



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

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.

1.1. Importance of physical education

Specific objective

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

-  Identify 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 education?
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 develops the students' competence and confidence to take 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 like 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.

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.

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.

Physical education program can be instrumental in helping all too established physical activities patterns that are benefiary 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.

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.

Some Ethiopian legend sports man and woman are listed below:

1.3.1. Yidnekachew Tessema (1921-1987)



Figure of Yidnekachew Tessema

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.

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.

1.3.2. Derartu Tulu (1969 -)

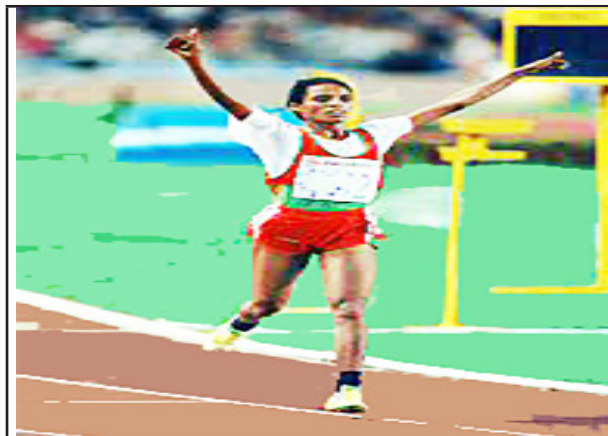


Figure of Derartu Tulu

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.

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-

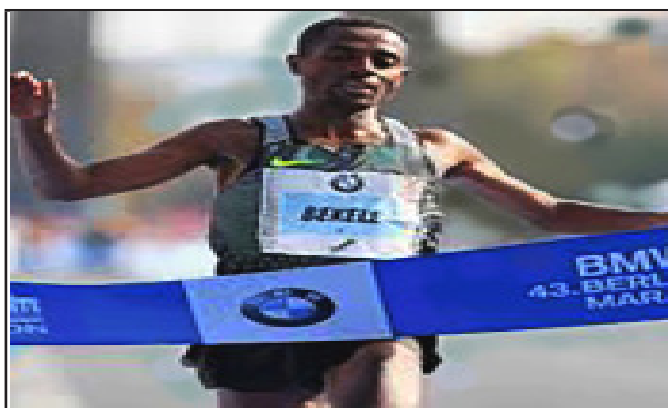


Figure of Kenenisa Bekele

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

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.

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?

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.

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?

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 Bokoja (Oromiya Regional State). He is an Ethiopian long-distance runner and he was the world record holder in both the 5000-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.*

? 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

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 _____



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.

UNIT 2

2. SOCIAL AND EMOTIONAL LEARNING IN PHYSICAL EDUCATION

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.

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.

2.1. Physical activity which develops self awareness 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.

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?

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.

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.

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.



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?

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



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?

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.

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.



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

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
- ◇ card and etc.
- ◇ Bingo

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

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

-  Coaching staff can come together to give feedback
-  Discuss 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 develop communication skills

Issue 1. Money and knowledge which is better for you?

Dear students make groups with your classmate into 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 anything and second group 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.

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, taking 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.



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.

-  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

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.*

? 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

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.



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

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.

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.

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



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 stretching to decrease blood pressure.*

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.

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.

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

Examples of aerobic exercise

- 👉 Swimming
- 👉 walking
- 👉 jumping rope
- 👉 Cycling
- 👉 running
- 👉 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

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 into two skill-related and health-related components, which are listed below.

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.

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

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.

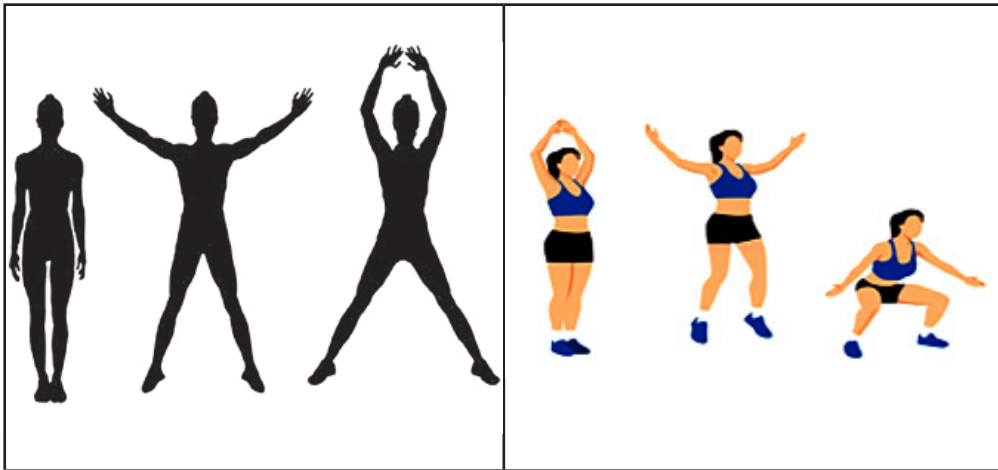


Figure of jumping jacks photo

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.

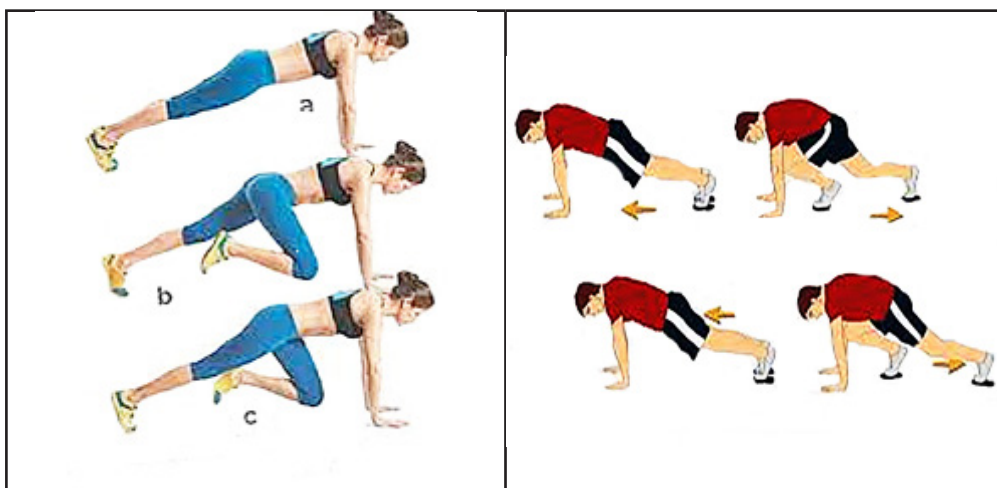


Figure shows mountain climber's exercise

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

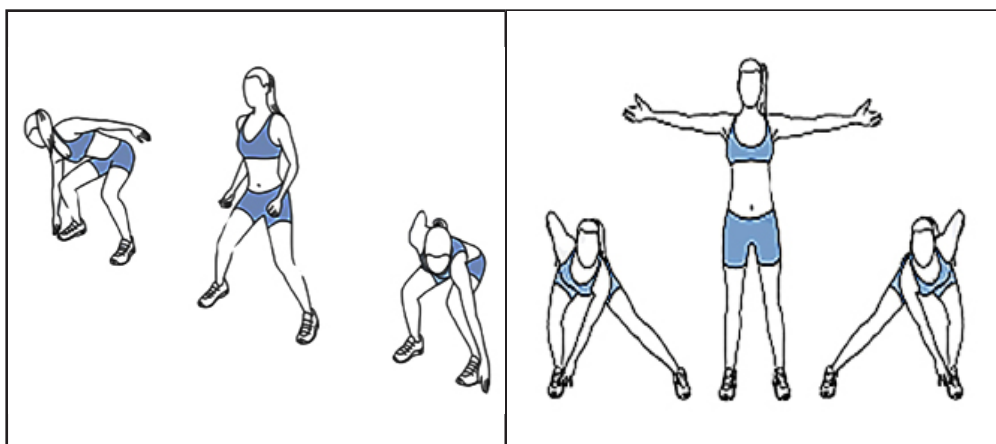


Figure of side shuffle touches exercise

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

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.

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

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

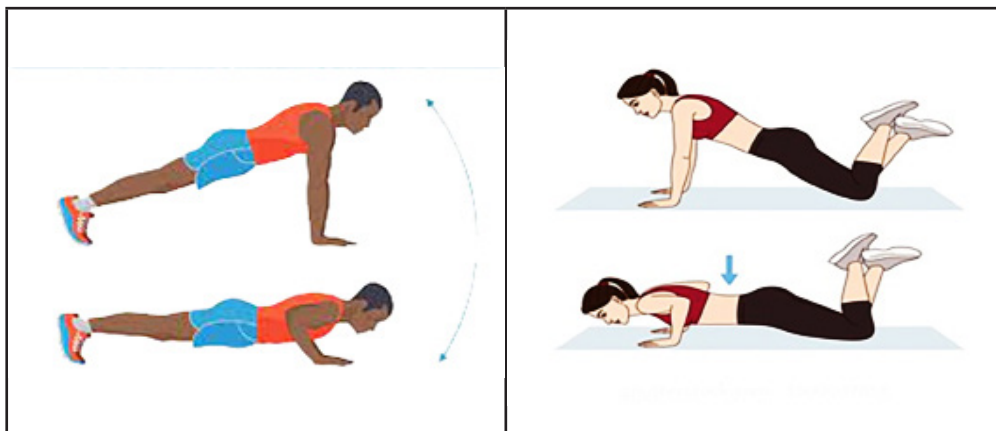


Figure of how to done push up exercise of male and female

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.



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.

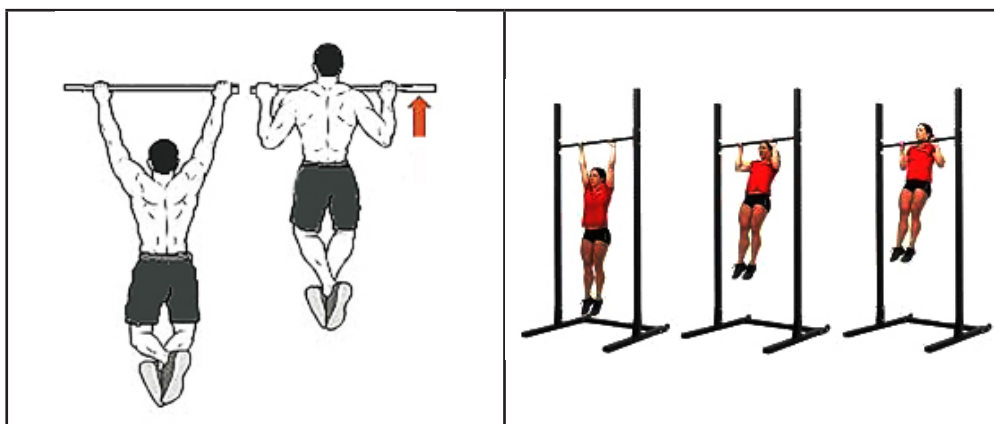


Figure shows how to doing pull up exercise

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

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.

- 🔑 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.

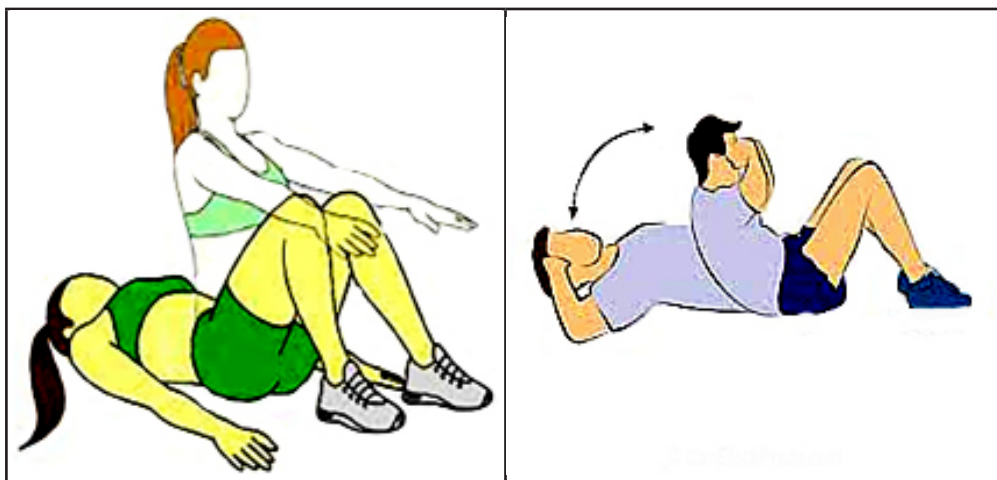


Figure how to do curl up (set up) exercise

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

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

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.

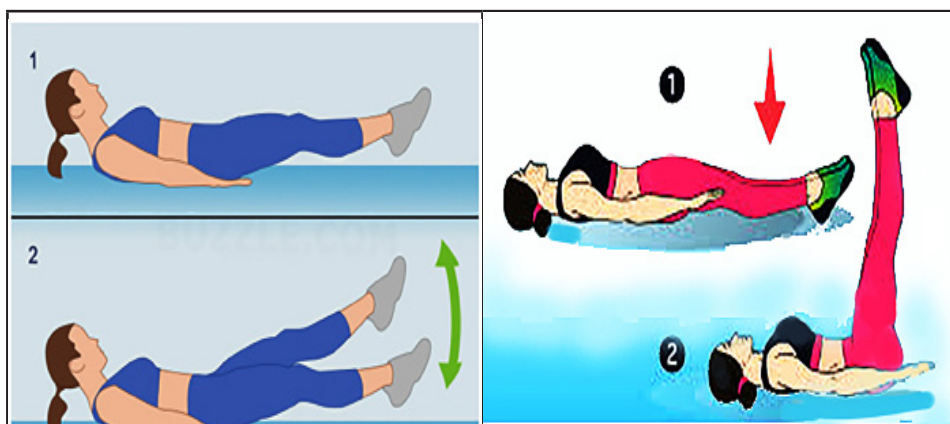


Figure of leg lifting exercise

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

- 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.

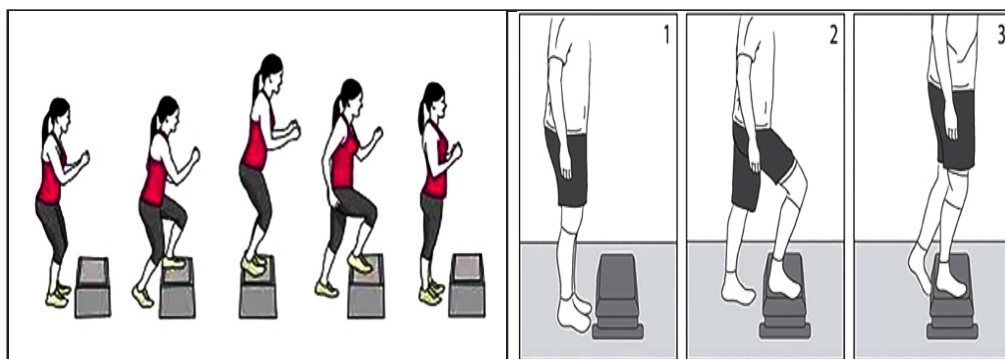


Figure shows how to do step up and down exercise

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 meaning 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?

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 comfortable 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.



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

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

- 🔑 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

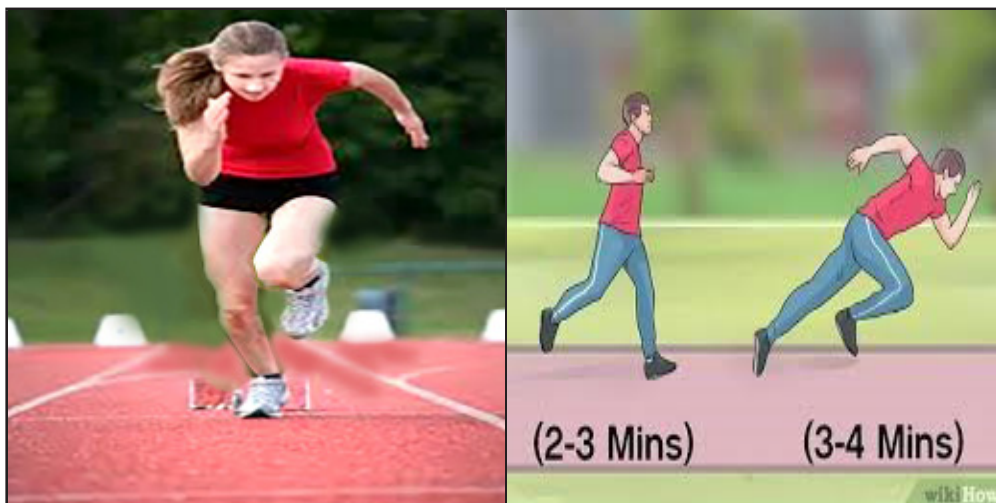


Figure shows sprint run to develop speed

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

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.

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

Summary

-  *Physical fitness is a state of health and well bang and, more specially, the ability to perform aspect of sports, acceptance 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

? 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

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.



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