How to avoid unnecessary dressing,
- Wearing the kind of shoes for practical session,
- Proper warming up etc.
- Gradually your rules explain rationally for your classmate

N.B. every group should design or formulate group rules and lead by those rules that explain your rationality (rational way)

2.5 Physical activity which develops communication and collaboration skill

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

- Generates ideas and explores different pathways that are ethically appropriate to respond to an issue.

Startup question

1. Does physical activity develop our communication and collaboration skills?
2. Which comes first Collaboration or communication?

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

Drill 1

Minefield

Materials needed

- 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 so

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, have all the pairs go simultaneously so teams must find ways to strategically communicate over each other.

Communication is: a basic skill for social life in any competition

- the process of mutually transferring feelings and thought
- How 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. Some examples include communicating new ideas, feelings or even an update. Communication skills involve listening, speaking, observing and understand and share the feelings of another.

Communication also divided in two **Verbal communications** and **Nonverbal Communication.**

Verbal communications; occurs when you use words to express how you feel or what you think about a situation. As a teacher, it is important to verbally state rules and expectations, especially in a physical activity setting. It helps students know the rules of a game or how to protect themselves or others know the information,

Nonverbal 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.

Collaboration skills enable you to successfully work toward a common goal with others. They include communicating clearly, actively listening to others, taking responsibility for mistakes, and respecting the diversity of your colleagues.

Activity 1 Learning logo

Assume team A play with team B in mini football game among your class mate, you are the member of team A, unfortunately you feel flu and at bench and your team is led by 3-0 by an opponent team.

- How you are going to support your team members? How you also find the solution to recover and regain your team position? Write your generative ideas in your exercise book and discuss under your solutions and suggestions with your teacher.

CHAPTER 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 achieving a personal best in the mile run, competing on a successful team, or dropping a catch during a key play are all situations where social emotional learning comes in to play.

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

A	B
1. Communication	**A.** abilities you use when giving and receiving different kinds of information
2. Collaboration skills	**B.** enables to successfully work toward a common goal with others
3. Nonverbal Communication	**C.** exchanging of information by speaking, writing, or using some other medium
4. Verbal communications	**D.** express how you feel or what you think without words.
5. Communication skills	**E.** express how you feel or what you think with words

II. Write short answers for the following questions

1. List the importance of collaboration skills

2. What does it mean decision making?

3. Show the difference between verbal and nonverbal communication?

III. Fill in the blank spaces correct answers

1. Reasonable and reflective thinking that is focused on deciding what is believed to be done is called_____.

2. _____is the process of making choices by identifies a decision

CHAPTER 3

HEALTH AND PHYSICAL FITNESS

INTRODUCTION

As most 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 conditions 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 out comes: - At the end of this chapter, students will able to:

- Analyze exercise which develops physical fitness and ways of its development
- Develop physical fitness by performing age-appropriate physical fitness Exercise
- Characterize a positive attitude to participate in physical fitness exercise
- Know the mechanisms of doping prevention

3.1 Ways of physical fitness development

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

- Clarify the ways how physical fitness is developed
- Perform selected aerobic exercise properly to improve to

Start-up questions

1. Discus about Ways of Health and Fitness development.
2. What is the difference between aerobic and anaerobic exercise?

Physical fitness is a person's ability to meet the physical stresses and demands of a variety of physical activities efficiently and effectively.
It is important for healthy lifestyle and provides a person with the capacity;

- To perform work safely in activities of daily living, such as activities required for work at home and workplace
- To pursue leisure-time.
- To endurance 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 stability because what we do with our bodies also affects our minds

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

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

Physical fitness is more easily understood by examining its components, or parts. As students have learned in earlier grades, there are two categories of physical fitness components.

Health-related fitness components are not used only to help the body to perform more efficiently, but also to prevent diseases and improve overall health and well-being.

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

Anaerobic exercise is any activity that breaks down glucose for energy without using oxygen.

Whereas aerobic exercise is any exercise that are performed with the presence of oxygen. Aerobic exercise, or steady-state cardio, is performed at a steady, low to moderate pace.

There are so many ways to develop physical activity. For this grade level some important ways are listed below.

1. **Increasing Physical Activity**
    - Set simple exercise program
    - Track your progress-Keeping track of your fitness progress is a great way to stay motivated
    - Start small- don't jumping right into vigorous exercise after being sedentary for a long time because increase your risk of having a heart attack
    - Include 30 minutes of aerobic activity most of the days
    - Do physical activity into your day to improve your physical fitness levels, even if you only have a few minutes
2. **Improving Your Eating Habits**
    - Follow a balanced diet
    - Eliminate too much salt, fat and sugar
    - Drink lots of water
3. **Making Lifestyle Changes**
    - Chek general health chuck up
    - Lose weight if you are overweight
    - Avoid on alcohol

The following exercises are very important to develop your physical fitness.

- **Core Strength**: - consists of crunches, Bicycle reps, Side plank - 30+ seconds, V-sits
- **Leg Strength**: - Back squats, Front squats, Hamstring curls, Leg extension Static squat
- **Arm Strength**: -includes Push-ups, Pull-ups, Bench press, Shoulder-press, Triceps dips, Biceps curls
- **Cardiovascular Fitness: involves** Running, Biking, Rowing, Jump rope, Swimming, Hiking, Dance classes

Activity 1

1. Why we start physical activities from simple to complex**?**
2. Which types of exercise is performed without using oxygen?

3.2 Cardiovascular endurance exercise

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

- Perform selected aerobic exercise properly to improve to cardiovascular fitness

Start-up questions

- What kind of exercise will improve your cardio vascular endurance?

Cardiovascular endurance exercise: -

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. Cardio improves many aspects of health, including heart health, mental health, mood, sleep, weight regulation and metabolism.

Actually, by doing cardio-vascular exercises the heart becomes more efficient with every beat as it pumps oxygen-carrying blood, the lungs also become more effective in taking in oxygen, and the muscles get equipped to use more oxygen. Still, as the breathing and heart rate increase, the surge is should not be so much as to make you feel that you need to stop and rest.

The most common cardiovascular endurance exercises

Cardiovascular endurance is used for respiration system and circulation of oxygen to the body.

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.

Specific benefits of cardio vascular exercise include:

- Improved heart health
- Enhanced brain health
- Increased metabolic rate
- Weight regulation
- Improved mood and energy
- Stronger immune system

Activity 2

1. Define what cardiovascular endurance exercise mean?

Drills 1

Running on the spot (To run in place)

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

Drill 2

Walking

Procedure of walking properly

- Keep your head up when you're walking, focus on standing tall with your chin parallel to the ground and your ears aligned above your shoulders,
- Lengthen your back,
- Keep your shoulders down and back,
- Keep your center of gravity(balance),
- Swing your arms,
- Step from heel to toe.



Fig 3.2.2 Walking

N.B

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

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 (flexibility, muscular strength, and cardio-vascular fitness).

This exercise helps to improves you're breathing and 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 3

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 pace once you're confident,
- Faster repetitions can help you burn more calories,
- Make sure to keep your back straight as you do it.



Fig 3.2.3 Knee up rhythmic exercise

3.3 Muscular Endurance

In the previous section you have learned about cardio vascular endurance and related theory and some skills. In this new section you will learn and practices muscular Endurance Exercises.

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

- Mention exercise which develops musculoskeletal fitness
- Perform different fitness exercise to develop musculoskeletal fitness

Learning competencies: At the end of this topic students will be able to:

- Perform different type of jogging exercise properly
- Appreciate the benefit of doing different fitness exercise

Start up questions

1. what does flexibility exercise mean?
2. 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 Exercises: -

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

There are many more activities concerning muscular endurance exercises but in accordance with your grade and age level these exercises may helpful and appropriate, and accordingly you will perform one by one with the help of your teacher.

3.3.1 Push-up

A conditioning exercise performed in a prone position by raising and lowering the body with the straightening and bending of the arms while keeping the back straight and supporting the body on the hands and toes. It helps to assess the muscular endurance of the shoulder.

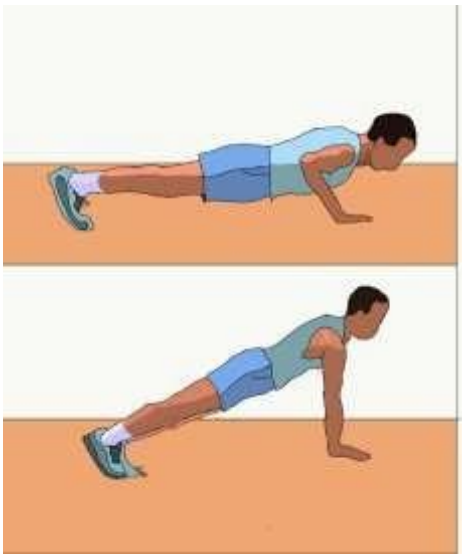


Figure 3.3.1 push-up

Procedures of push-up

- 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-up

- Place your knees on the mat as shown below in the picture 3.3.2,
- 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. 3.3.2 Girls' pushups

3.3.2 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 Squats Jump

Squat jump is used for lower part of body joint

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.

3.3.3 Sit-up

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

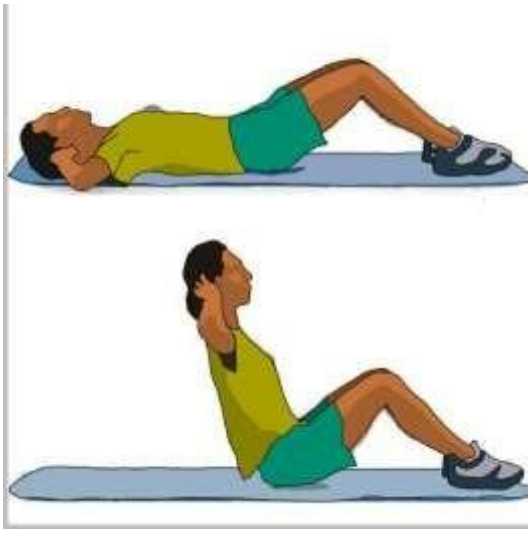


Figure 3.3.4 Sit up

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.

3.4 Flexibility

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

- Perform different stretching exercise properly

Start-up questions

Flexibility is used for different part of body movement like hands legs, fingers and shouldrs.

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.

Types of Flexibility

1. **Static Stretching**

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

2. **Dynamic Stretching**

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

Safety Measures to Follow While Stretching

- Warm-up 10 to 15 minutes before exercising
- Stretching should be done before any sports or strenuous physical activities such as cycling, running, or playing outdoor games. It is good to do after the activities too.
- Stretching should not be done once in a while. Children should be encouraged to practice stretching regularly to maintain balance and improve strength and flexibility.
- Breathing (inhale and exhale) should be normal when practicing stretching. It is essential not to hold the breath in any case.
- Every stretch needs to be held for about 10 to 30 seconds. There should be no bouncing during the stretch.
- Overstretching is not recommended as it may cause pain.
- Stretching should be done **evenly on both sides.**
- If any stretch causes consistent pain, there may be an injury in that muscle, and you need to avoid such pain

Activity 1 Bow pose

Procedure 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.



Figure 3.4.1 Bow pose

Activity 2 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.



Figure 3.4.2 Cobra pose

Activity 3 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.



Figure 3.4.3 Seated toe touch

Activity 4 Hamstring stretches

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**.**



Figure 3.4.5 Hamstring stretch

3.5 Speed

Learning competency:- At the end of this section students will be able to:

- Perform speed run drills properly

will be able to:

Perform different stretching exercise properly

Start-up questions

1. What does sp ed mean?

What is flexibility exercise?

2. What does it mean that somebody is fast?

Speed refers to a person's ability to move fast. This is a skill-related component of physical fitness that is related to 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 something is 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 Technique

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. If I can hear you coming, then, you're too slow.
6. Run on the balls of the feet.

3.5.1 30-meter speed run

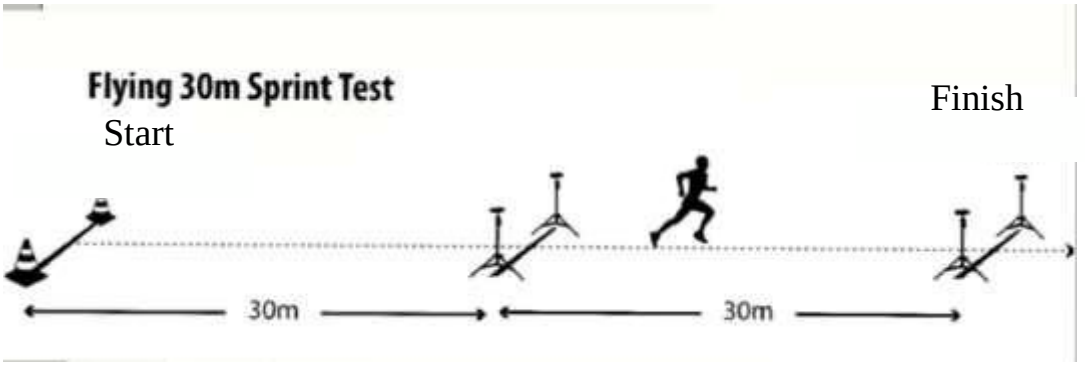


Fig. 3.5.5 30-Meter speed run

Procedures 30 of speed run

- Organize into rows,
- worm up your body,
- Do sprint run drill,
- Do a sprint run as your teacher order,
- Repeat the exercise as much as possible.

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



Figure 3.5.3 Speed run for leg disability

3.6 Prevention of doping

3.4 Flexibility

Learning competency:- At the end of this section students will be able to: - will be able to:

Perform different stretching exercise properly

Mention some risk factors of doping

Start-up questions

What is flexibility exercise?

1. What is doping?
2. 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

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

Chapter Summery

Physical fitness is an ability to meet the ordinary, as well as unusual demands of daily life safely and effectively without being overly fatigued. Increasing physical activity, improving eating habits, making changes lifestyle taking cut down on alcohol, doing exercise and setting goal are important ways to develop physical fitness.

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. Flexibility can be classified as static Stretching and dynamic stretching.

I. Write true if the statement is correct and false if it is incorrect

1. Doping is defined as legal substance used to enhance athletes' performance.
2. It is possible to be flat footed during 30-metersprint run.
3. Sit up is an abdominal endurance training exercise to strengthen abdominal muscles.

II. Much 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
	F. Doping

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?

CHAPTER 4

ATHLETICS

Introduction

Athletics are the oldest forms of organized sport developed out of the most basic human activities such as running, walking, jumping, and throwing. Athletics have become the most truly international sports, in which nearly every country in the world is engaged in some form of competition.

In chapter three you have been learned about Health and Physical fitness, ways of physical fitness development, cardio vascular endurance, muscular endurance, flexibility, speed and prevention of Doping.

In this chapter, you will learn about the history of athletics in Africa generally and specifically, and you will also have an awareness about running, throwing and jumping events.

Athletics is most organized sport game for all world population physical phytnes.

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

- Understand major events in the history of athletics in Africa
- Show the ability to change in speed of movement when running
- Demonstrate sequences of movements when throwing objects for distance from strides;
- Show rhythmic single leg hoping as a preliminary triple jump skill
- Cooperate with partners while performing skill practice in a group

4.1 History of Athletics in Africa

3.4 Flexibility

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

- will be able to:

- List major athletics historic events in Africa

Perform different stretching exercise properly

Start-up questions

1. When and where athletics events started in Africa?

What is flexibility exercise?

2. When was the first African Olympic game held?

Modern Olympics founder Pierre de Coubertin conceived the Pan African Games as early as 1920. Attempts were made to host the games in Algiers, Algeria in 1925 and Alexandria, Egypt in 1928.

The International Olympic Committee's (IOC) first African member, the Greece born Egyptian, sprinter Angelo Bolanaki donated funds to erect a stadium.

The Friendship Games in Africa

In the early 1960s, French-speaking countries of Africa including France organized the Friendship Games. The Games were organized by Madagascar (1960) and later by Ivory Coast (1961). The third friendship games were set by Senegal in 1963. Before they began the games, African Ministers of Youth and Sport met in Paris in 1962.

The first game

In July 1965, the first games were held in Brazzaville, Congo, now called the All-Africa Games. From 30 countries, around 2,500 athletes competed. Egypt topped the medal count in the first Games. In 1966, the SCSA was organized in Bamako, Mali.

The second edition was awarded to Mali in 1969, but a military coup forced the cancellation of the Games. Lagos, Nigeria stepped in as host for the Games in 1971. Those Games were finally held in 1973 due to the Biafra War, which had just ended in Nigeria.

In 1977, the 3rd Games were scheduled to take place in Algeria but due to technical reasons had to be postponed for a year and were held in 1978. Continuing the pattern, the next Games were scheduled to take place in Kenya in 1983, but were pushed back to 1985, and finally

taken place in Nairobi in 1987.The four-year Olympic rhythm has not missed a beat since the Games were organized in Cairo, Harare, Johannesburg, and Abuja.

In 2007, Algiers once again hosted becoming the first exactly be host twice. The 2011 edition of the All-Africa Games was held in Maputo, Mozambique in September 2011. Brazzaville hosted the 2015 edition in honor of the Games' 50th anniversary.

Activity: 1

1. Who conceived the idea of pan African games?

2. Write three African cities which staged the all-African games.

4.2 Running

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

- will be able to:
  - Run a specified distance with change of speed of run;
  - Perform different stretching exercise properly

Start-up questions

What is flexibility exercise?

3.4 Flexibility

running in athletics?

Running is foot racing over a variety of distances and courses and one of among the most popular sports in nearly all times and places. Modern competitive running ranges from sprints (dashes), with where emphasis on continuous high speeds, to grueling long-distance and marathon races which great endurance.

In long distance running a special form of sprint training is applied which running speed is gradually increased from jogging to striding and, finally, to sprinting at maximum pace. Each component is usually about 50m long acceleration sprints are a good form of anaerobic training**.**

Activity 1.1 Push up to the sprint (Acceleration run)

- At the beginning of your practical session do warming up well
- Stand behind the starting line
- Lay to the ground with chest hand at the push up position
- Finally, exercise acceleration run
- Do the exercise repeatedly as much as possible your teacher order

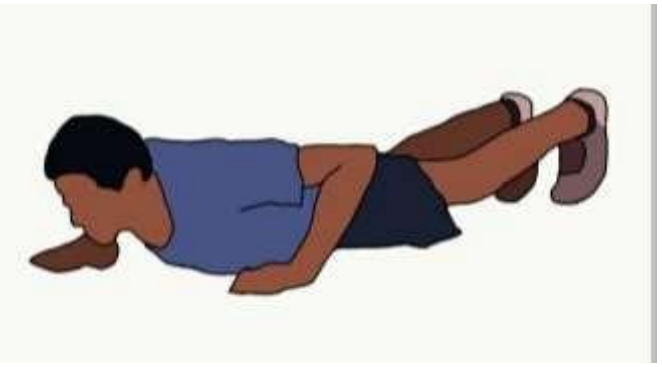


Fig. 4.2.1 Push up to the sprint (Acceleration run)

Activity 1. 2 Lateral push to sprint (Acceleration run)

Procedure to lateral pushes to sprint

- Stand laterally(at side position) behind the starting line but
- Lay to the ground with chest hand at the push up position
- Push and stand and change the direction lateral (Side)
- Finally, exercise acceleration run
- Do the exercise repeatedly as much as possible.

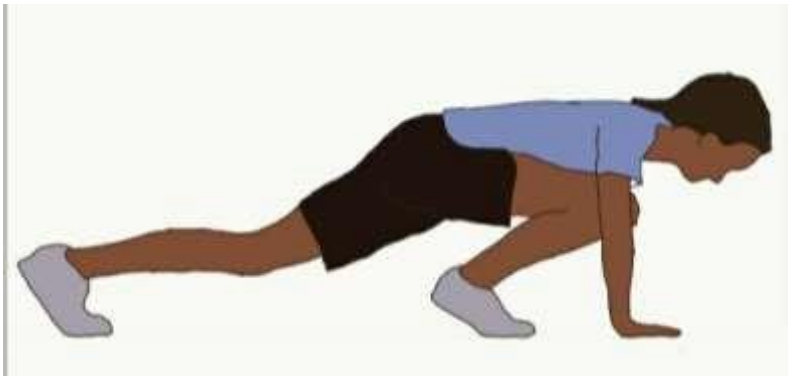


Fig. 4.2.2 Lateral push to sprint (Acceleration run)

Activity 4 Mountain climber to sprint **(Acceleration run)**

- Assume peaked push-up position with hands and toes on floor,
- Both about shoulder-wide apart and bottom up.
- Pull either leg toward chest and place same foot on floor below tor
- while other leg remains extended
- Finally, exercise acceleration run
- Do the exercise repeatedly as much as possible.

Activity 4.2.3 half kneeling start (Acceleration run)

- Kneeling down by one leg as crouching start
- Both hands about shoulder width
- Push and start the acceleration run forward



Figure 4.2.4 Half kneeling start

Activity 2 Distance running

1. What are the uses of distance running?

When you are regularly doing distance running, you can develop the following health benefits:

- Distance running strengthens your heart to be able to pump blood to your muscles much more effectively.
- It makes you develop more endurance
- Helps strengthen bones, ligaments and tendons many more

Procedure for Distance running

- Distance running cover 600-800 meters
- Warm up exercise
- Looks at the figure 4.2.5 given below to learn about running style
- Try to cover the given distance with slow pace
- Follow other instruction comes from your teachers
- Cool down



Figure 4.2.5 Way of distance running

4.3 Throwing

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

- Throw for distance by initiating and without breaking force generated from strides

Start-up questions
What is distance throwing?
What is flexibility exercise?

Throwing sports, or throwing games, are physical human competitions, where the outcome is measured by a player's ability to throw an object.

The four most prominent distance throwing sports, which are taken place in field truck, are **Shot put, Discus**, **Javelin** and the **Hammer throw.**

Throwing sport game is the most important type of skills like discus throw, shot put throw hammer throw and Javelin throw.

Shot put: An athletic event in which contestants throw or put a heavy metal ball or shot as far as possible**.** The men's shot weighs 7.26 kg and is 110–130 mm in diameter. Women put a 4-kg shot that is 95–110 mm in diameter.

Discus throw: sport in athletics in which a disk-shaped object, known as a discus, is thrown for distance. Modern male athletes throw a 2-kg plate like implement from a 2.5-metre circle the women's discus weighs 1 kg**.**

Javelin throw: Javelin throwing in athletics sport of throwing a spear for distance, included in the ancient Greek Olympic Games as one of five events. The men's javelin weighs about 800 grams and must be at least 260 cm long. The women throw a javelin that must weigh at least 600 grams and should be at least 220 cm long.

Hammer throw: Sport in athletics in which a hammer is throwing for distance, using two hands within a throwing circle. The men's hammer weighs 7.26 kg and measures 121.3 cm in length, and the women's hammer weighs 4 kg and 119.4 cm in length.

The following activities help you how you try to throw javelin in distance.

Activity 1 Javelin throw

The javelin throw is an activity which the students always love doing.

Procedure for throwing

1. Grip the javelin by placing the javelin on the palm of your hand with the point aiming away from your body. If you straighten your arm the javelin should point towards you.

2. Hold the javelin in the middle.

3. Stand on side position and aim with your free arm into the direction you want the javelin to go.

4. Extend your arm and put your weight on your back foot.

- Transfer the weight to your front foot and release always keeping the javelin aimed forwards,

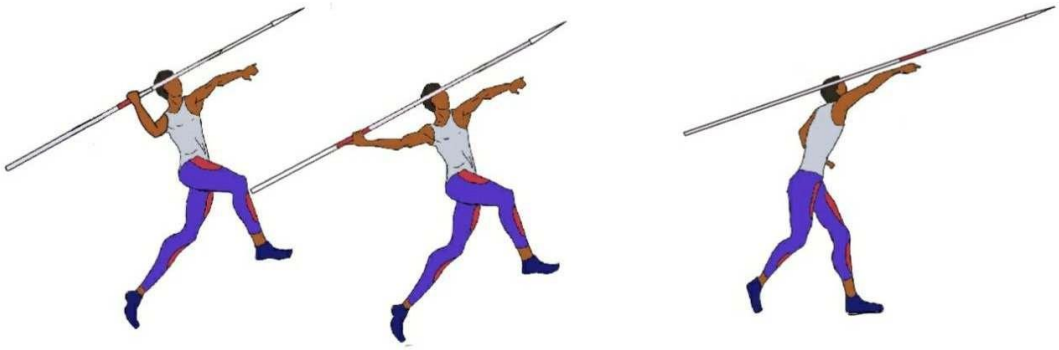


Fig. 4.2.6 Javelin throw

4.4 Jumping

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

- ✓ Jump for height over obstacle by coordinating sense of vision and body movement
- ✓ Hop for height and distance with alternate leg action
- ✓ Perform different stretching exercise properly

Start-up questions

Jumping is very important and a great way to increase muscle control and coordination. Men and women compete in four jumping events: the High jump, Long jump, Triple jump, and Pole vault.

Jumping sport game is skillful game, like long jump high jump, triple jump pole vault jump are the important ones.

High jump: sport in athletics in which the athlete takes a running jump to attain height. The sport's venue (the place where the sport competition taken place) includes a level, semicircular runway allowing an approach run of at least 15 meters from any angle within its 180° arc. Two rigid vertical uprights support a light horizontal crossbar in such a manner that it will fall if touched by a contestant trying to jump over it.

Long jump: long jump, also called broad jump, is a sport in athletics that inquires a horizontal jump for distance. The standard venue for the long jump includes a runway at least 40 meters in length with no outer limit, a takeoff board planted level with the surface at least 1 meter from the end of the runway, and a sand-filled landing area at least 2.75 meters

Triple jump: event in athletics (track and field) in which an athlete makes a horizontal jump for distance incorporating three distinct, continuous movements a hop, in which the athlete takes off and lands on the same foot; a step, landing on the other foot; and a jump, landing

in any manner, usually with both feet together**.** If a jumper touches

ground with a wrong leg, the jump is disqualified. Other rules are similar to those of the long jump.

Activity 1 Jumping height over obstacles

Procedure

- Form a group about 5-8 students,
- warming up 5 to 10 minutes,
- Stand straight in rows,
- Focus your eyes forwards and up wards throughout the jump,
- Squat low with knee bent and arms behind body,
- Drive arms forward then up,
- Legs extend in air,
- Jump over the rope which is tied between the cones,
- Lands on balls of the feet with knee bent to absorb the landing,
- Controls the landing with no more than one step in any direction,
- Repeat the exercise as much as possible,
- Cool-down for 5 to 10 minutes.

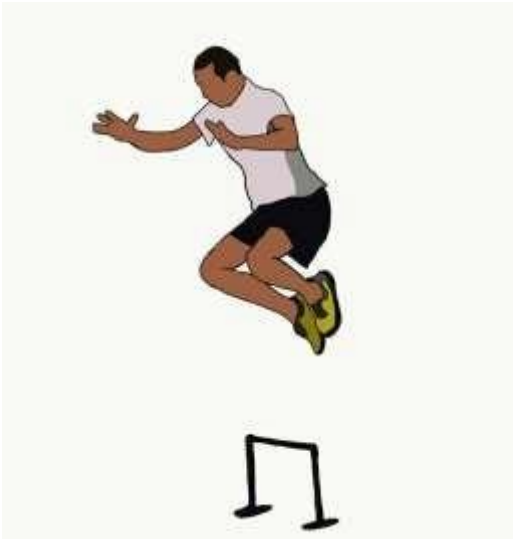


Fig. 4.4.1 Jumping height over obstakle

Activity 2 Alternate leg jump(Jump rope by alternate leg)

Procedure for Jump rope by alternate leg

- Do the warming up Proper for 5 to 10 minutes,
- Support leg bends on landing, then straightens to push off,
- Land and pushes off on the ball of the foot,
- Non-support leg bent and swings in rhythm with the support leg,
- Head stable, eyes focused forward throughout the jump,
- Arms bent and swing forward as support leg push off,
- Let students Cool-down 5 to 10 minutes.



Fig. 4.4.2 Jump rope by alternate leg

Chapter Summery

Athletics contains running, jumping and throwing which are natural human behaviors that represent the basic skills that they have as creatures within a mind. These skills to be developed and improved subsequently contested sporting events.

Different athletics events were held in Africa. The major events are the first game, foundation of Modern African Olympics games and different friendship games are the accomplished major events.

South Africa formed a national federation in 1894 and it was a sprinter from that country, Reggie Walker, who became the first African to win an Olympic gold medal when he took the 100m title in 1908.

A pivotal point was the famous barefoot marathon victory by Ethiopia's Abebe Bikila at the 1960 Olympic Games in Rome. Striding through the night sky to equalize the world best time, Abebe retain could his title in Tokyo four years later with another world record.

Kenya made its mark at the 1968 Olympics in Mexico City by Kip Keino who could capture the hearts of athletics who were aficionados by his courageous front running to win the 1500m.

Africa's women, despite often facing social and cultural barriers, they were able to quickly develop acceleration running, a special form of sprint training in which running speed is gradually increased from jogging to striding and, finally, to sprinting at maximum pace. Each component is usually about at 50 m long. Acceleration sprints are a good form of anaerobic training.

component is usually about at 50 m[illegible]ion sprints are a good form of anaer[illegible]

I.Read the following questions carefully and write 'True' if the statement is correct or 'False' if the statement is incorrect.

1. Africans do have our own games called all African games
2. Triple jump is similar with long jump.

II.Choose the correct answer from the given alternatives for the following questions

3. What was the roll of France in the early 1960th in Africa?

a) Form the African Ministers of youth and sport

b) Organized the all-African games

C) Organized the friend ship games

d) All can be answers

4. Which one the following throwing event need spear?

a) shot put b) Javelin c) Hammer d) discuss

Write short answer for the following question

5. Write the benefit of distance running

CHAPTER 5

GYMNASTICS

Gymnastics is now an extremity popular sport all over the world, and it is only growing in popularity. Countries have youth program that get youth involved at a young age everywhere. Most students in the school can perform a verity of every day motor skills and many specific sport skills, like catch, hit, jump, acrobatics and other activities are the major gymnastics activities performed by students.

You have learned different gymnastics activities in your lower grades. In this chapter, you will learn about Basic rules of gymnastics, advanced floor gymnastics and apparatus gymnastics.

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

- Understand the basic rule of gymnastics
- Perform advanced floor gymnastics
- Perform some types of apparatus gymnastics
- Value benefits of gymnastics activities

5.1 Basic rules of gymnastic

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

- Understand the basic rules of gymnastics
- Understand the benefits of gymnastics

Gymnastics is a sport where physical agility, coordination, athleticism and determination are displayed. It is a sport in which at athletes carry out tricks and flips at different events in various disciplines.

Start-up question

1. Why is gymnastics rule required?
2. What are the basic rules of gymnastics?

The basic rules of gymnastic are important as a general rule. Major gymnastics rules are:

1. Have fun

Gymnastics is an extremity enjoyable sport that also requires a strong physical demand. Having fun will lead to be more confident which is important to perform better. Having a positive mind set has a great benefit, whereas, having a bad attitude in the gym negatively affects a performance.

2. Understand the scoring rule

Fraction of a point is deducted because of errors, such as falling. To minimize different fouls and fails understanding scoring rules is important.

3. Appropriate sport wearing

Don’t wear too loss or too tight clothes.

4. **Spotting rules**
    - Spotter is not permitted during training, but during competition spotting rules are a bit stricter.
5. Respect Teammates and opponents

   Everyone needs to win, but you have to be supportive of the other people against you.
6. No jewelry

Wearing jewelry is not allowed both in competition and practice.

7. Be confident

   Gymnastics is a sport where a lot of tricks and dangers are performed. As you progress and increase your degree of difficulty for tricks it is a bit frightening to try new things. Therefore, positive minds set and understand coaches and teachers. Confidence is important in learning new skills and it helps you complete performance effectively.
8. Avoid Deductions

   There are a number of things you don't want to do when you are executing tricks. Some examples of deductions are: -
    - Taking steps after landing dismount
    - Swinging arms after landing leads to Loss of balance
    - Incomplete splits
9. Stay in bounds When you are on the floor

   When you perform floor routines, stay within the lines.

10. Respect the judges

During competition and training, it is important to respecting coaches, teachers and judges.

Generally, in order to participate in gymnastics, it is important to understand the rules of sport. In addition to the above rules, understanding the apparatuses, scoring, event format and fouls and penalties is important.

Activity 2

1. List 5 rules that you must not commit during gymnastics training and competitions.
2. Why is confidence important in gymnastics?

5.2 Advanced floor Gymnastics

Learning Competencies:- At the end of this section, learners will able to:

- Describe techniques of diving
- Perform forward diving roll properly
- Describe the techniques of hand stand and roll properly
- Perform different stretching exercise properly

3.4 Flexibility

Start-up questions

What is flexibility of the body?

1. What types of flexibility exercise do you remember from grade seven health and physical education classes?

In your grade seven gymnastic lesson you have been learnt some parts of floor exercises such as head stand and roll as well as head spring. In gymnastics, the floor is a specially prepared exercise surface, which is considered as an apparatus. It is used by both male and female gymnasts. The event in gymnastics performed on floor is called floor exercise. In this section you will learn about;

- Diving roll
- Hand stand and roll
- Hand spring

5.2.1 Diving roll

A dive roll (or forward roll) is an acrobatic stunt that begins with a horizontal forward diving motion and results in a somersault. Before you are going to perform dive roll warm your body and stretch your body very well.

Follow the instructions of your health and physical education teacher

Steps to do Diving roll

- Place your hands flat on the floor
- Tuck your head and lean forward and align the back of your head with your hands.
- Push forward with your legs until you begin to roll,
- Then, tuck your body and keep your back rounded.
- Complete the technique on your rear end or roll up onto your feet.



Figure 5.2.1 Dive-roll

NB.As you learnt before in different class level don't forget the safety measures when performing any exercise; specially in gymnastics drill need it more safety measures that help you to prevent from injuries;

5.2.2 Hand stand and roll

Hand stand and roll is a combination of hand stand and roll gymnastic so a handstand is the act of supporting the body in a stable, and inverted vertical position by balancing on the hands.

To apply hand stand and roll gymnastics you need to have strong arms and shoulders to hold your body up in a handstand. You also use the muscles in your shoulders to help you keep your balance

In handstand and roll gymnastics;

- The body is held straight with arms and legs are fully extended, with
- Hands spaced approximately shoulder-width apart and the legs together,
- Roll onto your shoulders and upper back by avoiding contact with the top of the head.

Safety measures

- Practice on an incline mat or grassy hill for gravity assist
- protect your neck and back, and make "falling" much more comfortable.



Figure 5.2. Hand stand and roll

5.2.3 Hand spring

Hand spring is an acrobatic feat in which the body turns forward or backward in a full circle from a standing position and lands first on the hands and then on the feet.

The front handspring only takes a few seconds to execute, but it requires many hours of practice to get it right.

Before you try a front handspring, you should be comfortable doing a handstand and front walkover, and it is required that you have a strong upper body. You should have some experience in gymnastics and a soft surface, like a mattress, trampoline, or a gym mat for practice.

Steps to perform hand spring

- Run and hop
- Plant your hands on the ground and kick your legs up.
- Close your legs and keep your body straight.
- Push yourself forward and land on your feet.

Safety measures for front hand spring

- Place Safety Mats
- Head should not be brought forward too early in preparation for landing
- Head should remain up until the last possible moment before landing.
- Practice from simple to complex
- never perform a front handspring on rocky and uncomfortable area.



Figure 5.2.4 Hand spring

5.3 Apparatus gymnastics

Learning competencies:- At the end of this section you will be able to:

- Identify grasping techniques parallel bar
- Perform swinging in parallel bar
- Understand the benefits of gymnastics

Start-up questions

What is flexibility exercise? What are the physical demands of gymnastics?

Each gymnastics apparatus effectively serves as a medium on which gymnasts demonstrate their strength and agility. The term apparatus is describes by the events themselves. The term apparatus, therefore, has two meanings in gymnastics: it refers to the individual events and the equipment that makes these events possible.

The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.

Out of all the different disciplines, competitive artistic gymnastics are the most well- known, but the other forms of gymnastics, including rhythmic gymnastics and aerobic gymnastics have also gained widespread popularity.

The most popular and widely-practiced form, artistic gymnastics is divided into women's and men's gymnastics. Women compete on four events: vault, uneven bars, balance beam and floor exercise, while men compete on six events: floor exercise, pommel horse, still rings, vault, parallel bars, and high bar. The sport consists mainly of the use of various gymnastic apparatus, as well as the use of the floor for different exercises.

5.3.1 Grasping techniques of parallel bar

Procedure to grasp the parallel bar

- Do appropriate warming up 5 to 10 minutes,
- Before starting practicing, check the place and equipment you are doing on,
- Start at one of the parallel bars,
- Grasping each bar with a neutral grip, while hanging from the bar,
- Lift both legs off the ground until you are in an L-sit position,
- Keeping that position,
- Lift one hand off the bar,
- Moving it forward and,
- Grasping the bar again followed quickly by the other hand on the parallel bar,
- Dismount by the edge of parallel bar,
- Stop performing when you are tired,
- Do proper Cooling down for 5 to 10 minutes

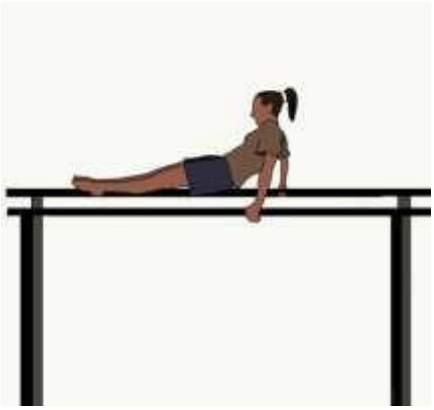


Fig. 5.2 Swing by two hands on parallel bar procedure

- Do appropriate warming up for 5 to 10 minutes
- Before starting practicing, check the place and equipment you are doing on
- Start in support on parallel bars
- Begin with low swings under the bars and
- Increase the height of their swing gradually
- The front swing should be slightly arched until the bottom of the swing
- The backs swing should be performed with a straight body
- Your body become slightly arched
- Dismount by the edge of parallel bar
- Do proper cooling down for 5 to 10 minutes



Figure 5.4.2 Grasp the parallel bar

Write True for the correct statement and False for the incorrect given below.

1. It is possible to wear any clothes during gymnastic competitions.
2. Apparatus gymnastics describes individual events and the equipment.
3. Gymnastics is an extremity stressful sport.

Give short answers for the following questions

1. What is floor gymnastic?
2. What are the two main categories of artistic gymnastics?

CHAPTER 6

FUNDAMENTAL SKILLS OF CONTROLLING, SHOOTING AND SERVING

Introduction

Most ball games require the knowledge and talent to perform quickly and properly. The sport of basketball, Football, volleyball and handball require basic skills. While some players might be more experienced with some skills than others, it is best to have at least some ability in different areas depending on the nature of the sport. Controlling, shooting, serving and other skills are basic skills in different ball games.

In this chapter you will learn Fundamental skills of controlling and shooting and serve as the chapter topic and controlling the ball using inside of the foot, controlling the ball using outside of the foot, small sided game using foot control, jump shoot in basketball**,** mini game using jump shoot**,** dive shoot in handball, over arm serve, small sided game using over arm serve in volley ball and recreational games.

Learning Outcomes:



- positive interpersonal relationships

6.1 Controlling the ball using inside of the foot

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

- Demonstrate ways to controlling, shoot, and serve balls with increasing accuracy
- Perform and refine more challenging ways to control, shoot, and serve balls with control

Start-up Questions

How to control ball with the inside of the Foot?

You had some skills and practices in your previous grade level, such as shooting. In this topic, you will practice how to control the ball using inside of the foot.

Getting and keeping the ball under control is an important skill of a football player has to learn. This is an essential skill that a coach should teach players of all positions is to develop the ability to handle the ball of all position with a constructive first touch to promptly decide on the following move (dribble, pass or shoot) without giving the opponent the chance to gain possession.

The game of soccer is all about controlling the ball and scoring a goal. Players must know the basic ball control techniques to maintain possession. The inside of the foot control is one of the simplest and most effective ways to control a ground ball.

Activity 1 controlling the ball using inside of the foot

Use the following steps to control the ball using in side of the foot

- Look at the ball,
- Raised your ankle slightly off the ground this will protect the ball,
- In side foot squire on to the ball,
- Receive and control with one touch.



Fig. 6.1 controlling the ball using inside of the foot

6.2 Controlling the ball using outside of the foot

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

- Demonstrate ways to controlling balls with increasing accuracy
- Perform and refine more challenging ways to control balls with control

Start-up questions

How do you control ball with the outside of your Foot?

Controlling the ball with the outside of the foot is an important method in controlling the ball and should be taught at an early age. Since the ball can be touched outside of the player's body easily, it's an important control method which helps players set up the ball for a quick shot or pass. Learn how to control a football ball before focusing on dribbling and receiving the ball. Mastering ball control makes a player better in football.

This technique is useful when the ball is coming in from the side. Rather than turning your body into its path, you can control it using the outside of the foot. Simply reach forward into the ball's path and intercept it with the outside of your instep. This method settles the ball nicely because the outside of your foot provides a lot of contact surface.

Activity 2 controlling the ball using outside of the foot

Procedure for controlling the ball using outside of the foot

- Do the Warm up with ball for 5 to 10 minutes
- Use the outside touch to accelerate past defenders, turn, and cut to the side.
- This touch is quick and choppy like the lace touch.

- To perform an outside touch, move your leg inward slightly, lock your ankle, and then touch the ball with the middle of the outside of your foot.
- Do proper Cooling down activity 5 to 10 minutes



Fig. 6.2. 1 Ball control with outside foot

6.3 Small sided game using foot control

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

- Show ball game skills to create competitive modified games that involve every one

Start-up question

What does it mean by small sided games?

Small sided games: -Small sided games are any game played with less than eleven-a-side teams.

Activity 3 Add one small Side game

In this activity you are going to practice a small sided game called possession that may help you to develop your controlling as well as passing skills.

Set up

- Outer field size: 30 x 30 meters
- Inner field size: 15 x 15 meters
- Two teams of four players
- No goals

Rules

- One team act as the passing team.
- The other team acts as the defending team.
- The passing team spread out into the 15 x 15-meter area and begins the game by playing $4v_s1$.
- After 30 seconds, an extra defender is added to make the game 4v2, then another for 4v3, and then 4v4.
- The game is played for 2 minutes.
- The passing team must count the number of successful passes that they make.

- The teams rotate roles for the next game and the new passing team tries to beat the number of passes made by their opponents.

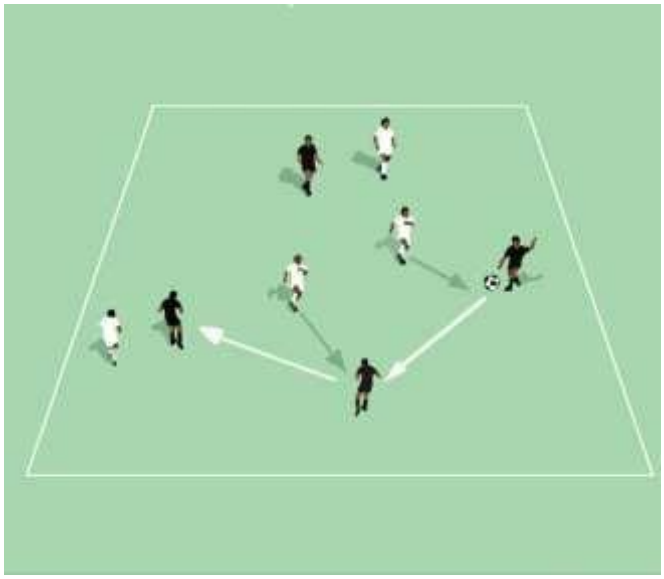


Fig 6.3.1 Small sided game in football

6.4 Jumps shoot in basketball

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

- Demonstrate ways to jump shoot ball with increasing accuracy
- Perform and refine more challenging ways to jump shoot balls with control

Start-up questions

What are the unique features of jump shoot?

Shooting is a science, as well as an art. The jump shot is one of a basketball players most useful and necessary skills. Being able to shoot a proper jump shot differentiates the great players from the average players. Learning how to properly shoot a Jump shot is key to any aspiring basketball player and like all of the fundamentals, improving your jump shot is a matter of starting with the basics, properly practicing the technique, and then moving on to more advanced techniques. The greatest basketball players to ever play the game started just where you are now and worked hard to master this skill.

Activity 1 Jumps shoot

- Do appropriate warming up and stretching 5 to 10 minutes
- Start with your knees bent and the ball in front of your forehead, and point at the basket with your feet and elbows.
- If you are right-handed, have your right hand under the ball and your left hand on the side of the ball. If left-handed, do the opposite.
- Jump straight up. Don’t go forward or backward.
- At the top of your jump, snap your wrist and extend your arm. This will send the ball upward to the basket. The higher the shot the better.

- Finish your follow-through on your shot and land in the same spot. Be ready for the next play.
- At end of your practice do proper cooling down for 5 to 10 minutes

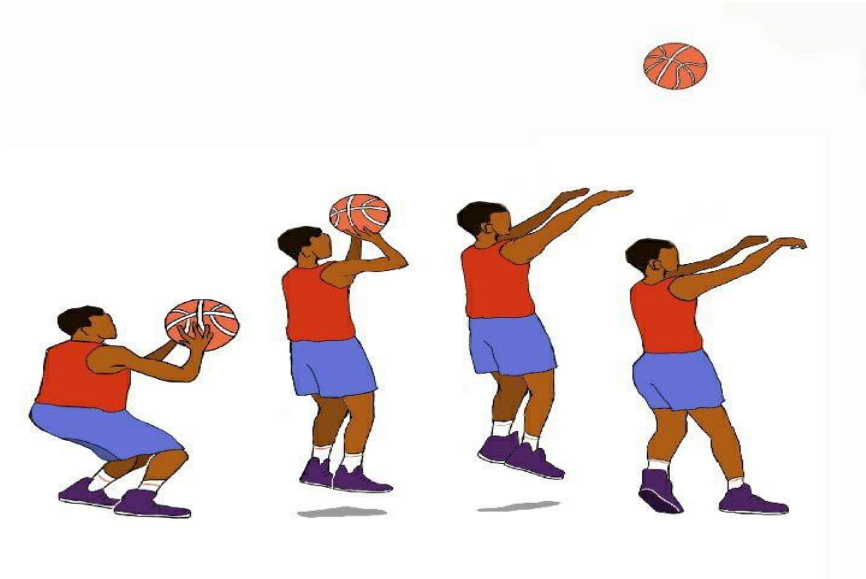


Fig 6.4.1 Jump shoot in Basket ball

6.4.1 Mini game using jump shoot

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

- Show ball game skills to create competitive and cooperative modified games that involve everyone.
- Identify and display respectful communication skills appropriate to various games and that reflect feelings, ideas and experiences

Start-up questions

Have you ever played basketball game? What type of shoot have you used?

This following activity mainly helps you to develop your communication skill and how you take responsibilities of throwing basketball drill as well as it helps to improve your shooting skill.

Drill 1 **Mini game using jump shoot**

This activity mainly helps you to develop your communication skill and how you take responsibilities of throwing basketball drill as well as it helps to improve your shooting skill.

Drill Instructions

- 1is the offensive player and starts in the corner.
- X1 is the defensive player and is in proper help side position.
- X2 is in proper help side position.
- cuts and fills to the wing to receive a pass.
- X1 moves into proper defensive position and closes out on the catch.
- X2 repositions to proper help side position based on the pass.
- can shoot off the catch or dribble drive attack.



Figure 6.5.1 Mini game using jump shoot

6.5 Dive shoots in handball

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

- Demonstrate ways to dive shoot ball with increasing accuracy
- Perform and refine more challenging ways to dive shoot balls with control

will be able to:

- Perform different stretching exercise properly

Start-up questions

- What is flexibility exercise?
- Do you practice dive shoot in hand ball?

Handball is a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team. Handball is one of the popular team games in the world. One of the reasons for popularity is its inexpensive in nature. The game is also played by both sexes. The main objective of the game is to score a goal by moving the ball toward the opponent's goal.

Dive shot is a way of putting the shot, in order to score a goal by jumping above the floor towards the goal. It is done without touching the d-line (6-meter line). Shooting gives you the chance to score.

Procedure to dive shoot in handball

- Do appropriate warming up and stretching for 5 to 10 minutes
- Make a movement forward with your trunk bent forward.
- Take off with one or two feet. Bend forward with ankle, knee and hip, trunk bent forward, eyes to the goal.
- After the shot both arms touch the floor because after the shot the landing takes place directly.
- There must be a fast bending of the arm to cushion the fall, the trunk is brought forward and the head is in the neck.
- Both legs are bent almost 90 degrees, feet upward. Slide forward on the floor when the chest touches the floor. Head in the neck.

- Chest, belly and upper leg slide on the floor, while the arms push the body along the floor.
- The body slides forward, while elbows and wrists are completely bent.
- Landing on the knees
- Do proper Cooling down for 5 to 10 minutes



Figure 6.5.1 Dive shoot

6.6 Over Arm Service

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

- Identify and then take responsibility for various roles while participating in games;
- Identify leadership and followership skills used while participating in games

will be able to:

Start-up questions

What is flexibility exercise?

Describe the names of services in volley ball?

When you were in the previous classes you learned about some techniques of volley ball, such as volley pass, dig pass, under arm service, side arm service and other related skills.

In this section you will continue learning other skill called over arm service and other exercises that support you.

Activity 1 over arm service

A serve is in which the player tosses the ball with one hand and strikes it in the air above their head with the other hand**.**

Procedures to perform over arm service

To learn this skill, it needs an activity such as, warm your body using general and specific warming up, practice without ball and etc. There are some steps to do over arm service read from your text book and listen your teachers order and advice well.

- Stand with your feet about shoulder-width apart. Place the foot opposite of your hitting hand in front of the other foot.
- Hold the ball in front of you.
- Swing your serving arm back next to your head.
- Toss the ball into the air**.**
- Aim for your service with your body.
- Hit the ball with the heel of your dominant hand
- After striking the ball, use your momentum to run to your defensive position.

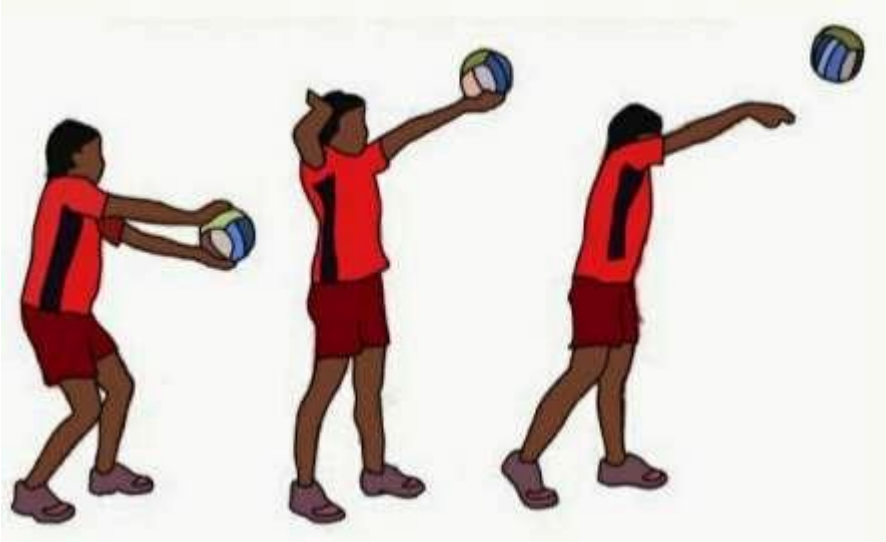


Figure 6.6.1 over arm service

6.7. Small sided game using over arm serve

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

- Identify and display respectful communication skills appropriate to various games and that reflect feelings, ideas and experiences.
- Identify and then take responsibility for various roles while participating in games.

3.4 Flexibility

Perform different stretching exercise properly will be able to:

Start-up questions

are the benefits of small sided game using over arm service?

What is flexibility exercise?

You were practiced an over arm service in your previous classes. In this section you will learn about small sided game using over arm service that may strengthen your over arm service skill as well it

develops your communication skills by taking responsibility and participating and enjoyment through minor games.

Activity 1 Volleyball Serving Relay

Setup

- 2 even groups behind serving line on same side of net
- One volleyball per team

Instructions

- The first player from each team serves the ball
- The server must go and retrieve their serve
- If they missed their serve, they must serve again until a serve is made
- If they make their serve, they will retrieve the ball and give it to the next person in line
- Continue until everyone on the team has served successfully
- First team to finish is the winning team

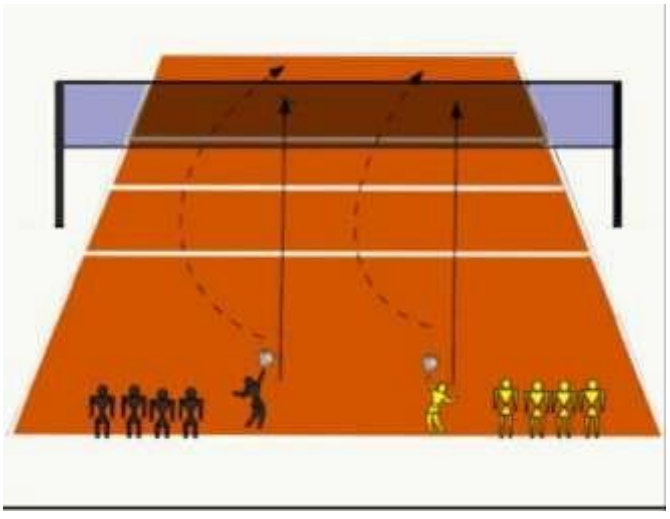


Fig 6.7.1 Volleyball Serving Relay

NB: -practice the drill repeatedly as much as possible that helps you to naturalize the skill of over arm service; basically, listen and follow your teacher's guidance and advice.

6.8 Recreational games

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

- Identify and display respectful communication skills appropriate to various games and that reflect feelings, ideas and experiences
- Identify and then take responsibility for various roles while participating in games;
- Show positive behaviors that display respect for self and others

Start-up questions

What are the uses of recreational games?

Recreational games are group activities that a group performs for fun. These kinds of activities do not have a general purpose beyond participating in the structure of the game. These kinds of games do not have a practical intention beyond enjoyment.

Recreation is necessary for the general health of the human body, especially after work or strenuous activity.

Recreational games can also play an educational role by helping mental and physical stimulation, and contribute to the development of practical and psychological skills.

This type of games deal with has fun and a good time. Many have the advantage that they can be modified according to the conditions.

Procedure for recreational game

- Do Proper warming up and stretching for 5 to 10 minutes,
- Demonstrate correct technique and let them have imitated it,
- Make circle,
- Hold hands together,
- Say what your leader says and do what your leader says,
- Jump left, jump in, jump right and jump out,
- Say what your leader says and do the opposite of your leader says,
- Jump left, jump in, jump right and jump out,
- Say the opposite of your leader says and do the same with your leader.

Chapter Summary

Ball controlling is an offensive strategy in which a team tries to keep position of the ball for extended period of time. The game of football is all about controlling the ball and scoring a goal. Small sided games are any games played with less number of participants from the common number of players.

Jump shoot is one of the common shooting styles of Basketball. Dive shoot in Hand ball integrating jumping with diving. Over arm service is a serve by tossing the ball and strikes in the air above the head. Recreational games are usually practiced during our rest time.

CHAPTER REVIEW QUESTIONS

I. Read the following questions carefully and write 'True 'if the statement is correct and write 'False' if the statement incorrect

2 Recreational activity does not have a general purpose beyond participating

3 Dive shoot is one of the best shoots in Basketball.

II. Read the following questions carefully and choose the correct answer among the given alternatives.

1. How many players are allowed to hand ball game in each team?

A. Eleven B. Seven C. Six D. Five

2. Which one the following is the benefit of small sided games?

A. Developing communication skills B. Taking responsibility

C. Participating for enjoyment D. all can answers

III. Match the following skills under column B with the appropriate ball games.

A	B
1. Basketball	A. Over arm service
2. Football	B. Jump Shoot
3. Hand ball	C. Controlling the ball with inside of the foot
4. Volleyball	D. Dive shoot

IV. Give short answer for the following questions

1. List the types of ball controlling in foot ball
2. What are the fundamental techniques of basketball games?

CHAPTER 7

CULTURAL GAMES OF ETHIOPIA AND THE WORLD

Introduction

Cultural and indigenous games must be protected since they can be the root cause the emergence of new and modern where bindingly known sport activities.

In the present-day, cultural games could be a way to debate and establish a comparison of knowledge carriers to communicate methodologies of good practices.

Different cultural approaches defined traditional or cultural games as an expression of a country's cultural background, beliefs and passions as well as reflect the society's living styles.

Chapter seven mainly focused on discussing cultural games of Ethiopia and the world in theory and you will perform some selected Ethiopian and worldwide cultural games.

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

- Explore some of the major cultural games of Ethiopia and the glob
- Appreciate the contribution of cultural games for healthy life
- Perform cultural games of Ethiopia and the glob for physical development

7.1. Cultural games of Ethiopia

Learning Competencies: At the end of this topic, students will able to:

- Describe a minimum of six cultural game of Ethiopia
- Enjoy with national cultural games of Ethiopia
- Perform different stretching exercise properly

Learning competencies: At the end of this topic students will be able to:

Start-up questions

What is flexibility exercise?

1. What does it meant by cultural games?

There is a deep relationship that links the traditional games and cultures in our country Ethiopia. The importance of the relationship between the integration of cultural inputs and motor actions is a necessary function not only for good academic performance but also for a proper development of the organizational thinking. In this topic you will learn about some selected Ethiopian cultural games.

Cultural games are defined as an activity that has characteristics such as satire, intelligence, mobility which are found in the folk culture and played collectively in the times when the feature is limited and the possibility of entertainment is limited. Cultural games aim to bridge

gaming and culture with persuasive impact games. Ethiopia is a country known for her history and culture dating back thousands of years, and yet to have its past fully documented to be understood and known.

Sporting events and games are an integral part of society and by accept them one will be able to build an important link to the past.

At the moment, there are over 293 registered traditional and cultural sports and games in Ethiopia.

The earliest evidence of one of these games was found in Yeha (modern day Ethiopia) and Matara (modern day Eritrea).

It is dated between the 6th and 7th century AD during the time of the powerful Aksumite Kingdom and was found in the form of pieces of a pottery board with several rock cuts.

More recently, Ethiopian Emperors Tewodros, Yohannes IV and Menelik II were documented that has a capacity of leading to have organized and led traditional and cultural sporting events, lavishly awarding the winners.

The following are some of the many traditional and cultural sports and games that exist in Ethiopia across all its ethnicities and regions:

-Genna - Gebeta -Lamlameta - Bube -Shah
-Tigel -Ferese Gugse -Ferese Sherte - Korbo and others

Activity 7.1

1. Write the Ethiopian cultural games which only need the mental activity?
2. Mention at least three Ethiopian traditional games?

7.2 Some national cultural games of Ethiopia

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

- Enjoy with national cultural games of Ethiopia
- Perform three cultural games of Ethiopia

3.4 Flexibility

will be able to:

- Perform different stretching exercise properly

Start-up questions

What is flexibility exercise?

Have you ever seen 'tig l' competition in Addis Ababa? What about in other areas of Ethiopia?

Tigel (ትግል)

Ethiopian Tigel (Ethiopian wrestling) is use the strength of their physical power to be influential in wrestling among the society. This is the traditional indigenous form of wrestling in Ethiopia.

With regard to style, waists-to waist styles including in-and-outward surge are allowed, with all other styles clearly labeled harmful. The three major tigel style are;

1. Holing the waist by one hand (በአንድ እጅ ብቻ ወገብ መያዝ)
2. In and outward surge (በአንድ እጅ ሁለት እግሮች ውስጥ አንስቶ መጣል)
3. waists-to waist styles (በሁለት እጅ ወገብን ሰብቆ መጣል)

Rule of Tigel

According to these rules Tigil(ትግል) takes place on a 5 x 5-meter mat or ground, where the wrestlers fight on a 4.50 x 4.50-meter area.

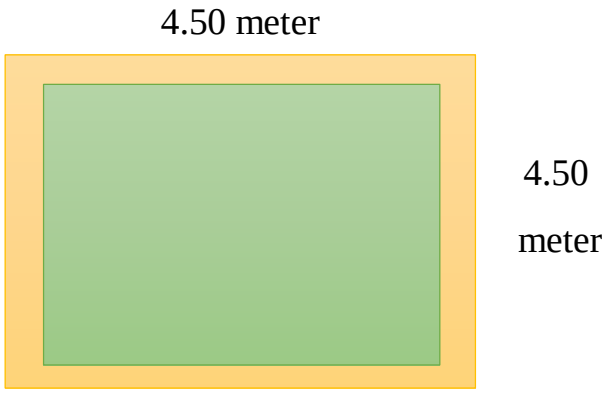


Figure 7.2.1 Tigel Competition area

- In tigel (ትግል) a competitor scores a point when both parties' physical bodies are within the limits of the mat and when the opponent's back, seat and side touch the floor.
- 2 points are given when the opponent's fails back and 1 point when the opponent's seat and side touch the floor.
- For timekeeping a stopwatch and a horn or whistle are required.
- A match has duration of 9 minutes for men, which is split into 3 rounds of 3 minutes with one minute break in between and 6 minutes for women which split in to 3 rounds of 2 minutes with

1minute break. By rule the athletes have to appear at the venue 30 minutes before the match in order to register.

- Wearing appropriate wrestling dress (shorts, or shorts and shirt), they have to appear in their team uniform.
- A team is led by its team leader and accompanied by a coach, who is responsible for registering the athletes.
- Four officials are in charge: a central referee, a scorekeeper, a timekeeper, and a health professional.
- In addition to illegal movements and grabs, insulting the opponent or the officials is absolutely forbidden as well as inappropriate acts like spitting on the mat.



Figure 7.2.2 Tigel

Activity 1

1. How long is a tigel match for men and women?
2. Why Ethiopian participate in tigel cultural game?

Lamlameta

Lamlameta is a traditional mancala game played by the Konso people living in the Olanta area of central Ethiopia.

It was first described in 1971by British academic Richard Pankhurst. It is usually played by men. The name " Lamlameta " means "in couples".

Rules

- The game is a close relative of the Gebeta and Mancala board games.
- The board used is called a "Toma tagega" and is made up of two rows of twelve pits or "awa" each.
- The game begins with 2 seeds (tagega) being put into each pit.
- A player will take all the seeds from one of his pits and relay sow them in a counter clockwise way, with the first move usually being to transfer from one of the 2 right most pits.
- One exception is associated only with the opening move: all succeeding sowings of any opponents' pit holdings with exactly 2 seeds being skipped.
- A players turn ends when the last seed of a sowing is placed in an empty pit. If the pit is in their row, and the opposite pit which is in the opponent's row contains exactly 2 seeds, then a capture has occurred.

- With this, all the opponents' seeds in any pit with 2 seeds are removed from the board game.
- It is game over when one of the players has no more seeds left, in which case, the opponent captures all the seeds that are on the board. The winner owns the most seeds.



Figure 7.2 'Lamlameta' Konso's people cultural game.

Activity

1. How many pits have the Lamlameta board in one row?

7.3 Practice some of Cultural games of the Glob

Learning competencies: - At the end this topic, students willable to:

- Describe a minimum of one global cultural game
- Enjoy with some global or global cultural games.
- Perform a minimum of one cultural game of the globe

3.4 Flexibility

Perform different stretching exercise properly

will be able to:

Start-up questions

What is flexibility exercise?

Do you know names of some cultural games in other countries?

Cultural sports emerged from the day-to-day survival activities of ancient man that resorted to natural weapons in a bid to secure well beginnings. Gradually, such sports turned in to social games and activities of human beings. They constitute of traditions, values and heritages of a given society that gradually get advances with the overall development of the society.

Cultural games create;

- Physical, spiritual, mental and psychological satisfactions.
- Initiating competitions between or among families' neighbors, villages and communities.
- Strong sentiment of friendship at a national, continental and international level through building strong ties, a sense of competition and games.

Among thousands of cultural games around the globe, major cultural games from different countries listed as the following.

A. Sur Papaq

The game was originated in the 12th century and is one of the oldest games in Azerbaijan. Originally played on horseback it has evolved over time into the present version of the game. 'Sur papaq' is passing game 'cap dragging' is one of the oldest games in Azerbaijan.

How to play

- Two teams with four to eight players in each team.
- A flat playing space approximately the size of hand ball pitch
- A game is made up of two, 10-minute halves.
- The game starts from the center of the playing area with the attacking team passing the ball to one of their own players.
- The attacking team must run, passing the ball to each other with the aim of scoring through the hoop in the defenders' area.
- A defender may not touch an attacker but may attempt to intercept the ball when thrown.
- After a score the ball returns to the center and the defending team's players become the attackers.
- If a score is not made the defenders take the ball from that point and become the attackers, aiming to score at the opposite end of the playing area.
- If two players hold the ball at once the referee bounces the ball between the two players to restart the game.

- An attacking player may not hold the ball for longer than 10 seconds. Equipment Heavy ball.

Safety

No contact permitted

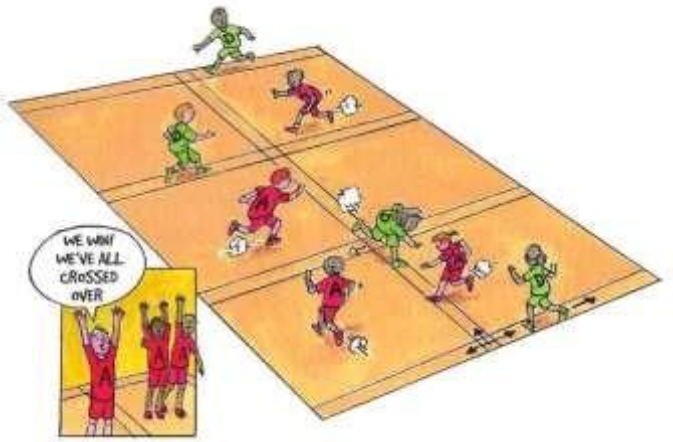


Figure 7.2.3 Sur Papaq (cultural games of sur papaq in Azerbaijan.

B. Dragon Tail

This game helped remind you that you are an international citizen, and helped you to respect others. What do you think of when you hear the word ‘dragon’? You may think about monsters, breathing fire, and eating people.

In China, dragons are lucky people believe they bring people luck at festivals like Chinese New Year. Dragons are thought to bring good luck to people.

The person who leads the activity should explain that a team of dancers move together so that they look like a long flexible dragon.

How to play dragon tail

- Split players into groups of four or more and have them form chains by linking arms or grabbing each other's waists or shoulders.
- Give the last player in each chain a scarf, bandanna, or long sock to act as a "tail." Have those players tuck the "tails" into the back of their waistbands. Each chain is now a Dragon.
- Start by having the Dragons scatter across a playing area. When you shout "Go!" the Dragons chase each other, trying to grab opponents' tails (while protecting their own tails too). Only the first player in the dragon chain can grab another team's tail.
- Each team's chain must stay unbroken. Decide in advance what the consequences will be if a chain comes loose. You could have the whole team perform a fitness activity (such as five squats, or a running a quick lap around the playing area). And/or, require the chain to reform with a different player at the head and tail.
- Play until one player has all the tails, or for a predetermined time period.

NB: *This game is similar to Ethiopian Hadiya's traditional dance called 'Seleme-Seleme'*

Safety

All activities must be safely managed



Figure 7.3.4 for Dragon Tail

I. **Write True if the statement is correct and False if the statement is incorrect**.

1. Duration of match in tigel sport is 6 minutes for men.
2. Ethiopian kings and Emperors were active participant during cultural game competition.
3. Sur papaq is one of the oldest games in Kenya.

II. Choose the correct answer from the given alternatives.

1. The length of sur papaq game is;

   A. Two 45 minutes B. 30 minutes C. two 10 minutes have D. 15 minutes

2. Which one of following is correct about Tigel?

   A. Wrestlers fight on 5x5 meter ground

   B. The plying area is measured 4x4 meter

   C. duration of the match is equal both for men and women

   D. Wrestlers fight on a 4.50 x 4.50-meter area.

3. Who described the Lamlameta for the first time?

   A. Alula Pankhurst B. De Cobertin

   C. Richard Pankhurst D. None of the above

4. How many seeds are there in Lamlameta?

   A. Five seed B. two seed C. three seed D. four seed

III. Give short answers for the following question.

1. Write three significances of cultural games
2. How cultural games emerged?
3. Which types of Chinas' cultural game is similar to Ethiopian 'Seleme -Seleme' cultural dance?

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