HEALTH AND PHYSICAL EDUCATION

TEACHER GUIDE

GRADE EIGHT

Writers: Fikadu Eshetu

Mebratu Akalu

Sintayehu Birhanu

Editors and evaluaters:-

Tesfaye Abie

Wondale Sitote

Adonyas G/selassie

Wubalem Beyene

Coordinator:

Getachew Talema

Lay out design:-

Entoto Polytechnic College (TMS)

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CHAPTER ONE

Concepts of physical education and sports (12 Periods)

Introduction

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

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

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

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

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

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

- Aware of the philosophical bases of physical education and sport;
- Adapt the principles of sport and Olympic Games to build personal and social skill.
- Cooperate with peers and develop interpersonal skills.
- Appreciate how Ethiopian sport legends connect to the community.

1.1 Philosophy of physical education (1period)

Learning Competency: After completing this topic students will be able to:

Explain philosophy of physical education

Teaching and learning materials

- Text books and other reference material
- Photographs which show children using social media

Teaching learning Strategies

Before you begin the day's lesson try to remind the students about the importance of physical education for their day-to-day activity by asking some question.

- Introduce the new topic of the day its objectives.
- Form groups and let them to discuss in group the importance of physical Education for their day-to-day activity.
- Following discussion give chance for students to reflect their works.
- Give brief explanation and short notes about the importance of physical Education for student's day-to-day activity.
- Summarize the day's lesson and give assignment to write additional importance of physical education for their day-to-day activity for the next lesson.

Short note

The philosophy underlying physical education utilizes principles that encourage exploration and mastery of physical, mental and social skills.

It can be argued that health and physical education can lay the foundations of pupils' physical health and lifelong active in lifestyle. Young children are leading increasingly sedentary lives, with physical activity frequently displaced by television viewing, spending more time on internet, and video gaming. Much concern has surfaced for this lifestyle change as childhood obesity has risen greatly in the resent years.

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

There are many areas health and physical education can serve and positively affect students and society. One is overall physical fitness. For example, health and physical education help students and society improve health-related physical fitness components such as cardio respiratory, Muscular strength, Muscular endurance, flexibility, and Body composition activities.

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

Physical activity which is given in the school in health and physical education program has the following importance.

- It is a preventive measure against disease
- Health and Physical education in school help to teach students the value of regular exercise.
- Most health and physical education program allows student to interact together to a common goal and that is to win and excel physically.
- It's a link to good health.
- It promotes academic learning.
- It builds self-esteem.

Activity 1 Answers

- Physical education is to instill in students, at an early age, the value of self-preservation and choosing a lifestyle that is good for both the mind and body.
- It's a link to good health
- It promotes academic learning
- It builds self-esteem

2. Leading increasingly sedentary lives, taking more time watching television, spend more time on Internet, and video gaming.

1.2 Physical Education professions (2periods)

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

- Describe the professions Physical Education.

Teaching and Learning materials

- Pamphlet
- Other related materials
- Chart that shows relationships of physical education with other professions
- Teaching Learning strategies
- Before you begin the day's lesson try to remind the students about the previous lesson/importance of physical education/
- Introduce the day's topic.
- Form the students in group and ask them to discuss on brain storming question.
- Following discussion give chance for students to reflect their work through their group representatives in front of the class.
- Briefly explain about the relationships of physical education with other professions.
- Give short and precise notes.
- Revise the of day's topic.
- Give individual assignment to students to ask and bring some notes that how their parent's professions related with physical education.

Short note

- Physical education is not only a subject that focus on physical fitness but also concerned with development on a number of skills, abilities and attitudes for leading a healthy life style of any professionals.

- To be successful in any profession individuals should have physical, mental

and psychological wellness and fitness

- Physical education helps as opting for other professions such as defense, para-force, and police service.

  As a subdiscipline physical education related with most professions but for this grade some professions which have close association will discussed Some of them are

1. Teaching

Career in sports has been mainly focused on

Teaching and coaching

- in schools
- colleges
- Universities.

B. Coaching

- Physical education has a direct relation with Coaching as a profession. It laid foundations for this profession Coaches are responsible for overall preparation, and performance of teams.

C. Physical fitness instructor

These are better known as gym or aerobics instructors. They supervise people in games, fitness clubs, sports Centre, health clubs, etc.

D. Dietician

Dietician have close associations with physical education their gain some sort of understanding about food and exercise, food and type of sport, food nutrients and performance enhancement, plan the diet for a player or a team so that they eat proper and balanced food according to their physical work.

E. Sports Medicine Physician

Sport Medicine Physician can give better treatment to sportsperson after understanding the seriousness of sports related injuries.

Activity 1.2 Answers

1. Commentators should have deep understanding on sport to give brief analysis
2. Teaching, Coaching, Physical fitness instructor, Dietician, Sports Medicine Physician

1.3. Ethiopian sport legends and their activities (3 periods)

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

- Describe three Ethiopians sport legends activities

Teaching and learning materials

- Photographs and pictures that shows our legend athletes.
- Different books, Magazines and Newspapers.
- Audio visual materials that show and tells what our sport legends said and perform (modern Olympic history)

Teaching Learning strategies

- Start the day's topic by revising Relationships of Physical education with other profession.
- Introduce the day's topic briefly.
- Following the introduction ask your students to present their assignment.
- Provide feedback on group reflection and students assignment.
- Following the presentation give chance for the students to reflect their assignment.
- Give short note and summarize the topic Ethiopians sport legends and their activity.

Yidinekachew Tessema

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

He was founder of Ethiopian football federation, one of the founding members of the Confederation of African Football (CAF), which he served in several capacities including one as its president for 15 years. He was instrumental in the fight against apartheid and played a crucial role to increase the number of African football teams taking part at the World Cup.

Yidnekachew was also instrumental in opening the country to outside contacts and international competitions also he was the member of FIFA executive committee, and he played a great roll to avoid tobacco and alcohol advertisement in stadium

Meseret Defar: -born November 19, 1983, Addis Ababa, Ethiopia, Ethiopian long- distance runner, world champion, and Olympic medalist who broke a number of world records,

Mesert Defar was named national honery of UNFPA (The United Nation Peoples Fund) in Ethiopia when she returned from her performance at the 2004 Athens Olympics. She has been entrusted with championing the causes of women, youth and the prevention of HIV/AIDS especially among young people.

Geremew Denboba

Geremew Denboba was one of the first Ethiopian Olympians, and represents Ethiopia and participates in the 1956 Olympic Games in Melbourne, Australia. He was the first person in history to carry our national flag in Olympic Games. Even though, a very long (nearly seven days) journey and inadequate preparation and training played a bigger role, with his fellow Ethiopians they ranked Ethiopia 9th in the world and were recorded as the first black Olympic cyclists.

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

Ethiopians they ranked Ethiopia 9th in the world and were recorded as the first black Olympic cyclists.

Activity 1 Answer

1. He was founder of Ethiopian football federation, one of the founding members of the Confederation of African Football (CAF), which he served in several capacities including one as its president for 15 years.
2. She has been entrusted with championing the causes of women, youth and prevention of HIV/AIDS.
3. He was the head coach of the Ethiopian cycling team on the 1964 Tokyo Olympic Games.

1.4. Ethiopian in the Olympics games (3periods)

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

- Identify Olympic flags and mottos.

Teaching and learning materials

- Pictures/photo
- charts contain medal list
- Audio video-visual materials
- Magazines and Newspaper which published on the Olympic games

Teaching Learning strategies

- Start the topic by revising the previous topic.
- Introduce the day's lesson topic and objective.
- Form students in small group and discus about the role of Ethiopia in the Olympic game.
- Let them to discuss in groups about the principles of Olympic game.
- Summarize their discussion and clarify any doubt concepts and ideas and give short note.
- Give reading assignment to refer book and other materials on Ethiopia in the Olympic game.

Short note

Ethiopia was one of the few African nations to participate in Olympic Games in the 1950th where as many African countries under colonial era. Ethiopia made a great role for other African counter parts according to the Olympic Games for example:

- Ethiopia showed a dedication and organized other African countries to boycott from Montreal Olympic Games, in 1976 against the rule of apartheid (the white minority rule of South Africa) and showing solidarity to the black South African majority.
- Ethiopia's early famous athletes Abebe Bikila, Mamo welde, Miruts Yifter and their successors Haile Gebreslasie, Kenenisa Bekele, Gezhagne Abera, Million Abera and others become an example of many African athletes to develop a winning mentality in Olympic games and other competition.
- Also, Ethiopian women Olympic champions, Derartu Tulu, Fatuma Roba, Tirunesh Dibaba, Meseret Defar, Tiki Gelana, Almaz Ayana and others motivated African women youngsters, even children to come to in athletics and Olympic competition.

Activity1.4

1. Against the rule of apartheid and solidarity to the black South African majority.

1.5 FIRST AID AND INJURY MANAGEMENT (2 periods)

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

- Provide first aid when simple injuries happen.

First aid

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

Injury management

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

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

1.6 Mechanism to prevent doping (1 period)

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

- Provide first aid when simple injuries happen.

Teaching and learning materials

- Ethiopian Anti-Doping Agency Guide book
- Audio visual and other related material

Teaching Learning strategies

- Before you begin the day's section try to remind the students by asking some question about means of doping prevention.
- Introduce the days lesson.
- Form groups and let them to discuss in group about the means of doping prevention.
- Observing students when they discuss in group about the means of doping prevention.
- Give brief explanation and short note.
- Summarize the day's lesson and ask some question based on the topic.

Short Note

The term "doping" refers to the use of prohibited medications, drugs, or treatments by athletes with the intention of improving athletic performance. Doping is the incorrect use of specific substances to increase one's red blood cell mass, which allows the body to transport more oxygen to muscles and therefore increase performance & endurance of player or person.

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

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

Doping is dangerous for any athletes but especially in the case of young and more harmed sports people. Their health can be damaged and a psychological dependence can be created. Doping help athletes to train harder, increase muscle mass and strength and to recover more quickly. Risks include kidney damage, increased aggression and disturbing the natural balance of hormones.

Summary

Physical education and physical activity given in school have many importance such as, the value of self-preservation and choosing a life style, healthy eating and regular exercise, it promotes academic learning and a good cardiovascular system, it builds self-esteem.

Health and Physical education has related with many professions such as Teaching, Coaching, nutritionist, recreation worker, sport commentators, exercise therapist, etc. Ethiopia has many sport legends, this unit especially mentioned Yidenekachew Tessema (Father of Ethiopian football), Meseret Defar, the Olympic champion, UNFPA ambassador and Geremew Denboba the known Ethiopian cyclist.

Ethiopia was one of the few African nations to participate in Olympic Games in the 1950th where as many African countries under colonial era.

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

First aid is an emergency care or treatment given to an ill or injured person before regular medical aid can be obtained Hundreds of drugs and methods have been used in doping for the purpose of sports performance enhancement. Athletes' health can be damaged and a psychological dependence can be created. Prevention ways of doping includes Educate, Counsel and Communicate with athletes.

Answer key for Unit Review questions

I. True/False

1. False

2. False

II Choice

1. B

2. B

III Give short answer

1. **Physical Education** is simple words understood as learning with the help of movements of body and realizing the benefits at mental level. Whereas

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

CHAPTER TWO

Social and emotional learning in Health and physical education (11periods)

Introduction

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

Mental, intellectual, emotional and social development of a growing child is dependent and closely related to physical development. A physically fit individual possesses a well-balanced personality which is, mentally sharp, emotionally stable and socially well-adjusted.

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

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

Physical activity which develops communication and collaboration skills
Learning Outcomes: At the end of this chapter students will be able to:

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

2.1 Self-awareness and self-management skills in PE (4 Periods)

Learning Competency; at the end of this topic, students will be able to:

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

Teaching learning materials

- Topic related references books
- Teaching Learning strategies
- start the lesson by revising the previous lesson
- Introduce the new lesson
- Ask question about their knowledge regarding self-awareness and self-management
- Make them in small group for discussion
- Let them to discuss in groups about self-awareness and self-management skills
- Following their discussion give chance for the students to reflect it for the whole class.
- Give brief explanation and short note about the main topic of the day's
- lesson.
- Summarize day's lesson by asking oral question.
- Give reading assignment.

Short Note

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

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

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

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

Some techniques you can practice to develop self-awareness. Some common techniques are written as a following

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

Self-management activities and physical exercise

Self-management skills; is the ability to navigate and shift in a health way one's thoughts, emotions and behaviors in order to make decisions and reach goals the benefit one and the other this idea also supporting the definition what we observed before.

Self-management skills include:

- regulating and expressing one's emotions thoughtfully.
- demonstrating perseverance and resilience(flexible) to overcome obstacles.
- Sustaining healthy boundaries.
- Identifying and using stress management strategies,
- setting personal and collective goals,
- using planning and organizational skills,
- showing the courage to take initiative
- demonstrating personal and collective agency,

- maintaining attention
- Self-management skills feedback constrictively
- Practicing self-compassion

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

2.1.1 building self confidence

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

Rolling In Admiration

Procugders of the game

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

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

2.1.2 DEVELOPING RESILINCE

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

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

How to Practice Mindfulness Meditation

1.1 Get Comfortable. Find a quiet and comfortable place

2.2 Consider a Timer

3.3 Focus on Breathing

4.4 Notice Your Thoughts

5.5 Give Yourself a Break

Activity-2 answers

1. Mind fullness Meditation, Yoga, Journaling, Having a personal vision, Observing others
2. regulating and expressing one's emotions thoughtfully, demonstrating perseverance and resilience(flexible) to overcome obstacles, Sustaining healthy boundaries, Identifying and using stress management strategies,

2.2 Social awareness and relationship skills in PE (5 Periods)

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

- Demonstrate communication and leadership skill that promote team dynamics.

Teaching learning materials

- Sport psychology books

Teaching learning strategies

- Before you begin the new lesson try to remind the students about the previous lesson.
- Introduce the day's lesson topic briefly.
- Make them in group to discuss social awareness and relationships skills.
- Allow them to present the result of the discussion to the class.
- After the presentations give clarification and feedback
- Give short note about Physical activity which develop social-awareness and relationship skill
- Conclude the lesson by revising the main points of the lesson
- Finally give reading assignment on physical activity which develop responsible decision making

Short Note

Social awareness: - The ability to take the perspective of and empathize with others, including those from diverse background and cultures.

Social Awareness is the process through which children and adults understand and manage emotions; set and achieve positive goals; recognize the feelings of and show empathy for others; and make responsible decisions.

Relationship skills refer to the ability to build positive relationships, especially with diverse individuals and groups, using a variety of methods, such as active l Improved self- confidence and self-sufficiency can be achieved from participation in physical activity at any age. As adults grow older, physical activity can also provide opportunities for social interaction and can decrease feeling of loneliness or exclusion. Physical activity helps to work in team. A team cannot succeed without working together, no matter how the individual's players.

Furthermore Social awareness and Communication skills required for students to protect themselves from disaster and other accidents.

Skills that develop social awareness include:

- Identifying social cues (verbal, physical) and norms to determine how others feel
- Taking others' perspectives
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Caring about and being motivated to contribute to the well-being of one's family, friends, school, community, the environment, and the greater good listening, and communication and conflict resolution skills.

Physical activity can help to:

- Encourage social interaction
- Improve concentration and learning
- Increase personal confidence and self-awareness
- Reduce feeling of depression and anxiety
- Improve quality of life

Physical activities develop social awareness by increasing:

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

Answers for activity one

1.

- increasing confidence
- peer acceptance
- leadership skills
- empathy

2.

- Decreased feeling of exclusion
- Improved leadership skills
- Increased self-sufficiency
- Increased confidence

2.2.1 Communication

Teaching learning materials

- Boxes, chairs, water bottles, bags, etc.
- An empty room or hallway
- Blindfolds
- A collection of common office items

Teaching learning strategies

- Revise the previous lesson
- Ask them how they communicate each other during playing games
- Asking questions how they collaborate each other inside and outside of the class room
- Introduce the topic briefly
- Give short note
- Describe the main topic Physical activity which develops communication and collaboration
- Brief the activities procedure to students and follow up them and give feedback
- Motivate students with physical disability to involve in different activities
- Appreciate the student's participation
- Show them how to perform a learning logos activity
- Give group assignment for chapter three

Short Note

Communication is:

- The process of mutually transferring feelings and thought
- How a person expresses him/herself through interactions with others. Communication is a key and learning to be part of team is similar with learning to value the effectiveness of teamwork.

Communication skills are the abilities you use when giving and receiving different kinds of information. Some examples include communicating new ideas, feelings or even an update. Communication skills involve listening, speaking, observing and understand and share the feelings of another.

Communication also divided in two Verbal communications and Nonverbal Communication.

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

Nonverbal Communication; occurs when you express how you feel or what you think without the use of words.

Nonverbal communication can be as simple as the expression on your face or as

complex as modeling a particular situation. Nonverbal communication plays a major roll in the success of an athlete. They have to be able to interpret and send nonverbal signals to teammates and competitors.

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

Activity 1 Learning logo

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

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

2.2.2 Leadership

Teaching learning strategies

- Revise the previous lesson
- Ask them how they lead each other during playing games
- Introduce the topic briefly
- Give short note
- Brief the activities procedure to students and follow up them and give feedback
- Motivate students with physical disability to involve in different activities
- Appreciate the student's participation
- Show them how to perform a learning logos activity
- Give group assignment for chapter three

Short note

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

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

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

Drill 2

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

Spot the difference

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

1. Form two equal lines facing one another.
2. Spend a minute or two observing the people in the line facing you.
3. Turn around so you cannot see the people in the line in front of you and stay there for a few minutes. During this time, the people in the other line will visibly change some things about themselves. People in the line could swap clothing, change their hairstyle, remove their glasses and apply makeup, for example.
4. Turn to face the other line again. With the rest of your team, identify the changes you can see.
5. Once you have identified all the changes you can see and discovered any you have missed, you should change roles and become part of the line changing your appearance.

2.3- Attention Control and Decision making in PE (5 Periods)

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

Analyze situtation and apply strategies to solve problems

Teaching and learning materials

- Decision making flow (charts)

Teaching Learning strategies

Start the day's lesson by revising physical activity which develop social awareness and relationship skills.

- Ask students to describe decision making what is decision making and how can to explain responsible decision making.
- Introduce the day's lesson topic and remind them their lesson learning
- competences.
- Following the introduction ask your students to present their assignment.
- Following the presentation give chance for the students to reflect their assignment.
- Give short note.

- Give summary inviting one student to summaries main points.
- Conclude the day's lesson by giving reading assignment.

Short note

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

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

Responsible decision making: - is the ability to make constructive and respectful choice about personal behavior and social interactions based on consideration of standards. Such standards are;

- Safety concerns
- Social norms
- The realistic evaluations consequences of various actions
- The wellbeing of self and other

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

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

Decision making is fundamental element of any sports especially open, fast, dynamic team sports such as volleyball, football, rugby and basketball. In most tasks such as play calling and ball allocation, penalty kick and circumstances during play, time out and switching players, decision making is important.

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

2.3.1 Analyzing situation

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

Activity 2.3.1

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

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

Note that there are four factors in the SWOT analysis:

Helpful — Strengths and Opportunities.

Harmful — Weaknesses and Threats.

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

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

SWOT Analysis

strength

Abilities and skill

Knowledge

weakness

abilities or skill needed

Opportunity

Support

Technology Threat

Risks

Obstacles

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

2.3.2 Problem solving

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

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

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

Activity 2.3.1.1

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

Scavenger Hunt

- This scavenger hunt game involves solving a list of problem activities.
- Begin by dividing your group into teams.
- Give each group a list of to do activities.

The list should begin with some simple tasks, with increasingly more difficult activities. Some suggested activities are the following;

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

Activity 1 Answers

1. In open, fast, dynamic team sports
2. -Safety concerns

   -Social norms

   -The wellbeing of self and other

Chapter Summary

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

Self-awareness activities and exercises are tools that can help you to not only reach your goals, but also to discover who you are at a core level and you want out of life. Physical activities develop social awareness by increasing confidence, peer acceptance, leadership skills, and empathy.

Decision making is fundamental element of any sport especially open, fast, dynamic team sports such as volleyball, football, rugby and basketball. In most tasks such as play calling and ball allocation, penalty kick and circumstances during play, time out and switching players, decision making is important.

The practical nature of physical activity allows the individual to apply a new strategy, attempt a new movement and evaluate the worth of the response almost immediately.

Chapter Review question Answers

Match

1.C 2.B 3. D 4. E 5. A

Fill the blank

1. Decision making

Short answers

1. Actively listening, taking responsibility for mistakes, respecting the diversity.
2. Reasonable and reflective thinking that is focused on deciding what to believe to do
3. verbal communication;- use word to express how you feel or what you think about a situation

non-verbal communication express how you feel or what you think without the use of words

CHAPTER THREE

Health and physical fitness (14 periods)

Introduction

As most school students do, you have probably done different day to day activities. To accomplish these activities in healthy and safe way physical fitness is crucial Maintaining physical fitness and ever stayed conditioned has a lion share for wellness though.

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

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

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

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

3.1 Cardiovascular exercise

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

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

Teaching learning Materials:

- Photos
- Audio-video

Teaching and Learning Strategies

- Dear teacher please remained your students core points of the previous chapter
- Introduce the new lesson
- Form small groups and motivate your students to clarify the ways of physical fitness development
- Let students to describe their friends how aerobic exercise develops cardio vascular fitness
- Give short note
- Describe ways of physical fitness development
- Define what physical fitness, aerobic and anaerobic exercises
- Describe some examples of aerobic and anaerobic exercises
- Encourage your students to raise questions
- Summarize the lesson by using different methods
- Give individual assignment

Short note

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

- To perform work safely in activities of daily living, including activities required for work at home and in the workplace
- for leisure-time pursuits
- for sports activity

Physical fitness involves the integrated and efficient performance of all the major systems of the body, including the heart and lungs, the skeleton, the muscles, and the brain. The brain is an essential element, as it learns to control the muscles that move

the bones, as well as controlling the heart and lungs to provide energy for the working muscles. Fitness also influences our psychological well-being, including mental alertness and emotional stability, because what we do with our bodies also affects our minds

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

- Age, gender, heredity
- Personal health habits
- Amount and level of exercise
- Eating practices

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

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

Physical fitness components		
No	**Health-related fitness components**	**skill-related fitness components**
1	Cardiorespiratory endurance	Agility
2	Muscular strength	Balance

3	Muscular endurance	Coordination
4	Flexibility	Speed
5	Body composition	Power
6		Reaction time

Anaerobic exercise is any activity that breaks down glucose for energy without using oxygen whereas, aerobic exercise any exercise that are performed with the presence of oxygen. Aerobic exercise, or steady-state cardio, is performed at a steady, low to moderate pace.

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

1. Increasing Physical Activity
    - Set goals
    - Track your progress- Keeping track of your fitness progress is a great way to stay motivated
    - Start small- Not jumping right into vigorous exercise after being sedentary for a long time can increase your risk of having a heart attack
    - Include 30 minutes of cardiovascular activity most days
    - Find little ways to move more. Adding more small bursts of physical activity into your day to improve your physical fitness levels, even if you only have a few minutes
2. Improving Your Eating Habits
    - Determine how many calories you need to eat per day.
    - Follow a balanced diet
    - Eliminate unhealthy choices
    - Drink lots of water

3. Making Lifestyle Changes
    - Check general health chuck up
    - Lose weight if you are overweight
    - Cut down on alcohol

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

- Core Strength: - Crunches, Bicycle reps, V-sits
- Leg Strength: - Back squats, Front squats, Hamstring curls, Leg extension Static squat
- Arm Strength: - Push-ups, Pull-ups, Bench press, Shoulder-press, Triceps dips, Biceps curls
- Cardiovascular Fitness: Running, Biking, Rowing, Jump rope, Swimming,
- Hiking, Dance classes

Answer for Activity 3.1

1. Because directly started from vigorous exercise increase your risk of having a heart attack.
2. Anaerobic exercise.

3.2 Cardiovascular endurance exercise (4 periods)

learning competencies: After completing this topic students will be able to:

- Mention how exercise develop cardiovascular fitness
- Perform selected aerobic exercise properly to improve to cardiovascular fitness
- Appreciate the benefit of doing different fitness exercise

Teaching and learning materials

- Diagrams
- Photos/pictures
- Model of human anatomy and physiology

Teaching Learning strategy

Dear teacher, at the level of previous grade students were able to be aware of the describe how aerobic exercise develop cardiovascular fitness.

Before you begin the day's lesson try to remind the students by asking some question

how aerobic exercise develop cardiovascular endurance?

- Introduce the days lesson
- Form groups and let them to discuss in group the definition of cardiovascular endurance exercise, importance of cardiovascular endurance and types of exercise which categorized under cardiovascular endurance.
- Following discussion give chance for students to reflect their work.
- Give brief explanation and short notes about the definition of cardiovascular
- endurance exercise, importance of cardiovascular endurance and types of exercise which categorized under cardiovascular endurance.
- Summarize the day's lesson and ask some question based on the lesson.

Note

Cardiovascular Endurance is the ability to deliver oxygen and nutrients to tissues and to remove wastes, over sustained periods of time. This is a key health-related component of fitness.

Having an understanding of the body processes involved in cardiorespiratory endurance exercise can help you design a safe and effective fitness program for many individuals.

Cardiovascular exercise is any form of activity that uses aerobic metabolism. That is, during the activity, oxygen is heavily involved in the cellular reactions that produce the energy necessary to sustain the activity. Your heart rate increases and you breathe more deeply to maximize the amount of oxygen in your blood and help you to use more oxygen efficiently. Hence, you feel more energized and do not get tired quickly.

The most common cardiovascular endurance exercises are Jumping rope

Running, Mountain climbing, brisk walking, Jogging or jogging in place, Cycling/ bicycling, Dancing, Circuit training, Stair climbing, Martial arts, Jumping jacks, squat jumps, split jumps

Specific benefits of cardio exercise include:

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

Answer for Activity 1

1. Cardiovascular exercise is any activity that increases heart rate and respiration and raises oxygen and blood flow throughout the body while using large muscle groups of the body repetitively and rhythmically.

Activity 3.1

Running on the spot (To run in place)

Procedure

- Warming-up and stretching for 5 to 10 minutes
- Lift your right arm and left foot at the same time.
- Raise your knee as high as your hips.
- Then switch to the opposite foot, quickly lifting your right foot to hip height.
- At the same time, move your right arm back and your left arm forward and up.
- Continue these movements.
- Cool-down for 5 to 10 minutes

NB children with special needs can engage in running activity depends on their level of disability.

3.1.1 Rhythmic/aerobic exercise

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).

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

Procedure

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

N.B

- Children with special needs can engage in rhythmic /aerobic exercise depends on their level of disability.
- Provide clear information about the safety of the exercise

Activity 3.2 Walking Procedure of walking properly

- Warming-up and stretching for 5 to 10 minutes
- Help students to keep their head up. When they're walking, focus on standing tall with their chin parallel to the ground and ears aligned above shoulders
- Lengthen your back
- Keep your shoulders down and back

- Engage the core
- Swing arms
- Step from heel to toe
- Cool-down for 5 to 10 minutes

N.B

- Children with special needs can engage in rhythmic /aerobic exercise depends on their level of disability.
- Provide clear information about the safety of the exercise
- Ask students if they have any health problem history before starting any activities.

3.2 Muscular endurance Exercise (6periods)

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

- Appreciate the benefits of exercise.
- Improve their musculoskeletal fitness.

Teaching Learning Materials

3.2.1 Pictures/photos shows different physical activities

Teaching Learning strategy

- Begin the days class by revise the previous lesson (what cardio vascular means and about running on the spot and aerobic exercise)
- Motivate students to demonstrate with the help of different teaching materials such as pictures /photos about different muscular endurance activities
- Write note
- Describe what muscular endurance exercises
- Define different types of muscular endurance exercises and their use
- Give an individual assignment

Short note

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

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

Types of Muscular endurance Exercises: -

- Pushups.
- Squat jump
- Sit-ups.
- Plank and others

Many more activities are regarding with muscular endurance exercises but for your grade and age level these exercises may helpful and appropriate, and accordingly you will perform one by one with the help of your teacher.

3.3.1 Push-ups

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

Steps for Push-up

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

Steps for Girl pushups

- Place your knees on the mat as shown below in the picture 3.3.1
- Lower yourself to the ground just like in a normal pushup pose
- Support your knees to give you more balance
- You can keep doing these pushups until 10-15 without feeling winded



Figure **3.3.2 Girl push-ups**

NB

- Children with special needs can engage in push up exercise depends on their level of disability.
- Provide clear information about the safety of the exercise

3.3.2 Squat jump

Squat Jumps are a powerful, plyometric exercise that strengthens your entire lower body and increases your heart rate for a significant calorie burn.

Steps for Squats Jump on a Step

- Begin in a squat position with a step-in front of you and arms bent next to your side.

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

NB

Children with special needs can engage in squat jump exercise depends on their level of disability.

Provide clear information about the safety of the exercise

3.3.3 Sit-ups

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

Steps to perform sit -ups

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

N.B

- Children with special needs can engage in sit up exercise depends on their level of disability.
- Provide clear information about the safety of the exercise

Step to perform pull up

- The pull up bar should be at a height that requires you to jump up to grab it
- Your feet should hang free
- Stand below the bar with your feet shoulder width apart

- Jump up and grip the bar with an overhand grip about shoulder width apart
- Fully extend your arms so you are in a dead hang
- Bend your knees and cross your ankles for a balanced position
- Take a breath at the bottom.

3.4 Flexibility (1period)

Learning Competency: After completing this topic students will be able to:

- Increase their flexibility through different stretching exercises.

Teaching and learning materials/resource/

- Mat and other related material

Teaching Learning strategies Dear teacher,

- let students in lines
- let students proper warming up 5 to 10 minutes
- Demonstrate the correct procedure to perform simple stretching exercise
- Let students to perform stretching exercise by Starting from upper body part to lower body part or reverse
- Give correction and follow up the students
- Let students Cool-down 5 to 10 minutes

Note: -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. True flexibility is the ability to move through a range of motion without pain.

3.4.1 Stretching

Types of Stretching

1. Static Stretching

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

2. Dynamic Stretching

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

3.5 Speed (2 periods)

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

- Improves their speed through different speed run drills.

Teaching and learning materials

Stop watch

- Flags
- Whistle
- Whistle and
- Flat wood can be used to signal and starting mark

Teaching learning strategies

Activity 1:- warming activity

- Organize students in to small groups allow 5-10 minutes to perform general and specific warming up exercise
- Show them some specific warming up activities

Activity 2:- 30 sprint run

- After worming up let the class to practice reaction time drills (to the speed at which an athlete responds to an external stimulus)
- Use these drills to practice running start
- Based on the space available organize students in rows
- Before students begin the drill ‘brief them what a reaction time and related ideas
- Explain and demonstrate the drill procedurally (phases of sprint run)
- With signal motivate the students to perform a drill individual or with their collogues by chasing each other.

- Show them to run from standing and crouch start
- Let them to perform individually in in group
- Allow students to competes each other
- Flow up their hand and leg c
- Give feedback for their trials and practice

  NB. Dear teacher; 40-meter speed run has the same procedure with 30-meter run.

Note

Speed refers to a person's ability to move fast. Speed combined with strength will provide power and force. This is a skill-related component of physical fitness that relates to the ability to perform a movement within a short period of time. It is a way of measuring how quickly something is moving or being done, or something moving fast. There are many different types of speed such as running speed, swimming speed, speed of hand or foot movement etc.

In this section you will learn how to perform speed run and related skills. You will run 30 meter and 40-meter run that help to develop your sprinting skill.

The Six Rules of Sprinting Technique

- Run with the hands moving from the hips to the chin, eliminating side-to-side motion.
- Maintain a 90-degree bend of the elbows, and drive the elbows back.
- Keep the shoulders square. Pull the knees straight up, and do not allow them to angle towards the midline of the body.
- Run by striking the ground directly below the hips, particularly when accelerating.
- Run on the balls of the feet. Don't be flat footed and noisy. If I can hear you coming, then you're too slow.

3.6 30-meter speed run Directions for 30meter speed run

1. Organize into rows
2. Worm up your body
3. Do sprint run drill
4. Do a sprint run as your teacher order
5. Repeat the exercise as much as possible

Assessment

1. Observe while students performing practical activities.

Answer for activity 3.6

1. Educate, Counsel, Communicate
2. - Affects the consumers health

   - Create psychological dependence

   - help athletes to train harder, increase muscle mass and to recover quickly in unhealthy ways.

Summary

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

Cardiovascular exercise is any activity that increases heart rate and respiration and raises oxygen and blood flow throughout the body while using large muscle groups of the body repetitively and rhythmically.

Jumping rope, Running, Mountain climbing, brisk walking, Jogging or jogging in place, Cycling/bicycling, Dancing, Circuit training, Stair climbing, Martial arts, jumping jacks, squat jumps, split jumps exercise are used to develop cardiovascular endurance.

Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Muscular endurance Exercises includes Pushups, Squat jump, Sit-ups, Plank and others Flexibility is the range of motion in a joint or group of joints, or the ability to move joints effectively through a complete range of motion.Stretching can be classified as static Stretching and dynamic stretching.

Answer

I. True /False

1. False 2. False 3. True

II. Matching

1. D 2. A 3. B 4. C 5. E

III. Short answer

1. Cobra pose, Seated toe touch, hamstring stretch