Federal Democratic Republic of Ethiopia
Ministry of Education

HEALTH AND PHYSICAL EDUCATION

STUDENT TEXT BOOK

GRADE 8

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UNIT 1

1. MODERN PHYSICAL EDUCATION AND SPORT

Unit objectives

At the end of this unit, students will be able to:

- Analyze the concepts of modern physical education and sport
- Values the concepts of modern physical education and sport
- Recognized about the importance of physical education and sport for the learners
- To know about the Ethiopian sport legends
- Understand about history of sport in Ethiopia and relationship between physical education with other profession.
- Describe about the participation of Ethiopia in Olympic games

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Introduction

In modern educational systems, physical education also called "physical training or gymnastics" is a course which utilizes a play or movement exploration setting for the transmission of knowledge and skills to an individual or a group.Therefore, the majority of the schools have included physical education in their curriculum. Besides, physical education has been given huge importance in schools and colleges to promote the stability of health and mind of the students.

Physical education helps people to acquire a higher level of understanding regarding several aspects of one's health.

In the present world, the increase in the rates of diseases likes, bulimia, anemia, obesity, diabetes, etc. are high amongst the younger generation. Therefore, students learn to adopt a better diet through physical education. They learn to add nutrients and healthy foods in their diet rather than junk foods.

Sport is pertains to any form of competitive physical activity or game that aims to use, maintain or improve physical ability and skills while providing enjoyment to participants and, some incase, entertainment to spectators.The relationship between sport and physical education: physical education involves the instruction given in physical exercise in the game especially in the school. While sport is instruction may be given for competition.

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1.1. Importance of physical education

Specific objective

At the end of this lesson the students will be able to:

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

Class Activity

- What does physical education mean?
- Do you know the importance of physical eudcation? Discuss in groups

Physical education in school is one of the most powerful ways to assist with present and future health issues for your pupils to be physically and mentally active, fit and healthy for life.

Physical education is develops the students competence and confidence to take a part in a range of physical activity that become a central part of their lives, both in and out of the school. Physical education helps people to acquire a higher level of understanding regarding several aspects of one's health. In the present world, the increase in the rates of diseases likes, bulimia, anemia, obesity, diabetes, etc. are high amongst the younger generation. Therefore, the students or a society have to participate in physical activity group to decrease those diseases.

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physical activities is important for human beings to:

- Better to concentrate and maintain a positive impact on their academic life.
- Students who exercise regularly have a quality sleep.
- Relieve or decrease stress and anxiety.
- Improve student's teamwork, cooperation and leadership skills.
- It helps to develop their self-confidence and self-discipline.
- Sport helps children develop their motor skills and strengthen their muscles.
- Children who play regular sports have improved behavior in school.
- Activities are useful for strengthening and ensure performance of heart.
- Physical activity helps enhance the health and keeping away from diseases.
- Improve physical fitness, your memory and brain function in all age groups.
- Decrease many chronic diseases, like overweight, diabetes and hypertension
- Every person doing physical activities for at least three days per week for 30 minutes each time to get healthy life style.

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Activity 1.1

- What is physical education?
- List the importance of physical education?
- Write some benefits of participation in physical activity?

1.2. Relationships of physical education with other professions

Specific objective

- Identify the relationships of physical education with other professions
- List some professions are related with physical education

Class Activity;

- Do you know some professions which are related with physical education? Discuss in groups in the class.

Physical education is an integral part of the total education process. It helps to the development of physically, mentally, socially and emotionally fit citizens through the medium of physical activity have been selected and planned to achieve specific outcome. Physical education subject involves both "learning to move" and "moving to learn". In other words, physical education is concerned with learning the skills and understanding required for participation in physical activities, knowledge of one's own body and which are valuable extrinsic educational lessons, such as social skills, aesthetic judgment, literacy and numeracy.

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Physical education program can be instrumental in helping all too established physical activities patterns that are beneffiary to health and incorporating them in to good life style at any age.

Demonstrate knowledge of connection between physical education and other professions such as sport psychology, sport physiology, Social science, health and etc.

- **Sport psychology:** an interdisciplinary science that draws on knowledge from many related fields. It involves how study psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.
- **Sport physiology:** is the study of how exercise alerts the function and structure of the body. Its seeks to understand the physiological domains of sporting performance, which informs what characteristic an athlete should have to be successfully competing at the highest level.
- **Social science:** examination of the styles of interaction within and between groups in competitive team based games and sport.

- **Health science:** children are who are thought the relationship between physical activities and health.

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Activity 1.2

- Describe some professions that are closely associated with physical education?
- What are the relationships between physical education with other profession?

1.3. Ethiopian sport legends

Specific objectives

At the end of this lesson, student will be able to:

- List down the name of three Ethiopian legend athletes and their history
- Describe about the Ethiopian legend athletics
- List and identify about deferent Ethiopian legend athletics

Class Activity

- What does sport legends mean?
- Do you know the Ethiopian sport legends in lower grade? Discuss in groups.
- List some sport or other professional legends in your environment?

The most popular sports in Ethiopia are athletics and football. Ethiopians athletes are participating in a lot of sports, but they are well-known for their runners. They achieved great success in middle and long distance running.The Ethiopian national football team called the "**Walyia**" it represents Ethiopia in men's national Football team. And "**'Lucy**" for female football team.

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Some Ethiopian legend sports man and woman are listed below:

1.3.1. YidnekachewTessema (1921-1987)

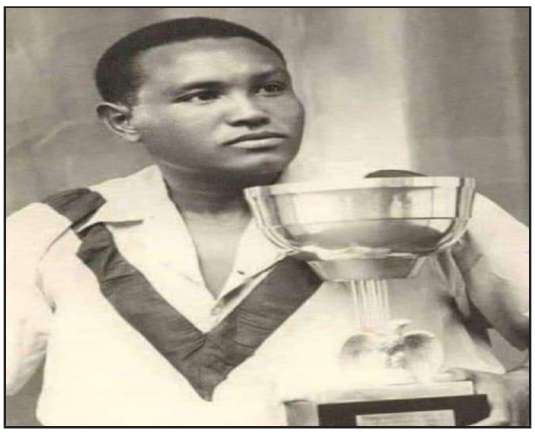


Figure of Yidnekachew Tesema

Ato Yidnekachew was born in the city of Jimma in South western Ethiopia on Ethiopia's New Year day - Meskerem 1, 1914 (September 11, 1921). When he was four years old, the family moved back to Addis Ababa where young Yidnekachew attended school at the Teferi Mekonnen School. At school, Yidnekachew excelled in sports, particularly, soccer. Later in 1935, Yidnekachew joined the first Ethiopian soccer team-the St. George club. He also qualified to play in the national team

Ato Yidnekechew Tessema called the "Father of Modern Sport in Ethiopia" and "Father of Sport in Africa". Ato Yidnekachew is an extraordinary man with extraordinary contribution to the development and popularization of sport in Ethiopia and the rest of the African continent.

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In 1943, Yidnekachew opened the first sport federation with his colleague Amde Mikael Desalegn. Once the government recognized the importance of support for sport, Yidnekachew served his country and people in the capacities of secretary of the soccer and sport federation, president of national Olympics committee and commissioner of Sport federation.

Yidnekachew's contribution to sport to the African continent started with his pioneering efforts and subsequent success in establishing the Confederation of African Football (CAF) in 1964. He served CAF as the deputy president between 1964-1972 and as the President between 1972 and 1987. He was also member of the African Sport Congress, International Olympics Committee, FIFA and President of the African Olympics Committee.

Yidnekachew worked and fought hard to make sure that sport brought peace and understanding between people. He was strongly opposed to accepting sport clubs based on race and religion. He was also opposed to commercial advertisements by tobacco and alcohol companies in stadiums and sport events.

Yidnekachew's contribution for the anti-Apartheid movement by preventing the then South Africa from participating in African and world sport events is legendary.

In his long career, Yidnekachew was awarded numerous medals and awards by the Ethiopian government and foreign governments. Yidnekachew died on August 20, 1987 after a long illness.

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1.3.2. Derartu Tulu (1969 -)

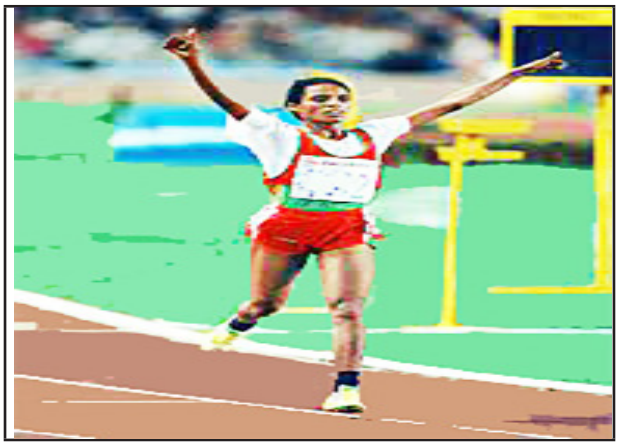


Figure of Derartu Tulu

Derartu grew up tending cattle in the village of Bekoji in the highlands of Arsi Province, the same village as Kenenisa Bekele.

Derartu is the first Ethiopian woman and the first black African woman to win an Olympic gold medal, which she won in the 10,000 m event at the 1992 Barcelona Olympic Games.

She sat out 1993 and 1994 with a knee injury and returned to competition in the 1995 IAAF World Cross Country Championships where she won gold, having arrived at the race only an hour before the start.

The 1996 season was a difficult year for her. At the IAAF World Cross Country Championships Derartu lost her shoe in the race and had to fight back to get fourth place. She also finished fourth at the Olympic Games, where she was nursing an injury. In 1997 she won the world cross country title for the second time, but did not factor in the 10,000 m World Championships. In 1998 she gave birth to her first child. She came back in 2000 in the best shape of her life.

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She won the 10,000 m Olympic gold for the second time (the only woman to have done this in the short history of the event). She also won the IAAF World Cross Country Championships title for the third time. In 2001, she finally won her world 10,000 track title in Edmonton. This was her third world or Olympic gold medal. She has a total of 6 world and Olympic gold medals.

Her transition to the marathon was rewarded with victories in London and Tokyo Marathons in 2001. She finished fourth at the 2005 World Championships, setting her personal best time of 2:23:30. She also won the Portugal Half Marathon in 2000 and 2003, and Lisbon Half Marathon in 2003. In 2009, at the age of 37, she won the New York City Marathon. Currently Derartu Tulu was the president of Ethiopian athletic federation of Ethiopia.

1.3.3. Kenenisa Bekele(1982-



Figure of Kenenisa Bekele

He was born 13 June 1982 in Bokoj Oromia Regional State). He is an Ethiopian long-distance runner and he was the world record

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holder in both the 5000-metre and 10000-metre from 2004 (5,000m) and 2005 (10,000m) until 2020. He won the gold medal in both the %8093 Men 5000 metres 5000 m and Men 10000 metres 10,000 m events at the 2008 Summer Olympics.

At the 2004 Olympics, he won the gold medal in the _Men 10,000 metres"10,000 m and the silver medal in the Men 5000metres"5000 Athletics at the 2004 SummerOlympics Men 5000 metres"m. He is the most successful runner in the history of the IAAF World Cross Country Championships, with six long (12 km) course and five short (4 km) course titles. He won the 10,000 m title at the World Championships in Athletics in 2003, 2005, 2007 and 2009 (matching Haile Gebrselassie›s four in a row win streak). Kenenisa was unbeaten over 10,000m from his debut in 2003 until 2011, when he failed to finish at the World Championships final.

At the 2009 World Championships in Athletics he became the first man to win both 5000 m and 10,000 m title at the same championships. Over 5000 m he has also won an Olympic silver (2004), World Championship bronze (2003), two African Championship titles and one All Africa Games gold medal. He also won the 3000 metres"metres title at the 2006 World Indoor Championships.

On 6 April 2014, he produced the sixth fastest marathon debut ever on a record-eligible course with his victory at the Paris Marathon, in a course record time of 2:05:04. On 25 September 2016, Kenenisa won the Berlin Marathon in a time of 2:03:03, a new personal best, and then the third-fastest marathon of all time.

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On 29 September 2019, he again won the Berlin Marathon in a time of 2:01:41, two seconds slower than the world record of 2:01:39 set by Eliud Kipchoge in the 2018 Berlin Marathon. Considering his accomplishments in cross country, track, and road racing, many consider him to be the greatest distance runner of all time.

Activity 1.3

- What makes Derartu Tulu to be unique from Africa and Ethiopia?
- Where and when Kenenisa Bekele won gold medals in Olympic Games?
- Discuss briefly the history Yidnekachew Tesemma?
- List down the famous 10 athletes name at both sex?

1.4. Ethiopian in Olympic games

Specific objectives

At the end of this lesson, students will be able to:

- Explain meaning of Olympic Games
- Discuss the role of Ethiopia in Olympic games
- List down the time of Ethiopia participated in Olympic games

1.4.1. Olympic Games

Activity 1.3

- Do you know the Ethiopians participation for the first time in Olympic Game? Discuss in groups where and when?

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The Olympic Games are an international sports festival, held every four years. The ultimate goals are to cultivate human beings, through sport and contribute the world peace.

The modern Olympic Games are the leading international sporting event featuring summer and winter sports competitions in which thousands of athletes participate in a variety of competitions.

The Olympic Games are considered to be the Baron Pierre de Coubertin founded the International Olympic Committee in 1894. The IOC is the governing body of the Olympic Movement, with the Olympic Charter defining its structure and authority.

The IOC has had to adapt to a variety of economic, political, and technological advancements. The growing importance of mass media created the issue of corporate sponsorship and commercialization of the Games. World wars led to the cancellation of the 1916, 1940, and 1944 Games.

1.4.2. Participation of Ethiopia in Olympic Games

Ethiopia's participation in the Olympics games by organizing the Ethiopian Olympic Committee. It's founded in 1948 and recognized by the International Olympic Committee in 1954.

In the second participation in the 1960s Rome Olympics the Ethiopians achieved remarkable result. In this Olympics Abebe Bikila, run barefooted. He wins the first gold medals in the marathon runs for Ethiopia. He also repeated 18th Olympics held in Tokyo in 1964.

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Ethiopia participation in summer Olympic game and holding medals listed below.

Games held in	Year	No athletes	Gold	Silver	Bronze	Total	Rank
Melbourne	1956	12	0	0	0	0	-
Rome	1960	10	1	0	0	1	21
Tokyo	1964	12	1	0	0	1	24
Mexico city	1968	18	1	1	0	2	25
Munich	1972	31	0	0	2	2	41
Moscow	1980	45	2	0	2	4	17
Barcelona	1992	20	1	0	2	3	33
Atlanta	1996	18	2	0	1	3	34
Sydney	2000	26	4	1	3	8	20
Atlanta	2004	26	2	3	2	7	28
Beijing	2008	27	4	2	1	7	18
London	2012	35	3	2	3	8	24
Rio-dejenerio	2016	35	1	2	5	8	44
Tokyo	2020/21	38	1	1	2	4	49
Total medals			**23**	**12**	**23**	**58**	-

Activity 1.4

- What are Olympic Games?
- List two Olympic Games those Ethiopian athletes win four gold medals at the first time?
- Where and when Ethiopia participate in Olympic game in the first time?

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Summary

- *Physical education (PE) develops student's competences and confidences to take parts in a range of physical activity that became parts of lives both in and out of school.*
- *Students who exercise regularly have a better quality of sleep and higher levels of concentration and relieve stress and anxiety.*
- ***Yidnekachew Tessema****(1921 - 1987) he was the father of Ethiopian football. He was instrumental in founding member of confederation of African football (CAF) in the last 1950s.*
- ***Derartu Tulu (1969-)****is the first Ethiopian woman and the first black African woman to win an Olympic gold medal, which she won in the 10,000 m event at the 1992 Barcelona Olympic Games. Currently, she was the leader of Ethiopian athletic federation president.*
- ***Kenenisa Bekele*** *was born 13 June 1982 in Bokoj Oromiya Regional State). He is an Ethiopian long-distance runner* and he was the world record holder in both the *50 00-metre* and *10000-metre* from 2004 (5,000m) and 2005 (10,000m) until 2020.
- *The modern Olympic Games are the leading international sporting event featuring summer and winter sports competitions in which thousands of athletes participate in a variety of competitions.*

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? Review questions

I. Say "True" if the statements are correct and "False" if the statements are incorrect.

1. Physical education develops student's competences and self confidence in their life style.
2. Physical education does not improve students' teamwork and leadership skills in the class.
3. Student's participation of any sport activity, which develops motor skills and strengthen their muscles.
4. Derartu Tulu was the founder of Ethiopian football federation in 1944.
5. Yidnekachew Tesemma was first Ethiopian athletes to win Olympic game 1960 in Rome.

II. Choose the best answers from the given alternatives

6. One of the following are the advantages of physical activity for the participants makes
   A. Creativity B. relieve stress and anxiety
   C. competitive D. all e) none
7. One of the following is not benefits of playing sports
   A. Reduces stress B. improve mental health
   C. lack of self-confidence D. all
8. Who was the founder of Ethiopian football in 1944
   A. Derartu Tulu B. Yidnekachew Tesemm
   C. Kenenisa Bekele D. Haile G/Selassie

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9. One of the following is the most popular sport in Ethiopia

A. Athletics and basketball B. Handball and Volleyball

C. Athletics and Football D. none

10. One of the following athletes holds the record by 5000 meters and 10,000meter of the world championship up to 2020.

A. Derartu Tulu B. Kenenisa Bekele

C. Haile G/Selassie D.Trunesh Dibaba

III. Fill in the blank space

11 List down the benefits of participation in physical education class in the school.

1_____ 2_____

3_____4_____

12 Write at least six famous Ethiopian athletes name for both sex.

1_____ 4_____

2_____ 5_____

3_____ 6_____

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Key terms

Captain: the leader of group or team

Olympic: it's an international sports festival which held every four years in the world.

Marathon: Footrace run on an open course usually of 26 miles (42.2km)

Athletics: the events which includes running, throwing and jumping.

Athletes' : a person who participating in any athletics events.

IOC: International Olympic Committee

IAAF: International Athletics Association Federation.

Biochemistry: is the study of the chemical reaction that takes place in inside organisms.

Physiology: is the function and mechanism in living system.

Anatomy: is the branch of natural science concerned with the study of the structure organism their parts

Legend: is history about human events or action that has not been provide more documented in real history.

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UNIT 2

2. SOCIAL AND EMOTIONAL LEARNING IN PHYSICAL EUCATION

Unit Objectives

At the end of this unit, students will be able to

- Shows tenacity, resilience and resoluteness in facing adversities.
- Contributes to the betterment of the class and his/her community.
- Demonstrate effective communication and collaborative skills in different settings
- Understand the importance of social and emotional learning in physical education.

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Introduction

Social and emotional learning includes the necessary skills, behaviors, and attitudes that students need to effectively develop their affective, cognitive, and social behavior. It helps students assume more responsibility for learning, their well-being and others. social and emotional learning goal for physical education, students:

- will become more responsible for learning
- Show respect for themselves, others and the learning environment
- Are actively involved in learning throughout each lesson
- Assume responsibility for continual self-improvement
- Show concern and support for others and etc.

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2.1. Physical activity which develops self awarness and self-management skills

2.1.1. Self – awareness in physical activity

Specific Objectives

At the end of this lesson, students will be able to:

- Define about self-awareness
- Explain the importance of self-awareness in their life
- Know about how to develop self-awareness

Class Activity

- What does mean social and emotional learning
- What is self-awareness? Discuss in groups
- How to develop self-awareness?

Self-awareness is the ability to identify, describe and understand one's thoughts and emotions and the potential impact they may have on their behavior. It involves evaluating strengths and weaknesses and having a solid sense of self-assurance.

Students 'beliefs about their own strengths and weaknesses influence the academic choices they make, how long they will persist on tasks and whether or not they will ask for help during academic assignments.

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In order to teach self-awareness in the physical education setting, teachers must use concept based learning that is meaningful and purposeful and that provide real life connections for their students.

Ways of developing self-awareness in physical activity

- Identifying emotions
- Healthy self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Importance of self-awareness in physical activity

- You will become honesty within yourself and others
- You will understand your strength and weaknesses
- You will develop for the mental and physical aspects of fitness

Activity 2.1.1

- Define shortly the meaning of self-awareness?
- Write the importance and ways of developing self-awareness in physical activity class?

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2.1.2. Self-Management skills in physical activity

Specific Objectives

At the end of this lesson, students will be able to:

- Define the self-management in physical activity
- Describe the importance of self-management skills
- List the ways of developing self-management in physical activity

Class Activity

- What is self-management skill for you? Discuss in groups
- Discuss the benefits of self-management

Self-management is the ability to effectively control one's thoughts, emotions, and behaviors in diverse and difficult situations.This would include regulating impulses, aggression and self-destructive behavior, managing stress, and working to achieve personal and academic goals.

Academic self regulation has important implications for student motivation in the classroom, as well as the learning strategies students use to master material.

Self-management in physical education would provide opportunities for students to set goals, self-regulate and self-correct to foster improvement and overall success.

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The student must be able to control feelings of excitement or frustration that are socially appropriate as well as being safe in order to succeed and enjoy the game. Management of one's feelings whether positive or negative is a skill the student must achieve in order to experience success in life.



Ways to development in self-management skills

- Asses your strength
- Create time schedule
- Develop organizational system
- Perform one task at a time
- Take care of your health and wellness
- Evaluate your progress



Important of self-management skill in physical activity

- To become learn some new skills
- To become change your behavior
- To learn and practice new skills
- It may help to think about how hard you should exercise and what techniques will help your change.

Activity 2.1.2

- What are self-management skills?
- Write the importance of self-management skills
- Describe the benefits of self-management skills in physical education.

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2.2. Physical activity which develops social awareness and relationship skills

2.2.1. Social awareness in physical activity

Specific Objectives

At the end of this lesson, students will be able to:

- Define and explain the meaning of social awareness in physical activity
- List importance of social-awareness in physical activity

Class Activity

- What does mean social awareness for you? Discuss and reflect your answer in the class one by one.
- Discuss the importance of social awareness in physical activity?

Social awareness is the ability to embrace diversity by recognizing, understanding and appreciating the similarities and differences within and among individuals and groups.

Social awareness allows students to identify social cues, predict others feelings and actions and to be respectful accepting of others points of view and perspectives. Social awareness is the ability to see you clearly and objectively through reflection and introspection. Social awareness can be taught in physical education by providing opportunities to problem solve through movement that allow for the use of creativity, self-expression, and cooperation.

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Ways of to developing your social awareness

- Give importance to listening
- Make it a practice to repeat what is said
- Pay attention to the tone
- Keep an eye on the body language
- Identify your own emotions
- Reflect back

Importance of social awareness

- Social-awareness helps you build strong relationship and friendships
- Improve skills recognizing what you do well and what you need to improve
- Raise happiness level by aligning your ideas with your actions
- Become a better leader by understanding how employees perceive your behavior
- Strong works and personal relationship by managing emotions

Activity 2.2.1

- Write importance of social awareness?
- What do you mean social awareness?
- How to develop student's social awareness in physical education?

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2.2.2. Relationship skills in physical activity

Specific Objective:

At the end of the lesson student will be able to:

- Define relationship skills in physical activity
- List how to develop relationship skills.
- Explain about the relationship in physical activity.

Class Activity

- What is relationships skills? discuss in group.

Relationship skills are a set of skills that help you from healthy, happy, and strong connections with others.

When you have deep connections with others, people who you can spend time with, you are able to enjoy just about everything else in life a bit more.

It is ability to establish and maintain healthy relationships in diverse individuals and groups.

Ways to develop relationship skills in physical activity

- Accept and collaborate differences
- Manage mobile technology
- Listen effectively
- Learn to give and take feedback
- Develop your communication skills
- Develop empathy

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Importance of relationship skills in physical activity

- Cooperate with others,
- Resist inappropriate social pressure
- Negotiate conflict constructively,
- Seek and offer help when needed
- Relationship building
- Social engagement
- Teamwork

Activity 2.2.2

- Discuss how to build a good relationship within schools teammates or in your community?
- What are relationship skills in physical activity?

2.3. Responsible decision making in physical activity

Specific Objective

At the end of this lesson, student will be able to:

- Define the responsible decision making in physical activity
- Explain the meaning and use of decision making in physical education
- Identify methods that to developing responsible decision making in physical activity.

Class Activity

- How do you make responsible decision making in your class?

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Decision making is ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.

Decision making knows weathers to dig, set or spike and knowing when and where to move to hit the ball coming towards you. Decision-making can also be regarded as a problem solving activity terminated by a solution deemed to be satisfactory.

Ways of developing responsible decision making are:

- Identify and define the problem
- Gather and analyze information
- Develop alternative solution
- Choice the best alternatives
- Take action and evaluate the decision

Importance of responsible decision making

- **Ethical standards:** by being challenged to make decisions, children evaluate and develop ethical standards that influence character building.
- **Social Norms:** decisions making skills that incorporate positive social norms as an influence help children navigate the difficulties of adolescence and resist peer pressure and peer influence.
- **Consequence:** children with strong decision making skills can evaluate potential consequence of action in order to determine what choice is the best option.

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Activity 2.3

- How to develop decision making skills in the students?
- What is the concept of decision making?

2.4. Physical activity which develops critical thinking

Specific Objective

At the end of this lesson, students will be able to:

- Give short notes and explanation for critical thinking
- Know about the meaning of critical thinking
- Explain about use of critical thinking ability

Class Activity

- What is critical thinking?
- How does physical activity develop critical thinking?

Critical thinking is analysis of facts to form a judgment. It is the process of using reasoning to discern what is true, and what is false.

Critical thinking has been defined as reasonable and reflective thinking that is focused on deciding what to believe to do.

Critical thinking was an evaluative skill which allows an individual to assess information in order to make a judgment on its validity, worth, or accuracy. It asserts that critical thinking also involves a systematic process of approaching, evaluating, and thinking through a problem or challenge.

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Ways of developing critical thinking in physical activities

- Do not believe everything you are told
- Do not believe everything you think
- Ask question
- Research deeper
- Evaluate your work

Importance of critical thinking in physical activities

- It is a domain of general skills
- It improves presentation expertise and language
- Critical thinking encourage creativity
- Critical thinking helps to improve grades and achievements
- Proper emotional call
- Learning to work with a team

Game for developing critical thinking

Example Sudoku

Sudoku is an easy to learn logic-based number placement puzzle, which missing numbers are to be filled in to a 9 by 9 or 12 by 12 grid of squares which are subdivided in to the box.

Basic Techniques of Sudoku game

The students try this game by using the number 1-12 fill in the box

1. Draw the 4 columns horizontal and draw 5 rows vertical and count the box it must be 12

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2. Fill the number in the box and each numbers are not relate ascending, descending, diagonal and horizontal

1 2 3 4 5 6 7 8 9 10 11 12

2		1	
	10		
6		5	7

Fill in the box missed numbers

Some examples of critical thinking games are:

- ◊ Dama
- ◊ Bingo
- ◊ card and etc.

Activity 2.4

- What is critical thinking?
- How can you improve critical thinking in your schools?

2.5. Physical activity which develops communication and collaborative skills

2.5.1. Physical activity which develops communication skills

Specific Objective

At the end of the this lessonn, student will be able to:

- Define the communication skills in physical activity
- Identify the way to develop communication in physical activity.
- Describe the benefits of communication skills in physical activity.
- Understand the uses of communication skills in all aspects

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Class Activity

- what is communication?
- How does your student communicate with one another in the class?

Communication skills are the abilities use when giving and receiving any kind of information from anywhere.

Poor communication lies at the root of many problems. It can lead to mistakes, quality problems, conflict, missed deadlines, and lost opportunities. That's why it can often pay to help your people to develop their communication skills.Team building exercises are helps your people to communicate better.

Ways of developing communication skill in physical activity

- Watch films that model conversation skills
- Use technology
- Reinforce active listening.
- Offer group presentations and assignments.
- Ask open-ended questions.
- Use tasks and activities that foster critical thinking.
- Offer reflective learning opportunities.

Importance of communication skills in physical activity

- Knowing how to effectively interaction with others
- It facilitates working together better
- Forming a strong overall team
- Common practice like, per a game meeting

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- Coaching staff can come together to given feed back
- Discus strategy and set a goal for the day.

Communication exercises and games are interactional activities that aim to develop how we relate to one another, including how we share information and get along.

Examples of how to developing communication skills

Issue1. Money and knowledge which is better for you?

Dear students make group with your class mate in to two groups and one group support one idea and the other support second idea. For example, one group support money: money is important to doing any things and second groups support knowledge (learning) is key things for success.

- The speaker should remain focused on a single thought or idea.
- The listener should listen attentively to the speaker, concentrating on understanding their perspective and attempting to gain new insights into their thoughts and feelings.
- The speaker and listener should switch roles after a while to allow each to practice both types of communication.
- Both partners should practice speaking and listening with patience and love, allowing their feelings for their partner to guide them toward true understanding rather than just reacting.

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Activity 2.5.1

- What are communication skills?
- How can you improve your communication skills in the class or at home?

2.5.2. Physical activity which develops collaborative skills

Specific Objectives

At the end of this lesson, students will be able to:

- Define about the collaborative skills
- Explain the meaning of developing collaborative skills.
- Describe the importance and how to improvement of collaboration skills in physical activity class

Activity

- What are collaborative activities?

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

Collaboration is often used in a positive context to refer two or more parties successfully working together on professional or artistic.

While often used to enrich the face-to-face learning environment, collaboration and brainstorming tools can help students make connections with content and with each other.

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Ways to developing collaboration skill physical activity

- Practice active listening or communicate are always good to develop skills
- Focus on nonverbal communication
- Manage your own emotions
- Ask for feedback
- Develop a filter
- Listening and learn to compromise
- Overcome challenges and solve the problems without assigning blame
- Be open minded

Importance of Collaborative skills in physical activity

- Developing social skills
- Learn from the peers
- Build trust self confidence and self esteem
- Improve social and interpersonal skills
- It encourages problem solving
- Develop higher level of thinking skills in students
- Team collaboration increases the organizations and potetial for change.

Some examples of Collaboration skills in physical activity

- Pair or group discussions.
- Completing shared tasks in a pair or group, e.g. matching, sorting, ranking.

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- Activities or games with a competitive element, e.g. bingo.
- Information exchange activities, including barrier game and jigsaw activities

Activity 2.5.2

- Write the importance of collaborative skills
- What is relationship between physical activity with communication and collaborative skills?

Unit summary question for student

- What do you understand from this chapter? write a report individually and report to your class

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Summary

- *social and emotional learning skills such as managing emotions, setting goals, and building positive relationships are essential for youths' success in school, at home, and in community life.*
- *Self-awareness is the ability to identify, describe and understand one's thoughts and emotions and the potential impact they may have on their behavior.*
- *Self-management is the ability to effectively control one's thoughts, emotions, and behaviors in diverse and difficult situations.*
- *Social awareness allows students to identify social cues, predict others feelings and actions and to be respectful accepting of others points of view and perspectives.*
- *Decision-making can also be regarded as a problem solving activity terminated by a solution deemed to be satisfactory.*
- *Critical thinking was an evaluative skill which allows an individual to assess information in order to make a judgment on its validity, worth, or accuracy.*
- *Communication skills are the abilities use when giving and recieving any kind of information from anywhere.*
- *Collaboration is often used in a positive context to refer two or more parties successfully working together on professional and artistics.*

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? Review questions

I. Say "True" if the statement was correct and say "False" if the statements are incorrect.

1. Social and emotional learning is necessary for the development of skill in behaviors and attitudes for students.
2. Self-awareness is the important to evaluate the strengths and weaknesses of others
3. Social and emotional learning are helps the students become more responsibility for learning their wellbeing.
4. Self-management is the ability to control your emotions from difficult things.
5. Decision making means giving the judgments without identifying the problem.

II. Choose the best answers from the given alternatives.

6. Developing Self-awareness is important to:-

   A. You will become honesty within yourself.
   B. you will become honesty for the others
   C. developmental and motor skills D. all

7. Which one of the following is positive impact of self-awareness?

   A. Not becoming honesty for your life
   B. Understand the strength and weakness of your self
   C. Not develop physical and mental fit D) A and C

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8. One of the following is not necessary for decision making

A. Decision making by evaluating something's

B. Decision making by gathering and analyzing the information's

C. Decision making by without identifying the problem

D. all

9. Which of the following methods to improve your self-management skills

A. Test your strengths and weaknesses

B. Create time schedule for your work

C. Evaluate your development progress D) all

III. Fill in the blank space

8. The ability to use when giving and receiving different kinds of information's is called _____

9. _____ is the ability to make constructive choice about personal and social interaction depending on ethics and social norms

IV. Give short answer

10. Write the way of developing self-awareness and self-management.

11. Write at list three principle of decision making.

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Key terms

Collaboration: individual who working together

Emotion: a strong filing deriving from once circumstance, mood, or relationship with others

Empathy: the ability to understand and share the feelings another

Intellectual: A person possessing a high develop intellect

Resilience: the capacity to recover quickly from difficult

Resoluteness: the trait of being resolute or a firm decision to do something

Stress: feeling of emotion or physical tension

Tenacity: he quality or fact of continuing to exit persistence

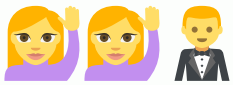
SEL: Social and Emotional Learning

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UNIT 3

3. HEALTH AND PHYSICAL FITNESS

Unit Objectives

At the end of this unit, students will be able to: 

- Analyze the exercise which helps to development of physical fitness
- Develop physical fitness and performing age appropriate physical fitness exercise
- Understand and develop positive attitude to participate in physical fitness exercise
- Know the mechanism of doping prevention.

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Introduction

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

Physical fitness is the body movements which can be performed through contraction and relaxation of body muscle and energy.

Physical fitness training schedule should be well planned, organized and regular performed in order to improve the level of physical fitness and to sustain fitness level for long period of time.

Physical fitness is generally achieved through proper nutrition, moderate-vigorous exercise, and sufficient rest.

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3.1. Ways of developing physical fitness

Specific Objective

At the end of this lesson, students will be able to:

- Define the ways of how to develop physical fitness
- Clarify in group the ways of physical fitness development
- List down of principles of physical fitness exercise
- Let the students describe their friends how aerobic and anaerobic exercise develop cardiovascular fitness

Class Activity

- What does physical fitness mean?
- What types of exercise to use for developing physical fitness?
- What is the difference between aerobic and anaerobic exercise?

When a person begins an exercise program, the body adapts over time to the demands placed on it. The beneficial long-term changes that occur with regular exercise depend on several factors. These factors are immediate (acute) and perlong (chronic) values.

Short (acute) term values of physical fitness exercise are:

- Being active in daily work
- Helps to strength of body or powerful physical fitness
- Enhance energy convert system for fast movements
- Help to improve good posture

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Long term (chronic) effect or value of physical fitness exercise

- Develop endurance for long period of time
- Develop capacity to prevent from chronic illness
- Increase life experience

Key points: *Before starting any kind of physical activity you must doing* **warming up exercises** *for 3-5 minutes stretching, walking and jogging. It helps to make joints and muscles the body ready to do more exercise. Also after any exercise, students must doing* **cooling down** *exercise like slowly jogging,walking and streching to decrease blood presure .*

To put together an effective exercise program, it is important to understand several principles of fitness development, including overload, specificity, reversibility, and individual differences.

Overload

Progressive overload is a gradual increase in physical activity, working a muscle group or body system beyond accustomed levels. Overload is perhaps the most important factor in developing physical fitness. When the amount of exercise is gradually increased, the muscle group or system, such as the cardiorespiratory system, gradually adapts, resulting in improved physiological functioning.

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If there is insufficient overload, there is no fitness improvement, but too much overload can cause injury. The key to gradual overload is to increase slowly.

Specificity

The principle of specificity means that only the muscles or body systems being exercised will show beneficial changes. To improve the cardiorespiratory system, exercise the heart and lungs through aerobic activities; to improve flexibility, do stretching exercises; and to improve muscular strength, lift weights.

Reversibility

The principle of reversibility states that changes occurring with exercise are reversible and that if a person stops exercising, the body will decondition and adapt to the decreased activity level. Rate of fitness loss varies, but if a person stops exercising, a gradual loss of fitness begins within 48 hours.

Individual Differences

The principle of individual differences states that people vary in their ability to develop fitness components. Some people find that it is relatively easy to build strength, but they have to work hard to maintain their desired body composition.

We differ in our genetic endowment, and there are limits on our ability to improve any particular fitness component.

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Activity 3.1

- What type of exercise to developing our physical fitness?
- Write the difference between short term and long term physical activity?
- List some principles of fitness development exercise

3.1.1. Aerobic Exercise

What is aerobic exercise?

Aerobic exercise provides cardiovascular conditioning. The term aerobic actually means "with Oxygen" which means that breathing controls the amount of oxygen that can make it to the muscles to help them burn fuel and move.

Cardiorespiratory fitness can be measured using volume of maximum oxygen (VO_2 max), a measure of the amount of oxygen the body can uptake and utilize. Aerobic exercise, which improves cardiorespiratory fitness, involves movement that increases the heart rate to improve the body's oxygen consumption.

Benefits of aerobic exercise

- Improve cardiovascular conditioning -
- Lower blood pressure
- Helps to control blood sugar
- Improve lung function
- Decrease risk of heart disease
- Decreases resting heart rate
- Helps to weight management

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Examples of aerobic exercise

- Swimming
- walking
- jumping rope
- Cycling
- unning
- jogging

3.1.2. Anaerobic Exercise

What is anaerobic exercise?

Anaerobic exercise is any activity that breaks down glucose for energy without using Oxygen. Generally, these activities are short length with high intensity. The idea is that a lot of energy is released within a small period of time.

Anaerobic exercise is high intensity movements, which performed in a short period of time. It is a fast, high intensity exercise that does not require the body to utilize oxygen to produce energy. It helps to promote strength, endurance, speed, and power; and is used to body builders to build workout intensity.

Benefits of anaerobic exercise

- Increase bone strength and density
- Boosts metabolism
- Promotes weight maintenance
- Increase power
- Increase lactic threshold
- Boosts energy
- Reduce depression and risk of disease
- Protect joints

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Examples of anaerobic exercise

- Heavy weight lifting
- Sprinting
- Jumping and jumping rope
- Biking or cycling

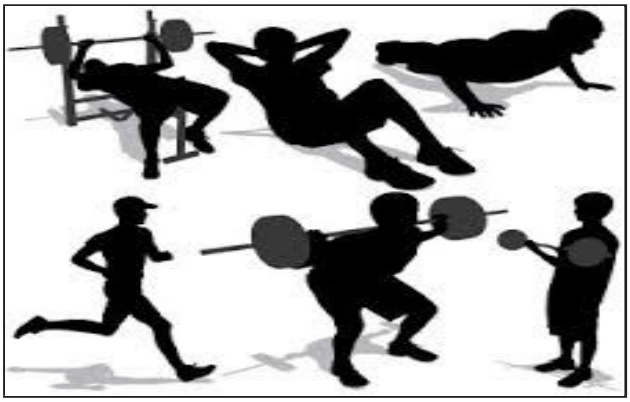


Figure of anaerobic exercise

Activity 3.1.1

- What is aerobic exercise?
- What is anaerobic exercise?
- Write the difference and relationships between aerobic and anaerobic exercise?

Components of physical fitness

Components of physical fitness are divided in to two skill-related and health-related components, which are listed below.

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Skill-Related		Health-Related
Speed		Cardio respiratory endurance
Power		Muscular strength
Agility		Muscular endurance
Balance		Flexibility
Reaction time		Body composition
Coordination		

3.2. Cardiovascular endurance exercise

Specific objectives

At the end of this lesson, students will be able to:

- State at least five activities which helps to develop cardiovascular endurance
- Demonstrate and let student in line to perform different aerobic exercises
- Perform push up, pull up, squat jump and rhythmic/ aerobic exercise in their groups.

Class Activity

- What is cardiovascular endurance?
- What type of activity to develop our cardiovascular endurance?

Cardiovascular endurance exercise is the most important fitness component. It consists of maintaining an increased heart rate and breathing rate for a longer period of time.

Cardiovascular endurance can be accomplished through consistent exercise performed for prolonged periods of time.

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Cardiovascular endurance exercise improves your body's ability to bring oxygen from the environment, into the lungs, and diffused into the bloodstream.

With an increase flow of oxygen to cells in the body will help them work to their capacity. In addition, cardiovascular exercise helps the heart become bigger and stronger and allowing more blood to be pumped out with each beat. If more blood is pumped out with each beat, the heart does not have to beat as fast or work as hard.

A person with high cardiorespiratory endurance can sustain high intensity activities over an extended period without getting tired.

Benefits of cardiovascular endurance exercises are:

- Increases your energy and strength
- Helps control blood pressure
- Improves your blood lipid profile (cholesterol)
- Helps you burn extra calories to maintain an ideal weight.
- It helps to reduce risk of heart disease
- Strengthening the heart muscle
- Increasing the lung capacity

Exercises for increasing cardiovascular endurance

To improve your cardiovascular endurance, perform 30 minutes of aerobic activities every day of the week. Improved endurance can lead to stronger lungs and a stronger heart.

The following exercise can help improve cardiovascular endurance, build muscle, and burn calories. People can perform these

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physical activities at home or add them to their gym routine. Try doing these exercise in sets of 10 -15 repetitions, or as many repetitions as possible for 2 minutes break between.

Exercise 1 Jumping jacks:

Basic techniques of jumping jacks exercise

1. Start by standing upright with legs together and arms at the side of the body.
2. Jump up. While in the air, open the legs to spread the feet wide apart and raise the arms overhead.
3. While landing, bring the feet and arms back to the starting position.
4. Begin standing with the feet shoulder-width apart
5. Bend the knees and place the hands on the floor in front to come down in to a squat position.
6. Jump the legs out behind to get into the push up position, shifting the body's weight on to the hands.
7. Jump the feet back in to the air with arms raised above the head.
8. Land back in the squat position.

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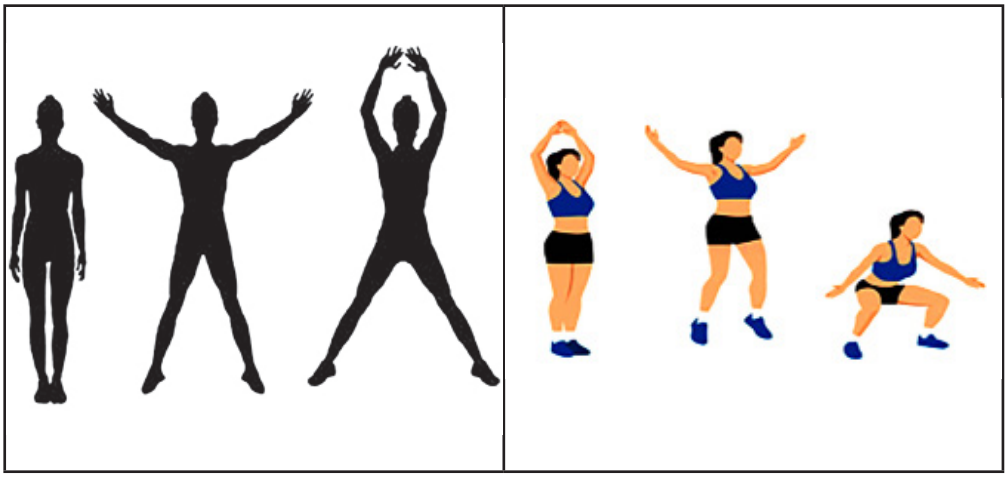


Figure of jumping jacks photo

Exercise 2 Mountain climbers (running planks):

Basic techniques of mountain climbers (running planks)

1. Start in plank position, aligning the shoulders over the wrist and keeping the leg straight. Keep the back flat and the head aligned with the spine.
2. Engage the core muscles.
3. Bring the right knee towards the chest
4. Switch legs by returning the right leg to the starting position and bringing the left knee towards the chest. This completes one repetition.

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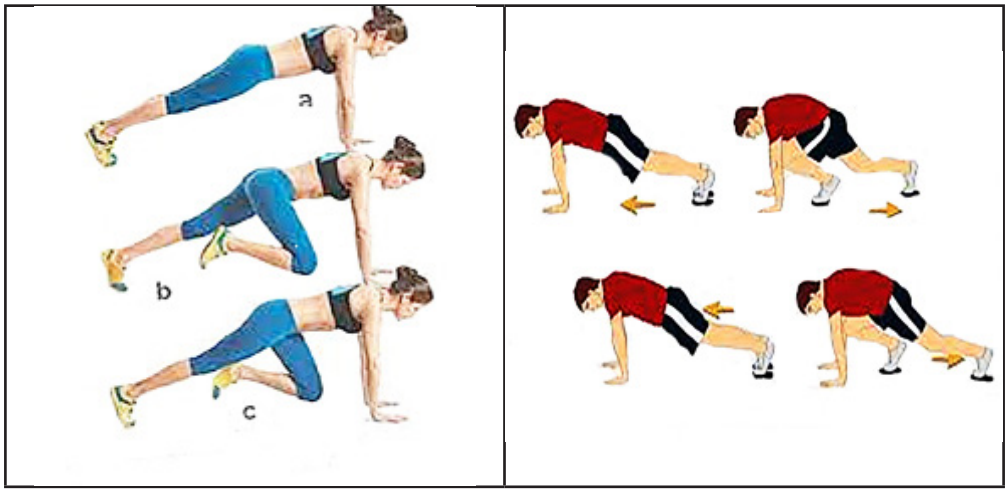


Figure shows mountain climber's exercise

Exercise 3 side-shuffles touches:

Basic techniques of side-shuffle touches exercise

1. Start in a standing position with the feet shoulder-width apart and the arms down by the sides
2. Bend the knees and squat down
3. Shuffle a shoulder-width to the right and then touch the floor outside the right foot with the fingertips of the right hand.
4. Shuffle a shoulder-width to the left and then touch the floor outside the left foot with the fingertips of the left hand.
5. This is one repetition

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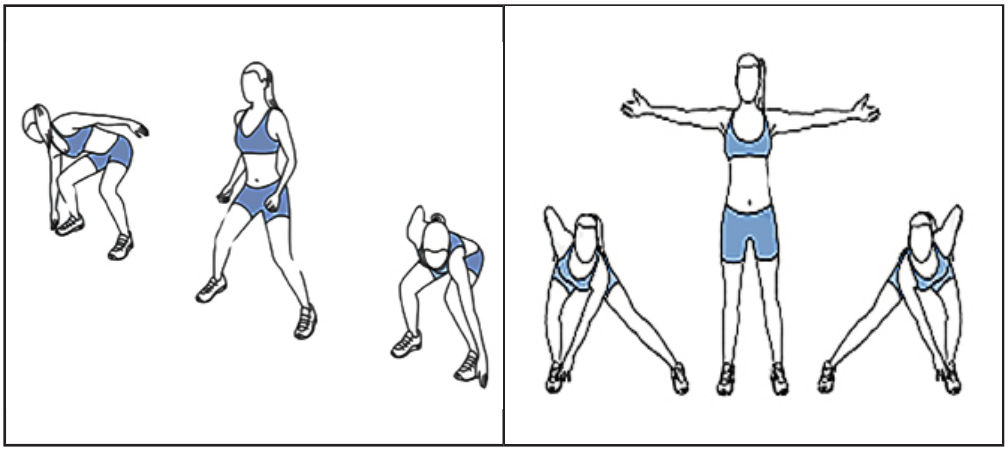


Figure of side shuffle touches exercise

Exercise 4 running on the spot exercise

Basic techniques of running on the spot exercise

1. Begin jogging in place, lifting the knees as high as you can
2. Try to lift your knees up to hip level but, keep the core tight to support your back
3. Bring your knees towards your hands instead of reaching the hands to the knees.



Figure of running on the spot

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Other exercise that can helps to improve cardiovascular endurances are include: running, power walking, Swimming, Dancing, jump rope and others that high intensity sports such as basketball, soccer, and etc.

Activity 3.2

- What is cardiovascular Endurance and what type of exercise to do develop cardiovascular endurance?
- List the importance of cardiovascular endurance?

3.3. Muscular Endurance Exercise

Specific Objectives

At the end of this lesson students will be able to:

- Identify the basic activity which helps to develop muscular endurance exercises
- Mention at least four exercises to develop muscular endurance exercise
- Practice to improve upper body parts muscular fitness exercise for male 20-25 repetition and for female 15-20 repetition exercises.
- Practice to improve abdominal and back body part muscular fitness exercise for male 17 to 20 repetitions and for female 15 to 18 repetitions through regularly exercise.
- Practice to improve lower body muscles fitness exercise for male 12-15 and for female 8-10 repetition of exercises.

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Class Activity

- What does mean muscular endurance?
- Do you know what exercises are improves your muscular endurance?

Muscular endurance refers to the ability of muscle to exert force, consistently and repetitively, over a period of time. It plays a big role in almost every athletic endeavor. You might think of muscular endurance as stamina.

Importance of muscular strength and endurance

- Increase your ability to do activities
- Reduce the risk of injury
- Helps you keep a healthy body weight
- Lead to heathier, stronger muscles and bones
- Improve your self confidence
- Allow you to add new and deffernt activities to your exercise program

3.3.1. Exercise for developing upper body muscular endurance

Push up

Push up is a common calisthenics exercise beginning from the prone position by raising and lowering the body using the arms. It helps to develop upper body muscular endurance

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Basic Techniques of push up exercise

- Lie face down on floor, the hand locked under the shoulder, the palm pointing grounding at the straight to head. And the leg of the toes step the floor, raise the body weight carry on the hands. Toes and back to straight
- For female students similar but it has little difference in position: the knees bend and step the ground.
- The hand of the finger direction should be towards the front.
- Start by lying flat on your stomach

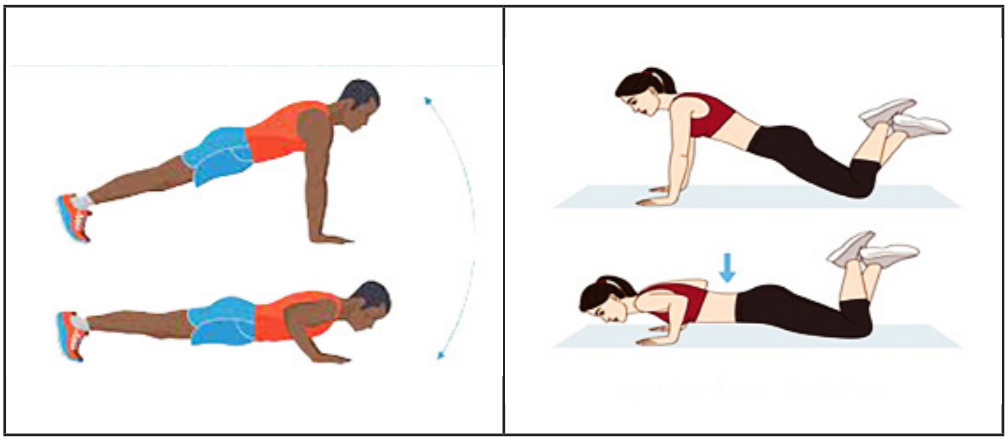


Figure of how to done push up exercise of male and female

Pull up

Pull up is hanging from a bar with your palms facing away from your body. Pull until your chin is level with the bar. Repeat as many chins as possible, ensuring that your arms rich a straight position between each effort, when your hands are facing away from you.

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Basic Technique of pull up exercise

- Based on the height of classroom students preparing an even bar.
- Standing on the bar parallel position jumping up ward to grasp the bar; keeping the arms wide parts by griping the beam on top cover grasp.
- Grasp the bar under full control.
- Then pulling the body upward by keeping legs together and straight up to the chin slightly above the bar
- Return to the lower hang position by extending.

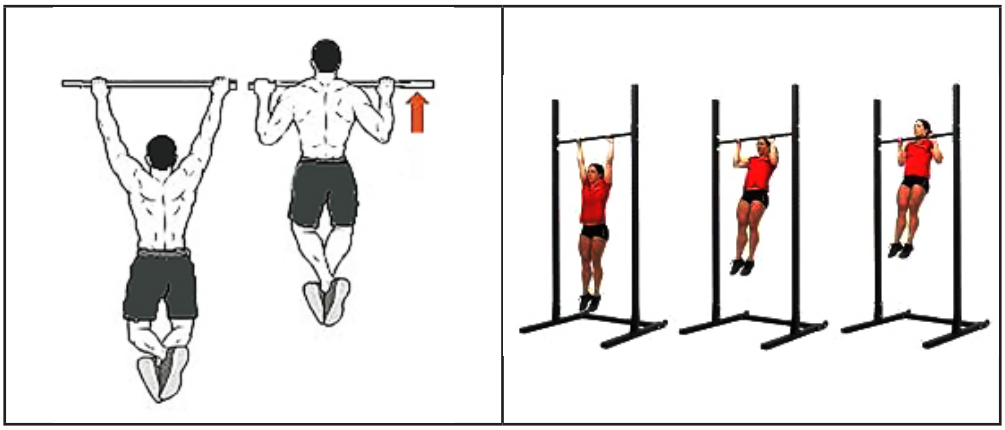


Figure shows how to doing pull up exercise

Weight lifting exercise

Weight lifting is the common type of strength training of developing the strength and the size of skeleton muscles. It utilizes the force of gravity in the form of weighted bar dapples or weight stacks in order to oppose the force generated by muscle through concentric and eccentric contraction

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Exercise for developing upper body muscular endurance performing like

- Weight lifting
- Dig up

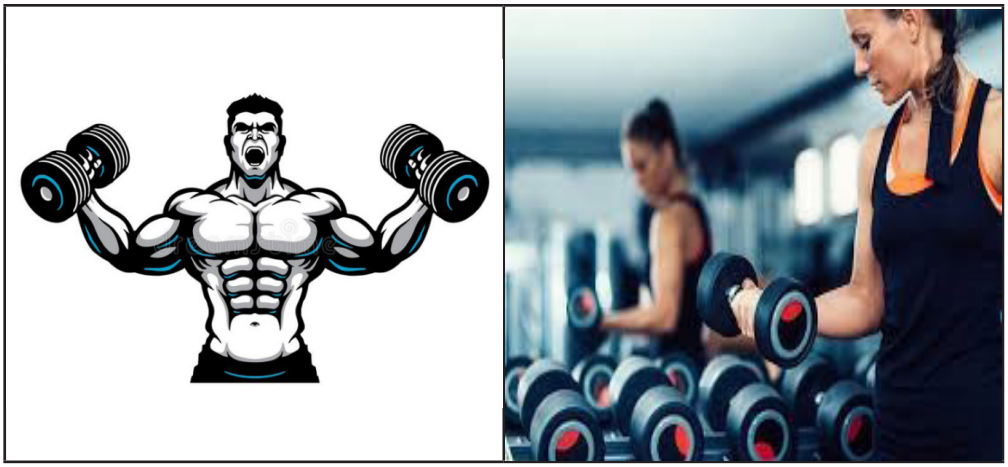


Figure shows weight lifting Exercise

3.3.2. Exercises developing abdominal and back muscle exercise

Curl up is one type of fitness exercise to develop abdominal muscles

Can you remember the techniques of curl up?

Basic Techniques of curl up exercise

- Lie on your back, with knees bent and feet comfortably flat on the floor;
- Adjust your pelvis so that your lumbar spine is in the neutral position. You should feel a slight gap between your back and the floor;
- Curl up your head and bring your chin towards your chest, fixing your neck position as if you were holding an apple between your chin and neck.

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- Place your hands to your ears and fix your arms open with your elbows pointing out to the side.
- Slowly, focusing on your abdominals, curl your upper back off the floor. Do not move any other body part and keep your arms, shoulders, neck and legs relaxed as the abs pulls you up. If the movement is performed correctly, your head and arms will curl up as one unit with your shoulders;
- Stop once your upper back is off the floor. Do not tilt your pelvis or pull with your thighs to lift yourself any higher.
- This movement can be practiced in different options by changing hand direction. For example, we can practice by putting the hands on the chest, on ears and head on shoulder and by stretching side by side.

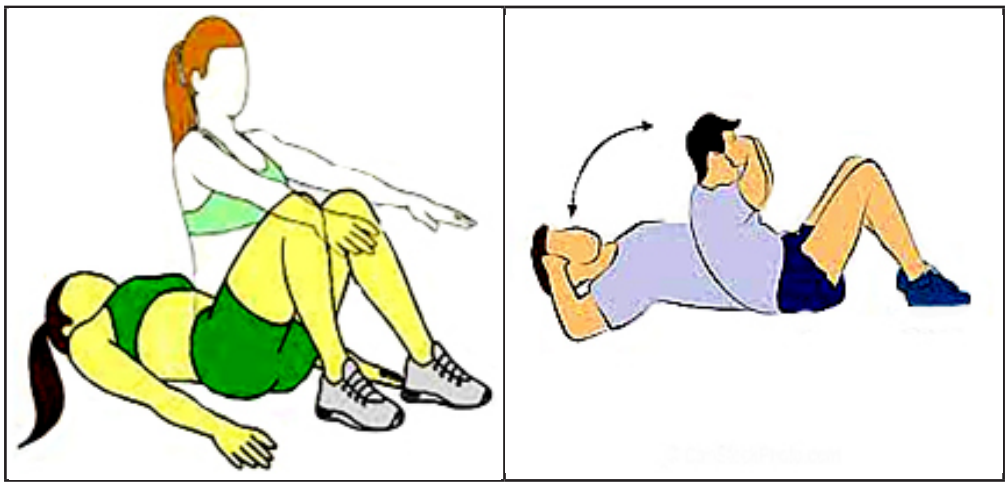


Figure how to do curl up (set up) exercise

Leg lifting (lie on the back with lifting two legs up)

This activity is selected to develop abdominal muscles or to strength the lower body part.

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Basic Techniques leg lifting exercise

- Reclining or lying with back and stretching legs, hands should be parallel with high toward the in front.
- Except two legs to lifting up and down (up to one feet height) the rest of our body should not move. Repeating the activity up to becoming exhausted.

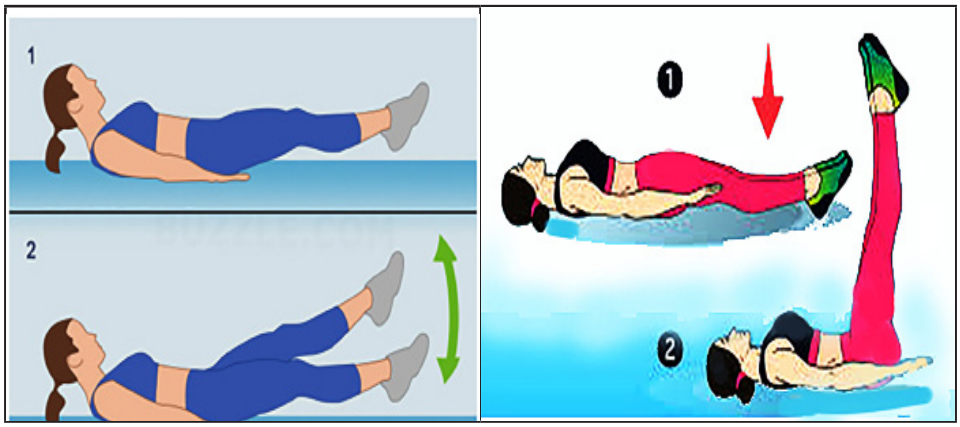


Figure of leg lifting exercise

3.3.3. Exercise to develop lower Muscles strengths

A. Squat jump: is a strength exercise from exercise for better bones program especially designed for elite level. The targets the muscle calves quadriceps buttocks and hips. It also targets the bones in the spine.

Basic Techniques of squat jump exercise

- Stand tall with your feet hip width apart
- Bend your knees and descend to a full squat position
- Hinge of the hips to push your butt back and lower down until your thighs are parallel to the floor

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- Allow your knees to bend 45 degrees when you land, and then immediately drop back down into a squat, and jump again.

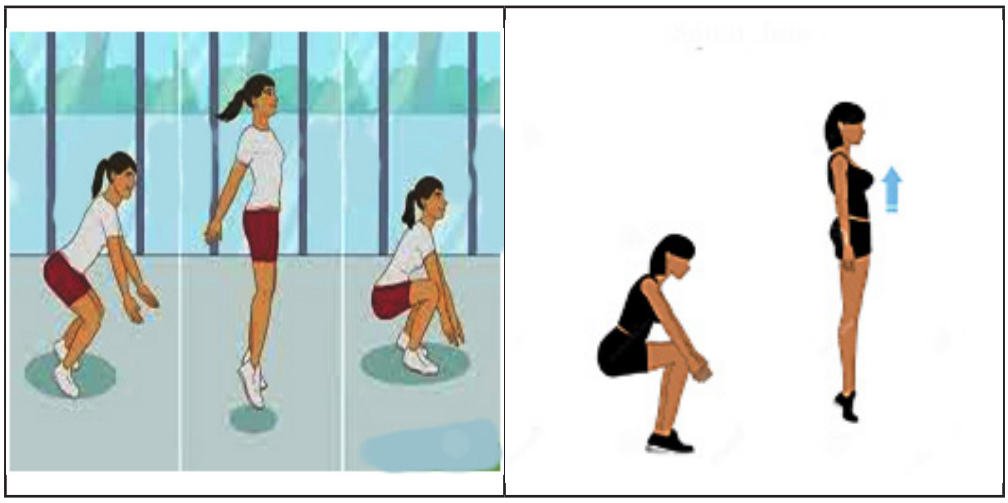


Figure of squat jump exercise

B. Step up and dawn: is important to strength the muscles of leg .whatever the name implies step test, but test active can be done applied on appropriate heighted 30cm – 40cm bencher boxes

Basic Techniques of Step up and dawn exercise

- Being ready and standing in front of a 30-50 bench
- Then stepping up one leg and ensure the other within appropriate period of time make our leg up and down.
- Since the activity are done by our leg, no need of accelerating the speed.

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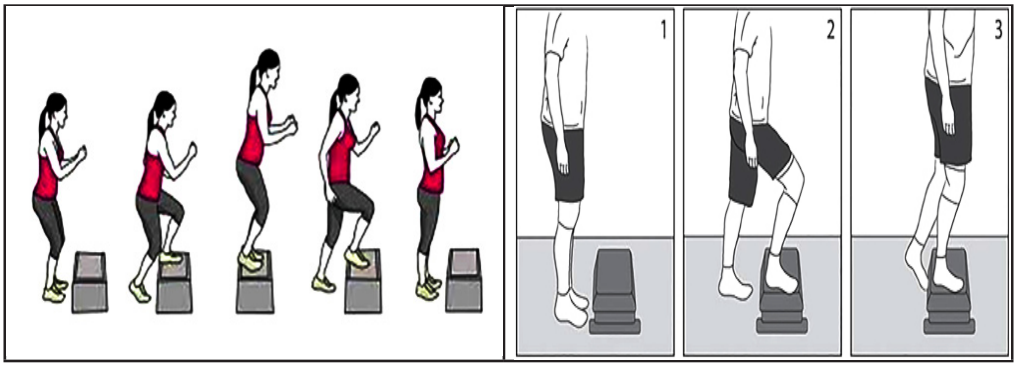


Figure shows how to do step up and down exercise

Activity 3.3

- What is muscular endurance?
- What types of exercise used to develop upper part and abdominal muscles?

3.4. Flexibility

Specific Objectives

At the end of this lesson students will be able to

- Explain the mining and use of flexibility for our body.
- Mention the importance of flexibility
- Demonstrate 4-5 exercise that developed flexibility.
- Identify exercises that contribute for or flexibility of major muscles and joint of the body.

Activity

- What is flexibility?
- Can you sit and touch your toes without bending your knees?

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Flexibility is the range of motion in a joint or group of joints. It is ability to move joints effectively through a complete range of motion.

Flexibility training includes stretching exercise to length the muscle and may include gymnastic sports. Improving your flexibility, helps you to feel more confortable throughout the day.

This requires hamstring flexibility. You need arm and shoulder flexibility to stretch your back. Women usually have more joint flexibility than men because men have bulkier skeletal muscles. Older adults may have trouble while performing routine tasks such as turning to watch traffic while driving and dressing when clothes fasten at the back because flexibility diminishes with age. This loss can be countered if stretching is part of your lifetime exercise program.

Flexibility refers to the ability of muscles and joints, stretch and flexed. To achieve any types of daily physical activity requires abilities of the body stretching. Doing minimum stretch on the body capacity that has negative influence of daily activities. Taking enough stretching is important to prevent body injuries and to improve adaptation of techniques of exercise. Having a good flexibility is important in the prevention of strain, sprain and body pain.

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Figure shows how to do flexibility exercise

Example of flexibility exercise is:

- Gymnastics events - Stretching - Yoga and etc.

Activity 3.4

1 What is flexibility?

2. Write types of exercise to develop flexibility

3.5. Speed exercise

Specific Objectives

At the end of this lesson, students will be able to:

- Identify the importance of speed exercise
- List three exercises which develop speed level
- Perform speed exercise from 30 meter with moderate speed
- Demonstrate sprint run from different position

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Class Activity

What is speed? Discuss in groups

Speed is the ability to minimized time cycle of repeated movement. Speed is the ability to move your body or parts of your body swiftly (fast). Many sports rely on speed to gain advantage over your opponents.

For example, a basketball player is making a fast break to perform a layup, a tennis player moving forward to get to a drop shot, a football player out running the defense to receive a pass.

Speed is perhaps the most intuitive of the skill-related fitness components, as it measures how quickly you can complete certain tasks. One of the most common skill-related fitness tests for speed is to run and time sprints. However, you can also test your time on other tasks as well.

What type of speed you want to improve may depend on your favorite sport? For example, bicyclists and swimmers often want to increase their times in their specific sports.

30 meters speed run

Basic Techniques of speed run exercise

- Line up starting and finishing line 30 meter interval from starting line up to ending
- Organize the students in row at the end of starting line
- When you give signal the first row, sprint and touch the marking line on the finishing line

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- After touching finishing line they return to starting line by sprint and stand at the end of the remaining row.
- Each row repeats sprint run from 3-5 times

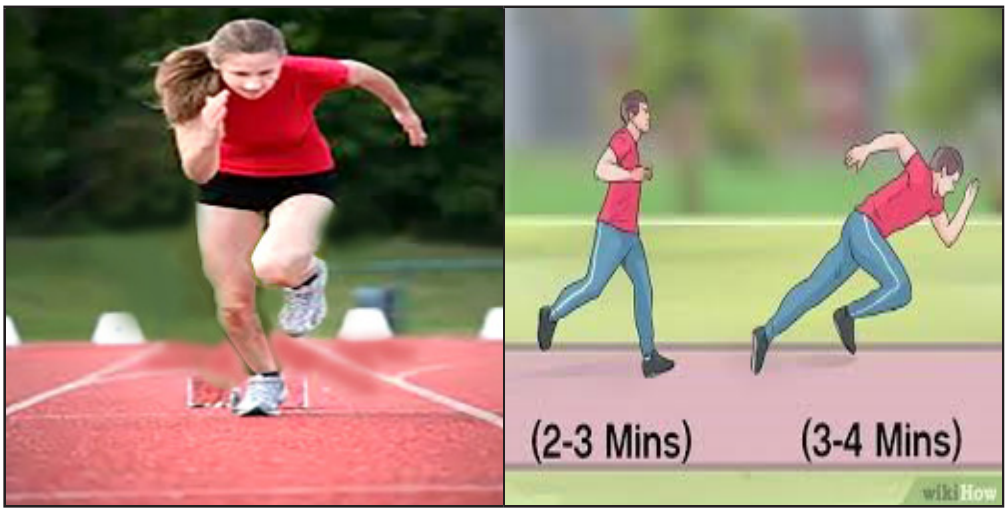


Figure shows sprint run to develop speed

Activity 3.5

- What is speed and what types of exercises used to develop speed?

3.6. Prevention of Doping

Specific Objective

At the end of this lesson student will be able to:

- Explain about prevention of doping
- Mention in pair the risk factors of doping

What is doping? Discuss in Group!

Doping is the administering or use of substances in any form alien to the body or of physiological substances abnormal amounts and

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with abnormal methods by healthy persons with the exclusive aim of attaining inartificial and unfair increase of performance in competition.

Disadvantage of doping in sport are included following points:

- Anxiety
- Weight loss
- Insomnia
- Dependence and addiction
- Dehydration
- Increased heart rate and blood pressure
- Increased risk of stroke …etc.

Preventive measures ("anti-doping")

Experience has shown that in addition to regular random controls, information programs and actions to influence attitudes are equally important. Such programs must consider what can be done to limit the extent of doping in sports. Both the national and internationally, the most important tasks are to:

1. Provide information about the dangers of doping to health
2. Provide information about the limited value of most doping agents in increasing the performance
3. Prepare and distribute exact and detailed lists of different doping agents, stating both the chemical composition and trade names of the various drugs in alphabetical order and in accordance with international resolutions.

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4. Work toward a stricter control over doctors' prescriptions of medications falling under the concept of doping;
5. Demand that more severe action be taken. Not only of athletes but also of coaches and leaders having been found guilty of introducing doping agents to athletes
6. Institute and support practical and regular doping tests also at the national level by putting economic means at organizers' disposal.
7. Cooperate with the custom officials to prevent substantial import of drugs.

Activity 3.6

What is the disadvantage of doping for athlete daily activity?

Unit summary question for student

What do you understand from this chapter? write a report individually and report to your class

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Summary

- *Physical fitness* is *a state of health and well bang and, more specially, the ability to perform aspect of sports, acceptation and daily activity.*
- Anaerobic exercise is any activity that breaks down glucose for energy without using Oxygen. Generally, these activities are short length with high intensity.
- Cardiovascular endurance (CVE) exercise is the ability of the heart, blood vessels, and lungs to deliver oxygen and essential nutrients to the working muscles and remove waste products during vigorous physical activity
- Muscular endurance refers to the ability of a given muscle to exert force, consistently and repetitively, over a period of time.
- 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.
- Speed is the ability to move your body or parts of your body swiftly (fast).
- Doping is: "the administering or use of substances in any form alien to the body or of physiological substances abnormal amounts and with abnormal methods by healthy persons with the exclusive aim of attaining an artificial and un fair increase of performance in competition

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? Review questions

I. say true or false

1. Long distance running event are developed muscular endurance.
2. Cardiovascular endurance is the ability of heart and lung taking more amount of oxygen.
3. Progressive overload exercises is gradually decrease physical fitness
4. Doping is a drug that the athletes using legal administered in different games.
5. Physical fitness is the body movements can be performed through muscle contraction.

II. Choose the best answers from the given alternatives

6. Among one of the following is short (acute) term physical fitness exercise.
   A. Being active in daily work
   B. Develop endurance for long period of time
   C. help to improve good posture D) A and C

7. One of the following is the ability to perform the muscle exert a single contraction
   A. Muscular endurance B. Flexibility
   C. Muscular strength D. speed

8. One of the following is true about speed
   A. Long distance running with fast speed
   B. Short distance running with slow speed
   C. Long distance running medium speed
   D. Short distance running with high speed

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9. One of the following is not skill related physical fitness component

A. Power B. balance

C. muscular endurance D. speed

10. The exercises gradually increase in physical activity the group of muscles is:

A. Progressive overload B. specificity

C. reversibility D. speed

III. Fill in the blank space

11. _____is the ability to move joints effectively through a complete range of motion.

12. _____the ability of a given muscle to exert force, consistently and repetitively, over a period of time.

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Key terms

Acute: when the athlete perform activity, his/her body endurance that develop short period of time

Chronic: when the athlete perform activity, his/her body endurance that develop long period of time

Dehydration: a significant loss of body fluid that impairs or damage normal body function

Endurance: the ability of an organ to exert itself and remain activity for a long period of time, as well as its ability to resist.

Fitness: the condition of being physical fit and health

Insomnia: common sleep disorder that can make it hard to fail sleep

Overload: to perform excessively or to put too large a load in or on activity (exercise)

Stroke: it occurs the blood supply to part of your brain interrupted or reduces, prevention brain tissue, from getting oxygen and nutrient.

YOGA: a group of physical mental and spiritual practice or disciplines that originated ancient.

CVE Cardiovascular Endurance

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UNIT 4

4. ATHLETICS

Unit Objectives

At the end of this unit, students will be able to:

- Understand major events in the history of athletes in World
- Show the ability to change in speed of movement when running
- Demonstrate sequence of movement when throw objects for distance from strides
- Show rhythmic single leg hoping as preliminary triple jump skill
- Cooperate with partner while performing skill practice in group

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Introduction

Athletics is one of the natural physical activities of human being that contains natural action like walking, running, jumping and throwing.

The word athletics is derived from ancient Greece "(*athlos",* Competition). Initial the term described athletics consists in general –i.e sporting competition based primarily on human physical feats.

In 19th century the term athletics acquired a more narrow definition in Europe and came to described sports involving competitive.

Any athletics events required a series of coordination of movements to obtain the maximum output of effort with the minimum output of energy.Here this unit focuses on the basic information about history of athletics running, throwing and jumping. It believed that this will serve as the basic for future development in your active participation in athletics.

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4.1. History of Athletics in World

Specific Objectives

At the end of this lesson, students will be able to:

- Explain about the history of athletics.
- Identify the nature and the basic rules of athletics
- Describe the background of athletics in the Ethiopia and in World

Class Activity

- Do you remember what you learned at lower grade about athletics? What is athletics?

Athletics is an activity in which millions of people throughout the world participate and in which many more millions take an interest through the media. Today there are about 212 member of national federation registered in IAAF (International Association of Athletics Federation).

Athletics is a group of sporting events that involves competitive running, jumping, throwing and walking. The most common types of athletics competition are track and field, road running, cross country and race walking. World athletics formerly known as International Amateur Athletics federation and International Association of Athletics Federation, both abbreviated (IAAF) is international governing body for the sport of athletics.

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It covers track and field, cross country running, race walking, mountain running and ultra-running.

The basic concepts of athletics are to win the event that you are participating in, which is done by athletics events better than opponents in the events.

The most popular countries that compete in athletics are

1. United States of America (USA) was most dominant in short distance running and jumping event.
2. Soviet Union (Russia) has been good for throwing, jumping and middle distance running
3. Kenya has dominated middle distance running for decades is good and long distance running.
4. Germany has been one of the most dominated countries throwing events
5. Ethiopia has dominated long distance running for decades

The world athletic Headquarters are situated at on Monaco port Hercules as well as the offices president of Sebsitian Coe who elected is 2015 in Beijing.

Activity 4.1

- Do you agree that the athletics is popular game in world? If you say 'yes' why?
- How many counties are registered (members) of IAAF in the world?

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4.2. Running

Specific Objectives

At the end of this lesson, the students will be able to:

- Define the running and its events short, middle and long distance running
- Explain the different techniques of running and importance of running
- Demonstrate running events in pair
- Identify the uses of sprinting
- Improve their motor skill for running from 200 - 400m distance.

Class Activity

- What is running? And what types of events are included in running?

Running is defined as the fastest means for humans or animals to move on foot. It is defined in sporting terms as gait in which at some point all feet are off the ground at the same time. Running events are completion that test athletics quickness, speed, and endurance.

Athletes win running races by completing the distance or course in the minimum amount of time. Running events do require skill and show greatest improve through training and competition.

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Different types of running events are:

- sprinting or short distance running
- middle distance running
- long distance running.

I. Short distance running (sprinting) is running over a short distance at the top speed of the body in a limited period of time. Sprint run Included 100m, 110m hurdle 200m, and 400m

II. Middle distance running is track race longer than sprinting; it covers up to 3000m. It includes 800m, 1500m and 3000m in international competition

III. Long distance running is endurance running, is a form of continuous running over the distances at least 3km. It includes 5000m, 10000, half cross country, road running, half marathon (21km) and marathons (42.195km).

Starting (stance) in athletes are two types:

Those are:

I. Crouch Start

Crouch command is used for short distance running (100, 200 and 400m) only. These are

1. **On your mark**
2. **Set**
3. **Go**

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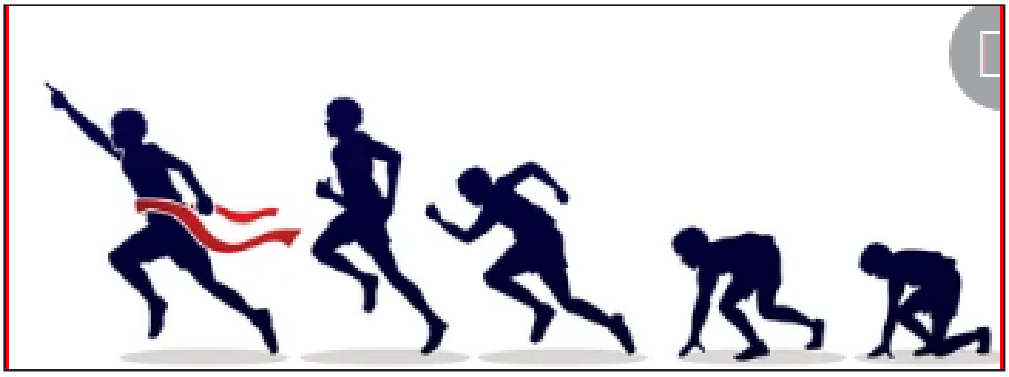


Figure shows crouch command stand

II. Standing start

standing start are used to for middle distance (800m, 1500m, 3000m) and long distance(5000m, 10000m,cross country ,rode running, 21km or half marathon and 42.195 km marathon). Called **Go**



Figure shows long distance runner starting position.

I. Acceleration run

Acceleration is the rate at which the speed of an object is changing. Acceleration run is special form of sprint training in which running speed is gradually increased from jogging to striding and finally to

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sprinting a maximum pace. Each component is usually about 50m long.

Acceleration sprints are a good form of anaerobic training. The length of acceleration phase increase as higher performance levels and this is the most important phase for the performance.

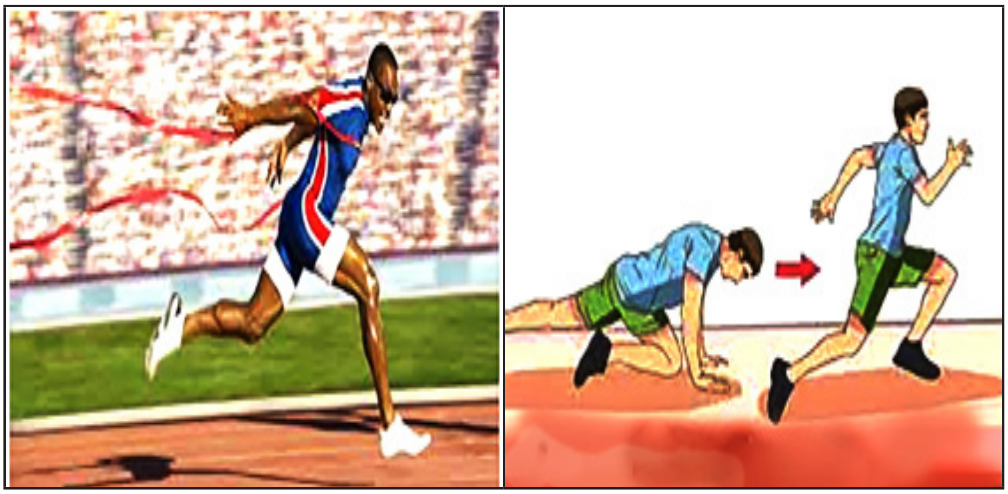


Figure of acceleration run

II. Running of distance

Running of distance means long distance running or endurance running. It is a form of continues running over the distance of 3km and above physiological. It is largely aerobics in natural and requires stamina as well as mental strength.

Long distance running are athletic truck and filed event, footraces ranging from 3000m up to the marathon or 42.195km. Long distance running is challenging energy lasting you need is your footwear holding you back. Because you will be on your feet the enter time it is essential to get comfortable sneakers that can go the distance.

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Activity 4.2

- What is acceleration run?
- What is running of distance?
- Mention the types of middle distance running events?

4.3. Throwing

Specific Objectives

At the end of this lesson, the students will be able to:

- Define the throwing and its events
- Mention how performing the correct techniques of throwing discuss, shot put and javelin.
- Demonstrate the students how to grip or hold javelin, discus and shot put
- Identify the techniques of each throwing activity.

Class Activity

- What is throwing? Who was the best thrower in your class or in your environments?

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

Most throwing sports use a defined field of play (including an area players may throw an object from, and an area where the object should fall) and a specific throwing method. Common one-armed

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throwing methods include overhand throwing (releasing with the arm above the shoulder) and underarm throwing (releasing with the arm below the shoulder). With both arms, overhead throwing and chest-passing are common actions.

4.3.1. Throwing for distance from strides

The throwing motion is natural. And the easiest way to ensure your biomechanical efficiency is to perfect your timing and stride. It is pretty well accepted that a long strides helps you maximize power in your delivery, resulting in greater velocity. It is possible to stride too far. So before you go out trying to stride out as far as you possibly can, you need to understand what you are trying to accomplish.

The four prominent throwing events are javelin, shout put, discus and hammer. But these sections define three of them.

Javelin throwing

is popular events in the world and in our country where the spear has long been a weapon used for hunting and war. Today, it is one types of sport in Ethiopia and else, where the force for throwing the javelin is not usually obtained arm actions only. It is necessary to combine a strong arm and body actions together.

The javelin throw facility includes a runway, a throwing arc and a landing sector. Since the length of the runway exceeds the space available in the segment, it is usually extended across the track and track border.

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The height of javelin is 2m length and the weight of javelin for both sex is different, 800gm for male and 600gm for female

Basic Technique of javelin throwing

1. Grip
2. Caring
3. Approach run
4. Transition
5. Delivery and Recover

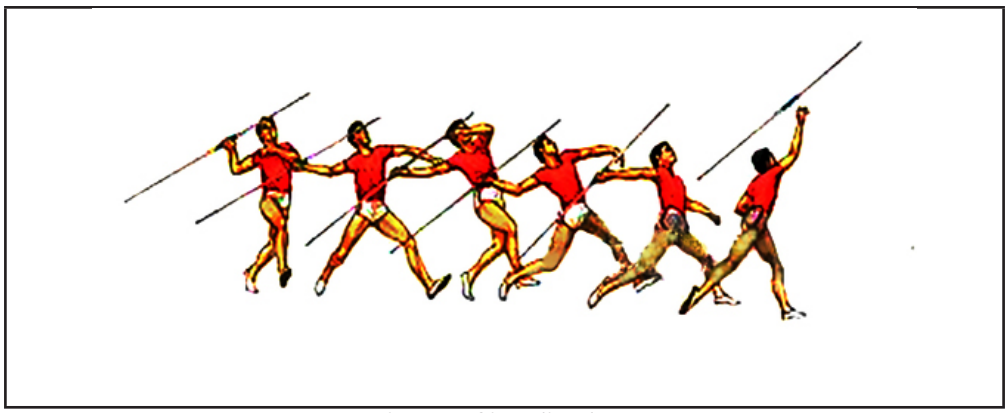


Figure of javelin throw

Discus

Discus throw is rotational events, the foot work and hand grip make it more complex than shot put or javelin. So that, it needs care and repeated practice.

Discus is a metal dish weighing 2kg for male and 1kg for woman. It is 22 cm in diameter for men and 18cm for woman as far as possible

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whale remaining inside a 2.5meter diameter circle.

The discus throw includes a throwing circle, protective cage and landing sector. They are located near the ends of the back straight and the landing sector is located in the grass area inside the track.

The facility for discus throw, near the 1500m start, is usually combined with a facility for hammer throw. The only difference is the diameter of the throwing circle is 2.50m for discus throw and 2.135m for hammer throw.

Basic Techniques of discus throw

1. Holding the discus,
2. Preparing for standing
3. Executing standing throw,
4. Release



Figure shows discus throw

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Shot put

Shot put is a track and field events involving putting (pushing rather than throwing) a heavy spherical ball the shot as far as possible apart of modern Olympic.

The shot put a metal ball (7.26kg for men, 4kgfor woman) is put not throw with one hand. The aim is to put it as far as possible from a seven foot diameter (2.135m) circle that curved 10cm high toe board at the front and landing section.The shot put facility includes a throwing circle, a stop board and a landing sector.

Basic techniques of shot put throw

1. The grip
2. Throw
3. Glide
4. Recovery

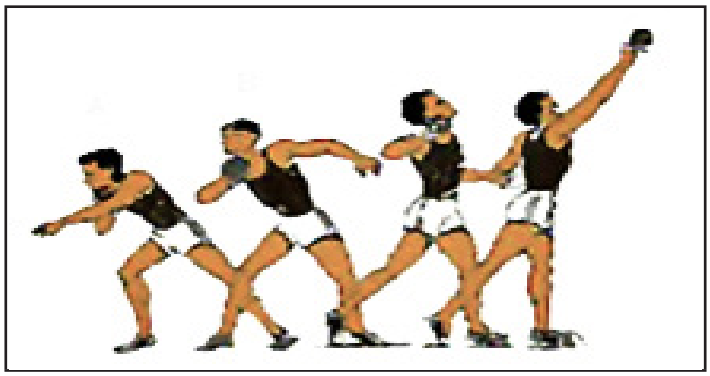


Figure shows shot put throw

Activity 4.3

- List down the throwing sports registered in athletics events?
- Write the weight of shot put for male and for females?

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4.4. Jumping

Specific Objectives

At the end of this lesson, the students will be able to:

- Explain the meaning of jumping
- Describe the correct techniques of jumping events
- Demonstrate the student's local jumping events
- Know about the rules and techniques of jumping events

Class Activity

- Do you remember how to jumping were done? Where can you use jumping events in your life?

Jumping is an ability that most humans and many animals share to some degree. It is the process of getting once body off the ground for a short time using only ones own power, usually by propelling oneself upward via contraction and then forceful extension of the legs.

Jumping can be distinguished from running, galloping and other gaits. Where the entire body is temporarily airborne, by the relatively long duration of the aerial phase and high angle of initial launch. Jumping events are high jumps, long jumps, pole vault and triple jump.

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4.4.1. Jumping for height over obstacles

Pole vault

Pole vault is a track and field event in which an athlete uses a long and flexible pole, usually made from fiber glass or carbon fiber, as an aid to jump over a bar.

Pole volts mats are essential parts of pole vaulting because they provide a soft space for your athletes landing.

Physical contribution such as speed, agility, and strength essential to pole-vaulting effectively, but technical skill is an equally if not more important elements.

The object of pole-vaulting is to clear a bar or cross bar supported upon two uprights or standard without knocking it dawn.

Note:

Students does not try this pole vault exercise. It is dangerous exercise to perform at school level and at anywhere due to shortage of facilities.

Basic Techniques of pole vault jumping

1. Approach run
2. Take off
3. Swing up
4. Extension
5. Turn
6. Flay away or clear bar and landing

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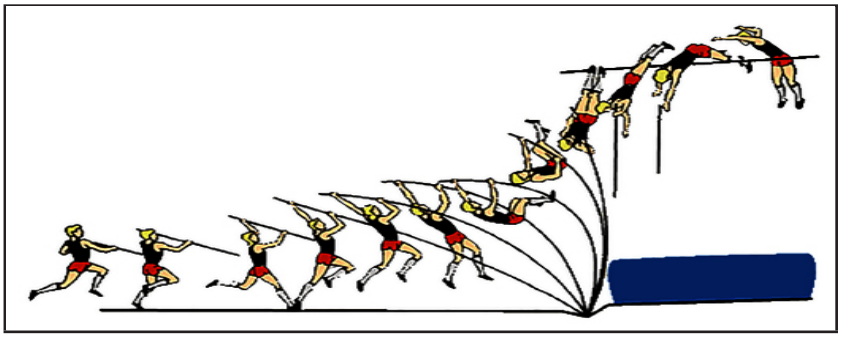


Figure of pole vault jump exercise

High jump

High jump is a truck and field events in which competitors must jump unaided over horizontal bar placed at measured height without dislodging it. In its modern most practiced format a bar is placed between two standards with a crash mat for landing. To do this exercise use sponge mat must available in the school.

Basic Techniques of high jumps:

1. Approach run
2. Take off
3. Flight
4. Jumping or clear bar
5. Landing



Figure show high jump

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4.4.2. Alternate leg jumps

Push explosively off the ground, jumping and switching the position of your legs while in min air landing into the lunge position with the opposite leg, forward repeat, switching legs on each jump.

Alternate leg jumps is raise your left foot off the ground slightly so that you are starting on your right foot. As you land on your right foot, place your left foot down and then slightly races your right foot. Jumping off your left foot this time and then repeat, alternating back and forth.

Alternate leg jumps

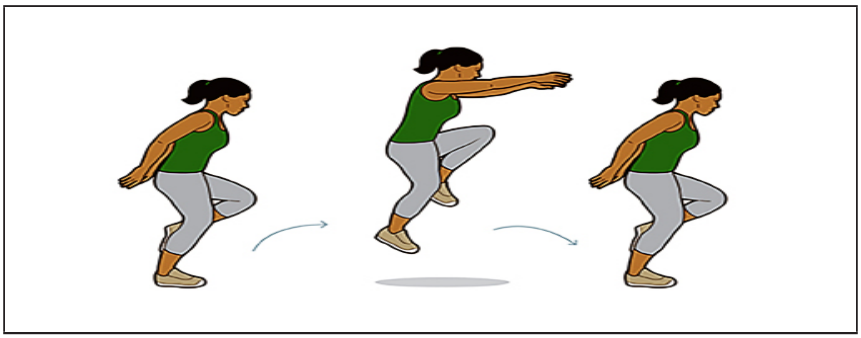


Figure shows alternative jumping

Activity 4.4

- What is the objective of the approach run?
- List down types of jumping events?

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Summary

- The word athletics is derived from ancient Greece "(Athol's", Competition). Initial the term described athletics consists in general –i.e. sporting competition based primarily on human physical feats.
- Athletics is a group of sporting events that involves competitive running, jumping, throwing and walking. Running is defined as the fastest means for human or animal to move on footDifferent types of running events such as: - sprinting or short distance running, middle distance running and long distance running.
- Acceleration run is special form of sprint training in which running speed is gradually increased from jogging to striding and finally to sprinting a maximum pace.
- Throwing sports, or throwing games, are physical, human competitions where the outcome is measured by a player's ability to an object.
- *The four prominent throwing for distance sports are in track and field events these are* ***javelin shout put, discus and hammer*** *throw*
- Jumping is an ability that most humans and many animals share to some degree. It is the process of getting once body off the ground for a short time using only ones own power.
- Alternative leg jumps are push explosively off the ground, jumping and switching the position of your legs while in min air landing into the lunge position with the opposite leg, forward repeat, switching legs on each jump.

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? Review questions

I. Say True if the statement is correct and says False" the statement is incorrect

1. Athletics is the natural activities of human beings.
2. The weight of shot put for male and females are equal mass.
3. The beginning of athletics sports are in Ethiopia.
4. Jumping is an ability that gifted for humans beings only.
5. Throwing sports are given strength and flexibility for the athletics.

II. Choose the best answers from the given alternatives

6. Among the following one is throwing events

   A. Shot put C. Running

   B. Discuss D. All except C

7. Among the following are correct techniques of javelin throwing

   A. Grip— carrying with run— deliver —throw

   B. Grip—glide —throw—recovery

   C. Grip—carrying—approach run—transition—delivery—recovery

   D. carrying with run — delivery — throw — recovery

8. One of the following is the type of endurance running which is a form of continuous running over the distances

   A. Sprint run C. Middle distance run

   B. Long distance run D. All

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9. One of the following true about jumping leg alternative?

A. Jump with one leg with turn by turn
B. Jump with two leg with the same time
C. Jumping and switching the position of your legs
D. A and C

10. One of the following is used to long stick for performing jumping skill?

A. Javelin
B. Pole vault
C. Hummer throwing
D. Shot put

III. Give short answer

11. Write the correct phase crouch command to use for short distance running?

_____,_____and_____.

12 ist down the types throwing events are

_____,_____and_____.

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Key terms

Amateur: a person who engage in a pursuit, especially a sport, on an unpaid rather than professional base.

Head quarter: head office or main office

Sprint: it's the running over the short distance at the fastest speed within short period of time.

Crouch: adopt a position where the knee is bent and the upper body is brought forward and down.

Acceleration: the rate of change of the velocity of the objects with respect to time

Grip: a part or attachment by which some things held in the hand

AIIF: International Association of Athletics Federation

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UNIT 5

5. GYMNASTICS

Unit Objectives

At the end of this unit, students will be able to:

- Understand the basic rule of gymnastics
- Perform advanced floor gymnastics
- Improve skills by performing dive roll, hand stand and hand spring
- Practice correct and safe procedures when participating in gymnastic activities.
- Identify the difference between apparatus and basic gymnastics
- Develop students interests to participation in gymnastics activities

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Introduction

The word gymnastics comes from the Greek words "gymnos" and "gymnazo" meaning roughly to Train, or to Exercise Naked.

Gymnastics is a sport involving the performance of exercise requiring physical strength, flexibility, power, agility, coordination (endurance) and balance.

Friedrich Ludwig Jahn, is known as the father of gymnastics. He was a member of the Prussian army in the early 1800s.

In 1881 gymnastics became an "organized sport" when the Bureau of the European Gymnastics Federation, which would later become the International Gymnastics Federation (FIG,) was formed. FIG is the current international gymnastics governing body. Gymnastics was becoming more popular and was included in the first "modern" Olympic Games in 1896. Some of the events competed were men's horizontal bar, parallel bars, pommel horse, rings, vault, high jumping, rope climbing and running. Women were not allowed to compete at Olympic gymnastics events until the 1920s.

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5.1. Basic rules of gymnastics

Specific Objective

At the end of this lesson the student will be able to:

- Define properly the rule of gymnastics
- Describe basic rule of gymnastics
- Understand the where and how to playing gymnastics exercise

Class Activity

- Do you know what does gymnastic mean in lower grade? What it mean?
- What is basic rule of gymnastics?

In the sport of elite or professional gymnastics, athletes are challenged to perform routines on several unique apparatus, being scored by panel of judges on each of their routines. Athletes can either compete as a team or an individual and the athlete with highest score in the victory.

Have a coach or program director that is qualified and is at every practice. A qualified coach will be up to date on the latest safety recommendations.In order to watch and participate in gymnastics, you need to understand the rule of gymnastic sports.

These Rules of gymnastics are:

- **Have fun**: gymnastics is an extremely enjoyable sport that also requires strong physical demand.

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- **Understand the scoring rule:** for scoring, a judge's panel is often the main source of scoring in gymnastics competition.
- **Wear the appropriate attire:** a lot of gymnastics will not allow you to participate in gymnastics, if you do not have appropriate attire.
- **Sporting rule: a** coach plays the role the spotter to ensure that the gymnast is performing new tricky safely.
- **Respect your teammate and opponent team:** often time, gymnastics is un individual events, meaning if it is you against everyone else.
- **No jewelry:** whether it is practice or it is a computation be sure to leave your jewelry at home.
- **Be confident:** gymnastics is the sport where a lot of tricky and dangerous maneuvers are performed.
- **Avoid deduction:** when performing gymnastic maneuvers there are certain things judge want to see and not see.
- **Stay the bounds when on the floor:** the floor is the major routines in the gymnastics. Both men and female compete in the event.
- **Respect the judges:** the last things you want to do in a competition complain about low score.

Safety measures of gymnastics

In order to conduct safe gymnastic lesson the students must follow the following safety hints

- Never allow students to tumble unless the area the equipment are supervised

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- Students are always recommended to tumble on a mat
- Students in a group should away work in the same direction to avoid collision
- While others students are performing, stay clear of mats unless acting as a spotter
- Student be must remove jewelry before tumbling
- Avoid tumbling on mats with tears or mat covered with any types of dust
- The mat is to be placed in succession, secure with taps or some others materials that will keep them from sleeping a part.
- It is advisable to have student's assistance. They should be given special instruction on correction techniques
- Do not allow student to "goof off" at any time.
- Do not allow students to tumble when fatigued
- Have a definite skill progression, and do not permit student to work above skill level.

Activity 5.1

. List down the basic rule gymnastics?

5.2. Advanced Floor gymnastics

Specific Objective

At the end of this lesson student will be able to

- Describe the basic points about the advanced floor gymnastics
- Explain the steps of dive roll

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- Compare and contrast the body action hand stand roll and hand spring
- Show in action how to perform the advanced floor gymnastics.
- Demonstrate how to perform the students advanced floor gymnastics.

Class Activity

- What are advanced skills in floor gymnastics?

Floor exercise gymnastics are an event, in which movements are performed on the floor in an area of 12 meter (40 feet) square. This area is covered by same types of cloth or mat, usually with same cushioning. No other apparatus used.

Gymnastics continues to develop their gymnastics learning skills such as diving roll, hand stand, rolling and hand spring on the floor and etc.

The whole routine must be performed with rhythm and harmony and the gymnast must move in different direction, using a major portion allotted area.

5.2.1. Dive roll

The dive roll, or diving some result, is an essential part of any gymnast's tool box. In order to master it, you will first need to have a solid grasp on the fundamental movements that it's comprised of. A properly executed dive roll can be a part of an aerial gymnastics routine for beginners, as well as an important movement for

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advanced gymnasts to safely land while practicing new techniques. Before you know it, the dive roll will be another part of your aerial progression for floor routines or the trampoline.

The primary prerequisite for a dive roll is sufficient arm strength to protect the head and neck when diving toward the gymnast's head and neck, especially in case something goes wrong, like a short landing.

Basic Technique of dive role exercise

- Be sure to thoroughly warm up wrists and neck, in particular (along with the rest of the body).
- Put your feet together and launch yourself as high into the air as you can with your feet together and toes pointed.
- Keep your arms up with your elbows straight through your practice jumps.
- Stand on a padded floor or mat
- Lift your arms directly over your head
- Lunge forward and place your palms firmly on the ground in front of you
- Truck your body and keep your back rounded
- Complete the techniques on your rear end or roll up on to your feet

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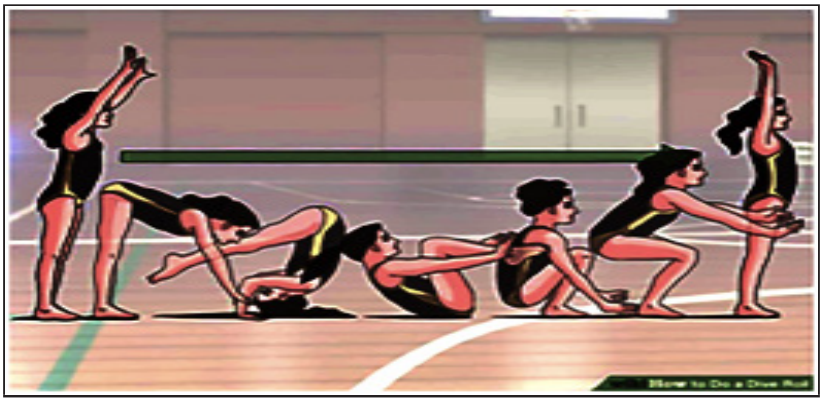


Figure show how to perform dive roll exercise

5.2.2. Hand stand and Roll

Hand stand and roll is the act of supporting the body in a table, inverted vertical position by balancing on the hand.

Hand stand and roll is an intermediate gymnastics move in which you do hand stand then and roll forward. Students at the intermediate level have mastered the basic foundation gymnastics such as forward and backward bent, cartwheel, back bent and etc.

Basic techniques of hand stand and roll exercise

- Place your hands flat on the floor
- The basic hand stand the body is held a straight which is arm and legs fully extended
- With hands spaced approximately shoulder width a parts and leg together
- Push forward with your leg until you begin to roll
- Possess adequate balance and upper body strength and erect.
- Finally compete the techniques on real end or roll up onto your feet.

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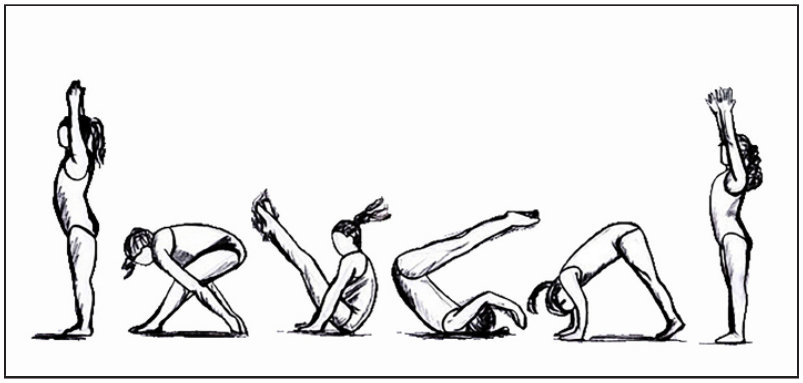


Figure shows how to perform hand stand and rolling activities

5.2.3. Hand spring

Hand spring is an acrobatic move in which a person executes accomplice revolutions of the body lunging head first from an upright position in to an inverted vertical position and then pushing off (i.e. springing) from the floor with the hands so as to leap back to an upright position.

In gymnastics tumbling there are elements in a floor routine known as hand springs one goes backwards and one goes forwards.

Basic techniques of hand spring

- Take a good run skip on the right foot doing a high and long hurdle
- Leading with the left leg rising the arms forward about face height
- Place the foot on the mat at the same time band forward at waist, and place both hands shoulder width apart about 50-60cms.
- In front of the left foot kick the right leg up and over head.
- Push off with one foot and spring off the hands.

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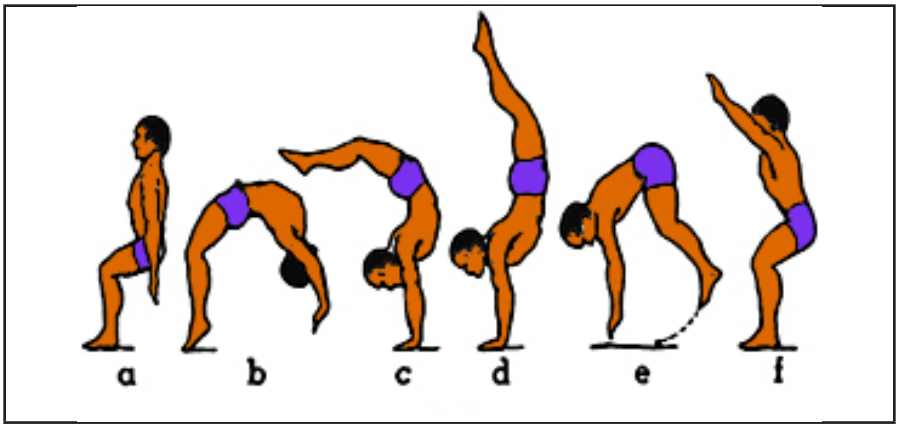


Figure shows how to perform forward hand spring activities

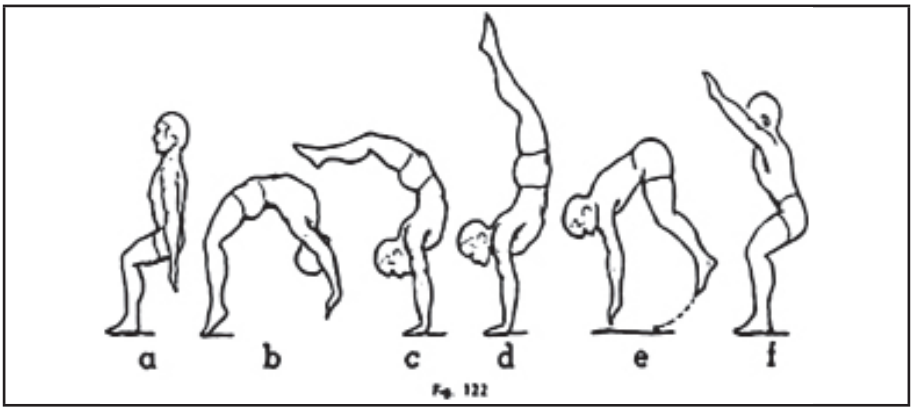


Figure shows how to perform backward hand spring activities

Activity 5.2

1. What is floor exercise? And what kind of exercise is included?
2. Define hand spring?

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5.3. Apparatuses gymnastics

Specific Objective

At the end of this lesson student will be able to

- Identify the difference type of apparatus activities
- Show by lying correctly over horizontal bar is upper and abdominal part of the body.
- Demonstrate apparatus gymnastics like grasping and swinging techniques on the parallel bar.
- Explain the use of swinging on parallel bar
- Apply the way to perform pull up on parallel bar.

Class Activity

- What is apparatus gymnastics?

Apparatus gymnastics is a part of gymnastics that involves moving in relation to one or several equipment's like benches, beams, bars, vaulting box, long Swedish box or apparatus gymnastics has lots importance of every schools.

Apparatus gymnastic is skills that performed on an events. Horizontal bar are almost used for females and males. Gymnastics sport that involves exercises intended to display strength, balance and agility, endurance and etc.

5.3.1. Grasping techniques of parallel bar

Gripes are a device that are worn on hands of artistic gymnastics worn performing on varies apparatus they are worn by female gymnastics on an events bars, and by male gymnasts on the high

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bar and still rings, it is rare to wear to enhance fraction, when can case pine full blister and rips, ion which outer layer skill separated and tear way from the hands.

Basic Techniques grasping on parallel bar

- Grip consists of wide strip of leather joints to wrist strap.
- The leather strip which covers and protects palm of the hand, is approximately five centimeters wide and has finger holes at one end.
- On properly fitted grips, the finger holes will be postponed at the first knuckles of the inserted fingers.
- Some types of grips, known as dowel grip incorporate leather cover dowel-rod
- This pump in conjunction with the bar, forms defied that several to leverage the gymnastics grip those reduce the hand pressure needed to maintain hold the apparatus.

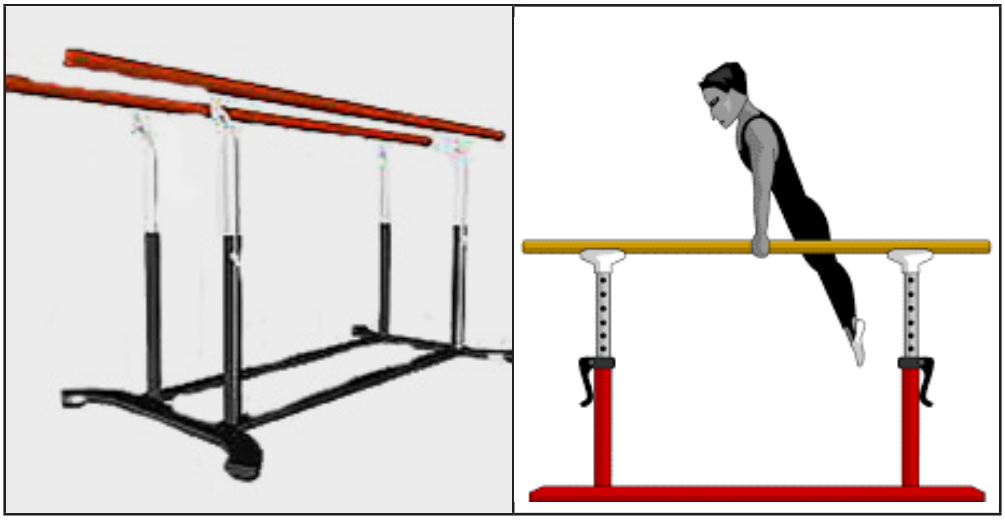


Figure shows how to perform parallel bar and how to grip

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5.3.2. Swinging two hands on parallel bar

Swinging on parallel bar routines is executed predominantly with swing in type movement. The swinging movement must be done with many changes of level, direction and body shape.

Basic Techniques of swinging two hands on parallel bar

- From standing a straight position of parallel bar with two hands turning inward supported by arm.
- Grip the bar with two hands facing forward
- Raise the body up ward
- Weight of the body shoulder be on both hands
- Push your body back ward and then for ward

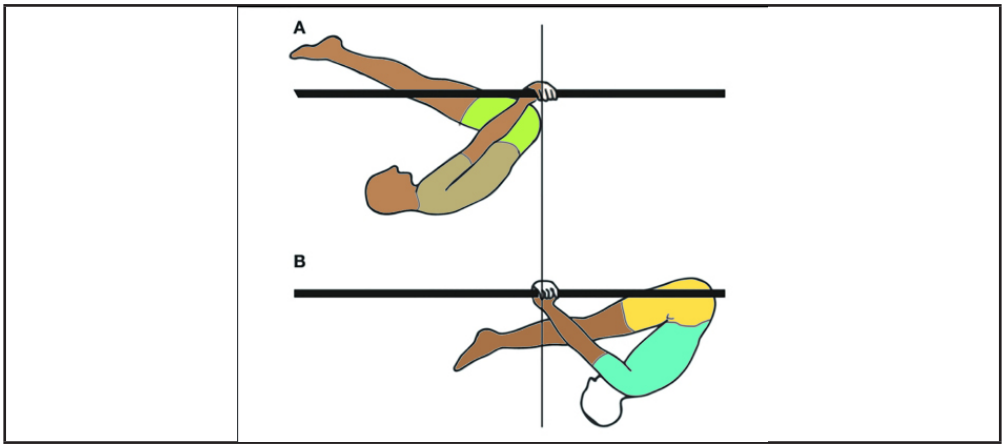


Figure of swinging on the parallel bar

Activity 5.3.2

- What is parallel bar?
- Write types of activities to perform on apparatus gymnastic?

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Summary

- *Gymnastics is a sport involving the performance of exercise requiring physical strength, flexibility, power, agility, coordination (endurance) and balance.*
- *Floor exercise gymnastics are an event, in which movements are performed on the floor in an area of 12meter (40 feet) square. This area is covered by same types of cloth or mat, usually with same cushioning.*
- *The primary prerequisite for a dive roll is sufficient arm strength to protect the head and neck when diving toward the gymnast's head and neck, especially in case something goes wrong, like a short landing.*
- *Hand stand and roll is an intermediate gymnastics move in which you do hand stand then and roll forward.*
- *Apparatus gymnastics skills performed on uninvents and horizontal bar are almost used for females and male's both apparatus involves the same performance.*
- *Swinging on parallel bar routines is executed predominantly with swing in type movement.*

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? Review questions

I. Say True or False

1. Head stand is a gymnastic activity stand head with a hand by keeping balance of the body.
2. Respecting the basic rule of gymnastics are key components of the exercise.
3. Before starting gymnastics exercise use jewelry and aggress on opponent team.
4. Warming up activities is not necessary for gymnastics exercise.
5. Grasping is the techniques of griping the bar when preforming apparatus gymnastics exercise on the parallel bar.

II. Choose the best answer from the given alternatives

6. Among one of the following is not true about the rule of gymnastics?
   A. Wear appropriate attire
   B. understand scoring rule
   C. Not respecting your teammate and opponent team
   D. Not using jewelry
7. Which one of the following is not true about floor exercise?
   A. It perform on floor B. It perform on apparatus
   C. the area to covered 12m square
   D. included dive roll, head stand and hand stand.

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8. One of the following is acrobatic movements?
   A. Head stand B. hand stand
   C. dive rolling D. all
9. One of the following is true about apparatuses gymnastics?
   A. Perform in floor
   B. Perform in gymnastics materials.
   C. Using the material male and female
   D. B and C
10. Among one of the following is true about use of gymnastics?
   A. Flexibility B. Strengthen
   C. balance D. all

Fill in the black space

11. What is the different between floor exercises and apparatus gymnastics?
12. List down the techniques of swinging on two hands on parallel bar?

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? Review questions

Apparatus: the equipment or machinery needed for particular activities for gymnastics.

Attire: it is dressing cloths of specified for gymnastics.

Jewelry: consists of decorative items warn for personal adornment such as:- brooches, ring, earring and etc.

Dive: is an acrobatic stunt that being with toward dive motions.

Spring: move or jump suddenly or rapidly upward or forward.

Grip: take and keep a frame hold of grasp tightly

Floor exercise: gymnastics events in which movement are performed on a floor as apparatus.

Fun: It provides amusement of enjoyment specifically.

FIG: International Gymnastics Federation

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UNIT 6

6. FUNDAMENTAL SKILLS OF CONTROLLING, SHOOTING AND SERVING

Unit Objectives

At the end of this unit, students will be able to:

- Understand fundamental controlling, shooting, and serving skills of ball games.
- Demonstrate the correct controlling, shooting and serving skills of ball games.
- Develop positive interpersonal relationships
- Demonstrate different skills of ball games

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Introduction

Ball game is one of the most popular games in the world. The ball games are included football, volley ball, basketball and hand ball.

Controlling is the ability to manipulate the ball prepares it for subsequent touches such as dribbling, passing, or shooting. It is one of the most essential skills in football game.

Ball control or collecting refers to the player's ability to resave a ball and to bring it under complete control.

Shooting is one of the most important techniques in ball games.

Jump shot is done with one hand where the second hands the ball in place until the shot is taken in both basketball and handball game.

In volley ball Serving is the first contact that starts every rally is could serve. Usually server uses one open hand to swing over head & send the ball over the net from behind the end line. The server uses the hand or any part of the arm to send the ball over the net & in to the opposing court.

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6.1. Controlling the ball using inside of the foot

Specific Objectives

At the end of this lesson, students will be able to:

- Explain the techniques of inside football control
- Demonstrate controlling skills inside of the football control
- Improve skills of controlling the ball inside of the foot

Class Activity

- How to controlling the ball inside of the foot? Can you control the ball by using inside of the foot?

The inside of the foot receive is one of the simplest and most effective ways to control the ground ball. Good players can bring the ball under their control in an instant no matter how it arrives to them. The inside of the foot is the most utilized side of the foot. Therefore the most important to learn early in player development.

Techniques of controlling the ball using inside of the foot

- Move into position to intercept the ball early.
- Select the controlling surface early and place it in the ball's path.
- Body behind the flight of the body.
- Stay balanced using the arms.
- Knees slightly bent
- chest over the feet

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- Watch the ball carefully to judge its direction and speed.
- Keep the head steady
- Be relaxed
- The contact while contacting, it is necessary pull back ward and the contacting foot to absorb the force of the ball and also to avoid renounce.

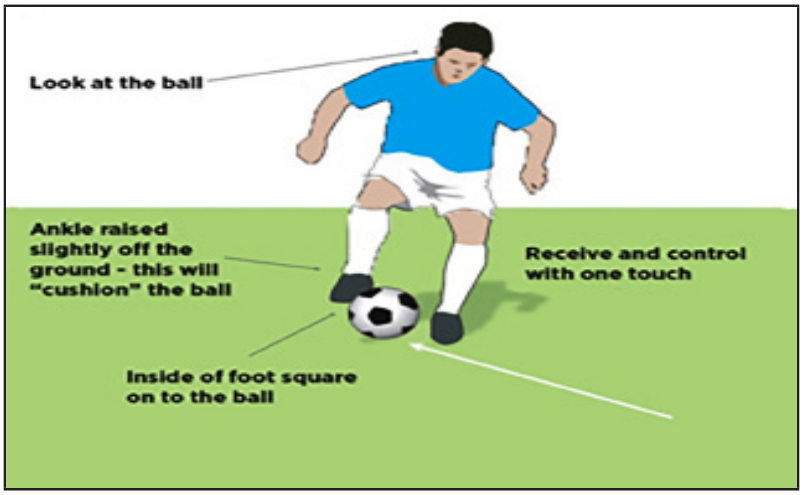


Figure shows controlling the ball by using inside of the foot

6.2. Controlling the ball using outside of the foot

Specific Objective

At the end of this lesson, students will be able to:

- Describe the objectives of controlling ball by using outside of the foot
- Show how to control the ball by using outside of the foot.
- Demonstrate controlling the ball outside of foot by make small groups of students.

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How to controlling the ball by using outside of the foot? Who is best controller from you?

The outside of the foot receive is also very useful for ground balls coming from the side. If the ball is coming from the player's right, the outside of the right foot should be used, and vice versa.

Trapping with the outside of the foot is an important method in controlling the ball and should be thought at an early age. Because the ball can be touched outside of the players' body closely, it is an important control method helping players set up the ball for a quick shot or passes.

Basic Techniques of controlling the ball outside of the foot

- Move into position to intercept the ball early.
- Body behind the flight of the body.
- Select the controlling surface early and place it in the ball's path.
- Stay balanced using the arms.
- Knees slightly bent and chest over the feet
- Trapping foot turned slightly when outside of foot is somewhat facing the ball.
- Watch the ball carefully to judge its direction and speed.
- Keep the head steady and be relaxed.
- The contact while contacting, it is necessary pull back ward the contacting foot to absorb the force of the ball and also to avoid renounce.

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Figure shows controlling the ball outside of the foot

6.3. Small sided game using foot control

Specific Objectives

At the end of this lesson, students will be able to:

- Describe the minor game and its importance
- Explain the objective of control of the ball inside and out side
- Apply the correct control way with inside and outside of the foot

Class Activity

- What is small sided game? Do you know small sided game in lower grade?

Small-sided games are games with a small number of players on each side, for example 3 v 3 or 5 v 5. The key points for small sided games are fewer players, each player gets more chances to play or touches the ball, and there are many additional benefits improve playing tactics and skills.

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This is a great small-sided soccer game to get players used to playing against more or less players. It gives them a chance to use their shielding and ball control soccer skills. It's also a fun game with a competitive edge to keep players motivated.

Basic Rules of small sided game

- To start the game, pass a ball into the pitch. The two soccer (football) players compete for possession.
- The player who wins the ball attempts to pass out to a team-mate.
- If successful, the team-mate enters the soccer pitch to make a 2v1.
- The winning team is the first to have all four players on the pitch and complete six consecutive passes.

Small-sided game set up

- Mark out a circle of about 25 yards in diameter using cones or markers.
- Two teams of four players and no goals.
- Each team has one player on the pitch and three players on the outside.

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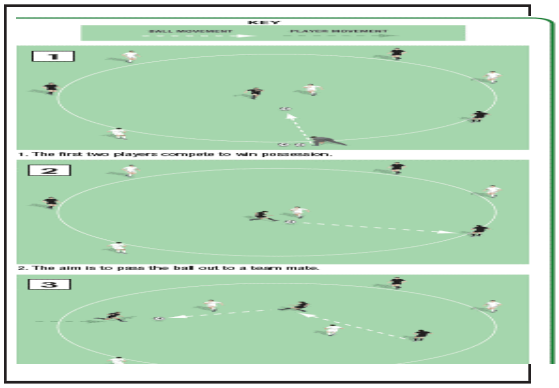


Figure show court of small sided game

6.4. Jump shots in basketball

Specific Objectives

At the end of this lesson, students will be able to:

- Describe the objectives of jump shoot in basketball.
- Identify the techniques of jump shooting in basket ball
- Practice one by one how to perform jump shoot without the ball
- Demonstrate one by one jump shooting techniques with the ball

Activity

- What is the purpose of jump shooting for the basketball game?

The jump shot is one of the most important shots in basketball. It is a basic shooting technique in which a player throws the ball towards the basket from a straight vertical jump.

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The jump shot is done with one hand, where the second hand holds the ball in place until the shot is taken. The jump can be made from movement, for example while dribbling, as well as from a standing position.

Basic techniques of jump shot in basketball

1. Start with your knees bent and the ball in front of your forehead, with feet and elbows pointed at the basket.
2. If 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.
3. Jump straight up. Don't go forward or backward.
4. 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.
5. Finish your follow-through on your shot and land in the same spot. Be ready for the next play.



Figure a) jump shoot for basketball **b)** ***approach run for jump shoot***

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6.4.1. Mini game using jump shoot

Specific Objectives

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

- Describe the about the mini game
- Identify the importance of mini game
- Perform mini game using by jump shoot activity for basketball

Jump shot in mini basketball games are offers fun and excitement for family and friends that playing by shoot and jump shoot. It is performed the half court or quarter court, by 1v1 or 2v2 or more players practice due to good performance or excitement.

Basic techniques of mini game for jump shoot

- The distance from the three point line to half court is so great.
- The way that the most common ways of doing it is off of one leg.
- Instead of common jump shot



Figure shows mini game using jump shoot training

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6.5. Dive shoot in hand ball

Specific Objective

At the end of this class student will be able to:

- Explain how to performing of dive shoot in hand ball
- Demonstrate and practice the activity by organize in groups
- Apply the correct ways of dive shoot in hand ball game

Class Activity

- What is hand ball? What is the purpose of shooting in hand ball?

Dive shot is a way of putting the handball shot, in order to score a goal by jumping above the floor towards the goal. It is done without touching the D- line throw out. It is throw goal keeper from the goal area in order to pass the ball to a team player after position of the ball in the goal area.

Basic techniques of dive shoot in handball

- 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 directly after the shot the landing takes place.
- There must be a fast bending of the arms to cushion the fall, the trunk is brought and the forward head is in the neck.

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- Both legs are bending almost 90 degrees, feet for ward.
- Chest bent and upper leg slide on the floor while the arm push the body along the floor.
- The body side forward, while elbow and wrists completed bent.



Figure pictures which shows dive shot in hand ball

6.6. Over arm serve

Specific Objective

At the end of this lesson, students will be able to:

- Define the use and meaning overarm serve
- Practice overarm serve without the ball and with the ball
- Demonstrate the over arm serve one by one their skills

Over arm serve in volley ball is playing tosses the ball with one hand and strike it in the air above their head with the other hands. Overhead serve is the most advanced. Then understand but, that does not mean it is impossible. You wont to master the serve right away so be patient.

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Basic Techniques of overarm serve

- The server stand at the back of serving area
- Bring your serving arm back behind your body in a quick understand motion.
- Step forward with the foot opposite your serving arm
- The ball is tossed in front of and above the server
- Swing the serving arm forward towards the ball
- Contact the ball with the heel of your hand, slightly below the center of the ball.

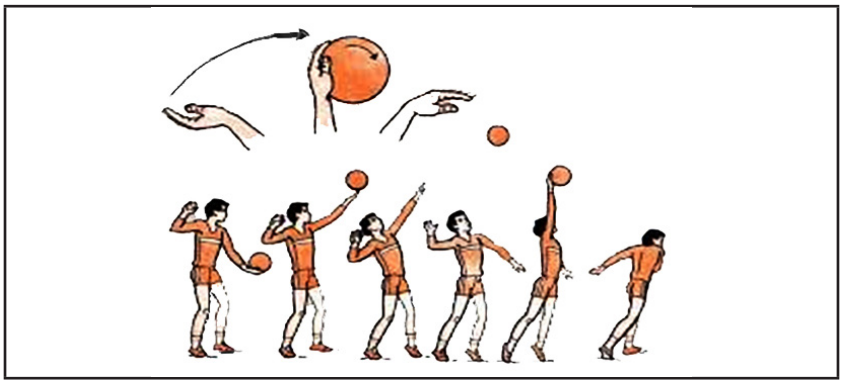


Figure shows, how to serve over arm serve

6.7. Small sided game overarm serves

Specific objective

At the end of the lesson student will be able to:

- Define the lesson by giving short notes
- Explain the objective of small sided game of over arm serves.
- Demonstrate and practice the game by dividing court and practice the skill turn by turn.
- Perform the correct way of over arm serving.

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In most of the world the game of "mini volleyball" is the most common way of introducing the game to young players and many countries hold huge mini volleyball tournaments both indoors and outdoors.

The net can be divided into two by the use of extra antenna. Using existing lines and cones can help make the court extremities 3v3 or 4v4 depending on space.

You may start with simply catching and throwing the ball over the net and if the distance to be thrown is too great then pass to a team-mate who then throws it over.

Serving techniques for overarm serve and minor game of overarm serves are similar method.

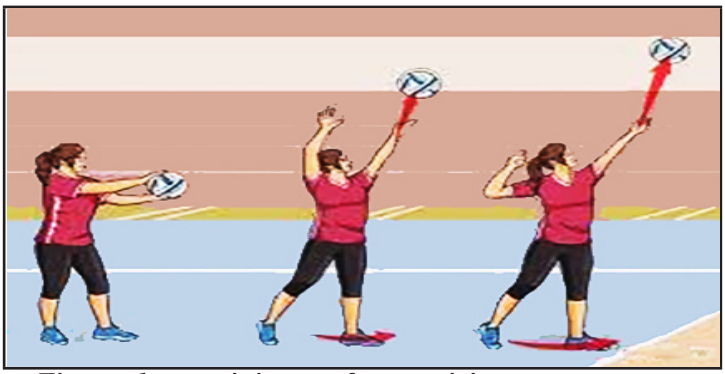


Figure shows mini game for practicing over arm serve

6.8. Recreational game

Specific Objective

At the end of this unit, the students will be able to:

- Explain about the use of recreational games
- Describe and prepare some recreational activity which increases the enjoyment outside of the school.

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Class Activity

How do you thinking about recreational game?

Recreation is activities that performed by an individual outside of working hours. It is frequently referred to as leisure time or free time activity.

Recreational games, those are often done for enjoyment, amusement or pleasure and are considered to be "fun". Recreational game is a role to provide satisfaction, entertainments to players.

However, game can also play an educational rule. It helps to develop mental, physical stimulation and contribute to the developments of practical and physiological skills.

Some world Recreational game

- Hiking and camping game
- Hunting and fishing game
- Air sports Horseback riding
- Biking and rock climbing game

Activity 6.8

- What are recreational games?
- List some importance of recreational games?

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Summary

- *Ball game is one of the most popular games in the world. The ball game are included football, volley ball, basketball and hand ball are the most types of ball game.*
- *Jump shot is done with one hand where the second hands the ball in place until the shot is taken in both basketball and handball game*
- *Serving is the first contact that starts every rally is could serve. Usually server uses one open hand to swing over head & send the ball over the net from behind the end line.*
- *The outside of the foot receive is also very useful for ground balls coming from the side.*
- *Small-sided games are games with a small number of players on each side, for example 3 v 3 or 5 v 5.*
- *The jump shot is one of the most important shots in basketball.*
- *Dive shot is a way of putting the shot, in order to score a goal by jumping above the floor towards the goal.*
- *Over arm serve in volley ball in a serve in which the player tosses the ball with one hand and strike it in the air above their head with the other hands.*
- *Recreational games, are often done for enjoyment, amusement or pleasure and are considered to be "fun".*

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I. Say true or false

1. Controlling is the method of receiving the ball with different parts of body.
2. Dive shot is the way of scoring the goal in football.
3. Mini game for football is maximize the size of playing field more than 150x150m
4. Recreational games are an activity which is performed only in the school.
5. Dive shot is the shooting the ball to score the goal in hand ball.

II. Choose the best answer from the given alternative

6. One of the following is true about recreational game:
   A. Doing activity when a resting time
   B. Activity performing by individual or group of society doing outside of working hour
   C. Referred to as leisure time or free time activity D. all
7. One of the following is serving technique which is starting by tossing the ball on the air.
   A. Over arm serve B. Dig serve
   C. Dive serve D. All
8. among the following is part of the body using for controlling the ball
   A. Outside of foot B. Inside of the foot
   C. Sole of the foot D. all

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9. Which one is true about small sided game when playing football game?

A. The game are playing with small field

B. The number of players are less than 11

C. Those game are not using goal D. All

10. One of the following is true about shooting the basket ball

A. They way of controlling the ball

B. The method of dribbling

C. The mechanism to scoring the point D. None

III. Short answer

11 Write the techniques of dive shot in hand ball.

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Key terms

Soccer: Association footballs, a game in which two team of eleven players contend to get round ball.

Pitch: an area of the ground marked out or used for play in an outdoor team game.

Mini games: some time a called a sub game or micro game

Shoot: hit or throw the basket ball or puck in an attempt to score a goal or point

Court: the area of playing the game.

Toes: throw some things or somewhere lightly upward.

Recreation: activity done for enjoyment when one is not working.

Hunting: is practical seeking killing wildlife or feral animals

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UNIT 7

7. CULTURAL GAMES OF ETHIOPIA AND THE WORLD

Unit Objectives

At the end of this unit, students will be able to:

- Explore some of the major cultural games of Ethiopian and the glob
- Explain the meaning of cultural games and its way of playing
- Appreciate the contribution of cultural games for healthy life
- Perform cultural games of Ethiopian and the glob for psychological development
- Deemonstrate the basic techniques of cultural game

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Introduction

Traditional Sport and Games (TSG) are considered to come from survival activities (like hunting), specific lifeway or military activities (such as archery, riding a horse, fencing, etc.).

Cultural games or sport is creates physicals, spiritual, mental and psychological satisfaction. It also creates strong friend ships at national, continental and international levels though building strong ties sense of computation.

Games create new roles and opportunities to provide new experiences accompanied by emotions. For example, one can gain joy and be distracted from worries from creative play. It helps to develop creativity and social, cognitive and motor skills. They also provide a valuable opportunity to explore "other cultures and learn more about one's own is through play.

Ethiopia is a country with a history and culture dating back thousands of years, has yet to have its past fully documented and understood. At the moment, there are now exists over 293 registered traditional and cultural sport and games in Ethiopia.

Cultural games are modified easily as modern type of competition without changes it based on cultural asset and values.

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7.1. Cultural Games of Ethiopia

Specific Objective

At the end of this lesson student will be able to

- Describe and discuss cultural game of Ethiopia
- Explain the use of cultural game of Ethiopia
- Identify the name of cultural game in our country

Class Activity

- What is meant by cultural games in Ethiopia? Do you know Hano and faaro dance in Sidama region? How to play the dance? List the others national and regional dance?

Ethiopia is a lands of origin in which virtually everything is unique. It has its own traditions, its alphabet, its own food, etc.

Cultural sport and games are part of in tangible heritage and symbols of the culture diversity of our society.

Cultural games are indigenous games of our society which are widely practiced by rural population. The game are practiced by given society to express its cultural values as a way of showing physical and mental capabilities, passing time for realizing tension after vigorous physical works on the farmers. They are also an efficient means to convey values of solidarity, diversity, inclusiveness and cultural awareness. Example of some cultural games are Tigil, Gena ,korbo, ferese gugs, Gebeta and others.

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Activity 7.1

- List some cultural games of Ethiopia and Sidama region?

7.2. Some national cultural game of Ethiopian

Specific Objective

At the end of this class the students will be able to:

- Describe and list some cultural game of Ethiopia
- Explain about some national game of Ethiopian
- Practice how to play Ethiopian cultural game.
- Demonstrate the correct steps of playing cultural game.

They are many traditional, cultural sports and games that exist in Ethiopia across all its ethnicities and regions. Those are Gena (ገና), Tigil (ትግል), Korbo (ኮርቦ), Mehareb neteka (መሀረብ ነጠቃ), Awo ayedrim (አዎ አይደለም) and others.

A. Gena

Activity

- What is Gena game?

Gena is the oldest game practiced in Ethiopia. It has been practiced for centuries; however, the exact history and the time of creation are not known. There are two legends that may indicate that the sport was invented in the first centuries AD.

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First legend says that when the news of the birth of Jesus reached the Ethiopian shepherds, they began hitting the ball with their shepherd's crooks in a fit of happiness; and that is how gena and field hockey were created.

However, second legend is slightly different. Its protagonists are the three wise an who, after visiting little Jesus, returned home. During their journey they met a man who denied the fact of birth.

Rule and regulation of Gena game

- A team has 15 players where only 10 players out which one is goal keeper are allowed to be on the field during playing time.
- Three judges' officials are the game of Gena
- The game is played for an hour with a 15 minutes break
- The ball Rur is made of a roll of leather straps or a plastic looking material weighs 100grm and has 25 up to 30 centimeters of the circumference.
- The gena stick measures 1meter and 20cm long and its thickness 500 up to 550grm.
- Yellow and red cards shown for faulty moves
- The goal keeper is required to wear proper attire to prevent accidents'.
- The length of gena field is 90-100m and its width is 45 -50 meters. The field should be prepared through smooth level that could rur(ball) dribble.

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Figure shows gena game

B. Shah

Shah is aboard game played in the horn of Africa, particularly in Somalia, with its orgies dating back centuries, it is still popular today.

The game is usually played by marking a board on the ground, and using stones or sticks as pieces.

Shah has had a significant influence on Somali literature, which often mentions gamely and strategies.

In the historical nomadic lifestyle of the Somali people, shah was also utilized as a means of communication between different clans.

Rules and regulation of shah game

Shah is similar to the game nine men's Morris and uses the same board. However, in shah, mills formed during placement do not immediately result in the removal of opposing pieces. When

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placement is finished if any mills have been formed. The player who formed the first one may remove one opposing piece, and the other player may do the same whether they formed a mill or not. Play then continues as before. If no mills were formed during placement, the second player to move during placement is the first to move after it.

If at any time a player has no moves, he or she does not lose. Instead, his or her opponent is required to open an intersection for him or her by moving. If this freeing movement happens to form a mill, no piece may be removed. The "flying" rule is not used.

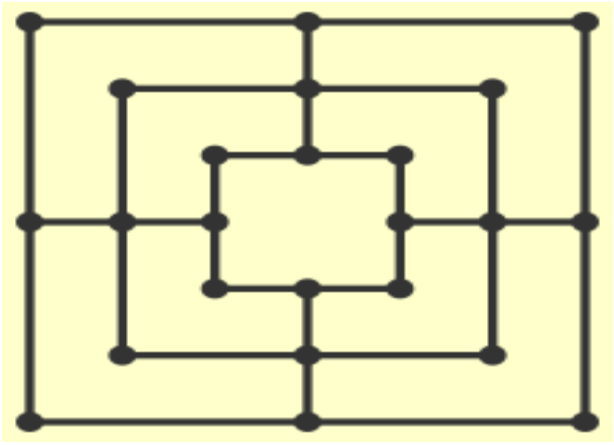


Figure of shows shah game

C. Mahareb neteka

Mehareb neteka is a traditional Ethiopian game, which is a close variant of the "duck-duck-goose" game played elsewhere.

The game begins when at the least four people form a circle, in which one is chosen to be the passer of the belt. This person will hide the belt behind one of the people in the circle. This is done

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without letting anyone else in the circle know. If found out, the person who the belt passer was attempting to hide the belt behind will chase after the belt passer around the circle. If the belt passer makes it back to the open spot in the circle without being caught he/she will be safe.



Figure shows how to perform mahareb neteka game

D. Tigil

Tigil is one of the fundamental cultural games in our country, Ethiopia.

According to the history, there is no evidence found about when and where the practice of tigil in Ethiopia was started. But people used to play the game to test their strength in a bid to get performance through the game.

Tigil is game on which two player fight in a specified given area so that one of them falls down the other fighter with is back or his buttock his the arms on the ground to the end game.

Nowadays wrestling (tigil) is expended throughout the country. It has their own rule and regulations.

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Basic Rule and regulation of tigil games

- Like any others sports activity in order to become successful in this sport, one has acquaint himself with the governing rule and regulations.
- During competition, it is not allowed to use only substances players have cut their nail
- Wearing jewelries are not allowed.
- Holding of hair, cloths and soft area of the body is not allowed.
- Players are allowed to step to the mat when the judge calls
- Field of tigil is 5x5 meters on the sponge mat or sandy area

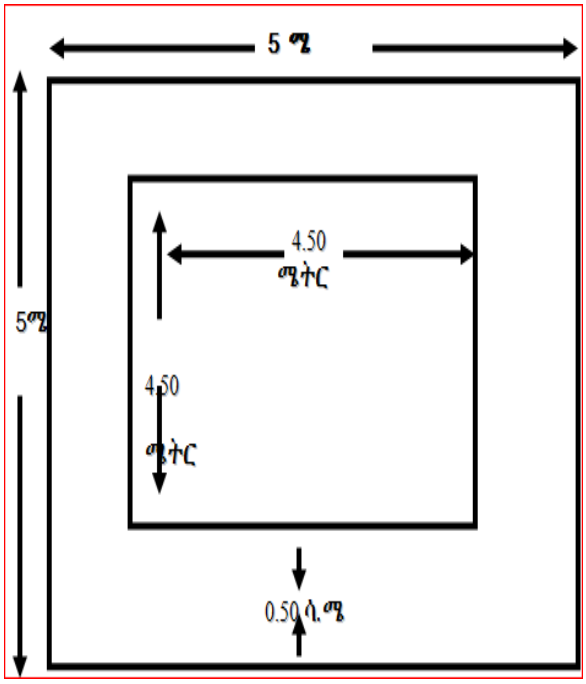


diagram that show "tigl" court

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Figure of shows Tigil game

7.3. Practice some of the cultural game of the glob

Specific Objective

At the end of the lesson, student will be able to:

- List and define some cultural game of the glob
- Explain rule and regulation of the game in the glob
- Practice some cultural world game
- Understand the cultural game in the world

Class Activity

- What types of cultural game practice in your area? Discus in the group

All around the world, children play all sports of different games. You don't need expensive games or lots of space to play on your own or with lots of friends. Some games are calm and quiet, whilst others are very noisy some games like football, chess and jigsaw puzzles are popular in lots of countries so they have the same rules and equipment wherever they are played. But some games are only

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well known in certain countries. Here are five games that children in different courtiers like to play.

Sumo

Sumo is a Japanese style of wrestling. It is organized ancient time as a performance to entertain shinto deities. Many rituals with religious back ground, such as symbolic purification of the ring with salt, are still followed to today. It is only men practiced sport professional in japan.

The rules are simple the wrestler who first exists the ring or tech the ground with any part of the body beside the sole of his feet loses.

Match takes place on an elevated ring (dohyo), which is made clay or sand.

Contest usually lasts only a few seconds but in rare cases can be take a minute or more. As a result; weight gain is an essential part of sumo training.

The basic rule is simple:- if any parts of your body other than our feet touches the ground or you step outside the straw ring the match is over and your opponent is declared the winner.

During game the following acts are prohibited or unnecessary.

- Hair pulling
- Eye gouging
- Hitting with closed fists (slapping is permissible)
- Choking
- Grabbing the crotch area of your opponents mawashi

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Figure of sumo game

Luta de galo (Brazil game)

Luta de galo is traditional game of Brazil. This is a two-player game but more children can play by taking turns. Each player has a handkerchief or a piece of cloth tucked into a pocket or waistband. Both players are not allowed to use their right arm, which is to be crossed over their chest. Then, hopping on one leg, each player must try to capture the handkerchief from their opponent using his left hand. If the child puts the other leg down, or unfolds their right arm, he is disqualified. The last person who still has his handkerchief is the winner.



Figure of luta de galo game

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Summary

- *Ethiopia is a lands of origin in which virtually everything is unique. It has its own traditions, its alphabet, its one food, etc.*
- *Cultural sport and games are part of in tangible heritage and symbols of the culture diversity of our society.*
- *They are many traditional, cultural sports and games that exist in Ethiopia across all its ethnicities and regions. Those are Gena (ገና), Tigil (ትግል), Korbo (ኮርቦ), Mehareb neteka (መሀረብ ነጠቃ), Awo ayedrim (አዎ አይደለም) and others.*
- *Shah is aboard game played in the horn of Africa, particularly in Somalia, with its orgies dating back centuries, it is still popular today.*
- *Tigil is one of the fundamental cultural games in our country, Ethiopia.*
- *Tigil is game on which two player fight in a specified given area so that one of them falls down the other fighter with is back or his buttock his the arms on the ground to the end game.*
- *Sumo is a Japanese style of wrestling. It is organized ancient time as a performance to entertain shinto deities. Many rituals with religious back ground, such as symbolic purification of the ring with salt, are still followed to today.*
- *Luta de galo is traditional game of Brazil*
- *This is a two-player game but more children can play by taking turns.*

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Review questions

I. ay True of false

1. Cultural game and sports are a tangible heritage and a symbol of cultural diversity of society.
2. Traditional sport and game are considered to come from activity like hunting.
3. Mehareb neteka is not only Ethiopian cultural game but also played around the world.
4. The total area of gena play field is 90-100m length and 45-50m width.
5. Shah is a board game played in the horn of Africa particularly in Nigeria

II. Choose the best answer from the given alternative

6. which one of the following are true about shah game

   A. Popular horn of Africa C. It is a board game

   B. Cultural game Somalia D. All

7. One of the following is an example of cultural game in Ethiopia

   A .Tigil C. Volley ball

   B. Football D. Gymnastics

8. The numbers of gena game players in one team are?

   A. 20 players B. 10 players C. 19 players D. 13 players

9. Among one the following is the cultural game of japans?

   A. Sumo C.Korbo

   B. Gebeta D.Shah

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10. One of the following is the rule of gena games?

A. Three judges officials are the gena

B yellow and red car shown the games

C.The game is required with a 15 mints break D. all

III. Short answer

11. Write at list three cultural game of Ethiopia?

Key terms

Shah is aboard game played in particularly in Somalia

Rur the ball that used for gena game

Sumo is a form of competitive full-contact wrestling where a riki-shi attempts to force his opponent out of circular ring

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