HEALTH & PHYSICAL EDUCATION

SELF-STUDY BOOK

GRADE 08

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(National School)

ZONAL EDUCATION OFFICE ~ KALMUNAI

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CONTENTS…..

01	LET US IMPROVE OUR SELF-EASTEEM
02	LET US MARCH CORRECTLY
03	LET US PLAY VOLLEYBALL
04	LET US PLAY NETBALL
05	LET US LEARN HOW TO MAKE THE START IN RUNNING
06	LET US MAKE OUR SCHOOL ENVIRONMENT HEALTHY
07	LET US PLAY LEAD-UP GAMES
08	LET US PLAY FOOTBALL
09	LET US IMPROVE RUNNING EXERCISES
10	LET US LEARN ABOUT JUMPING EVENTS IN ATHLETICS
11	LET US SAFEGUARD REPRODUCTIVE HEALTH
12	LET US PRACTICE THROWING EVEVTS
13	LET US DEVELOP SPORTSMANSHIP
14	LET US PRESERVE THE NUTRITIONAL VALUE OF FOOD
15	LET US DEVELOP HEALTH RELATED FITNESS
16	LET US DEVELOP LIFE SKILLS
17	LET US FACE ENVIRONMENTAL CHALLENGES SUCCESSFULLY
18	LET US LEARN FIRST AID FOR ACCIDENTS FACE IN DAILY LIFE

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01 Let us improve our self-esteem



01. What are the basic needs of a man in this daily life?

- Food
- Water
- Air

02. What are the secondary needs of human?

- Love
- Sense of security

03. What is considered as one of the higher needs of a human?

- Self-esteem

04. List a person's abilities and achievements.

Ability	Achievement
Sports abilities	Become a sportsman
Drawing	Become an artist
Dancing	Become a dancer
Music	Become a musician
Acting	Become an actor
Mathematics	Become a mathematician
Language	Become a poet / author
Creativity / innovativeness	Become a creator / an inventor

05. Write 04 characteristics that will make us improve our self-esteem?



- Honesty
- Kindness
- Patience
- Discipline

06. Write 04 types of abilities one should develop to improve self-esteem?

- Singing
- Dancing
- Debating
- cooking



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07. Write 04 characteristics one should develop to improve self-esteem?

- Leadership
- Honesty
- Obedience
- Organizing skills





08. How can you enhance self-esteem?

- Improves ability
- Improves responsibilities
- Good qualities

09.write 02 factors that have a positive impact on self-esteem?

- Internal factors
- External factors

10.write 04 internal factors that contribute to your self-esteem?

- Self-confidence
- Having commitments and enthusiasm
- Identifying your strengths and weaknesses
- Identifying your duties, responsibilities and fulfilling them without fail.

11. Write 03 external factors that contribute to your self-esteem?

- Examples and advice from parents and teachers
- Encouragement by way of awarding prizes and certificates.
- Recognitions, guidance and appreciation by teachers, adults, parents, friends and well-wishers.

12. Write 04 social factors that have a negative impact on self-esteem?

- Social rejections
- Negligence
- Lack of appreciation
- Being criticized



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13. Write 03 internal factors that have a negative impact on self-esteem?

- ❖ Violating the law
- ❖ Breaking social norms and morals
- ❖ Negative feelings and behaviors





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02 Let us march correctly



01.Write 04 occasions that marching squad will parade.

- At sports meet
- When inviting chief guest
- Occasion of army, navy, air force and police
- Independence Day

02. Write 04 advantages of correct posture.

- Builds confidence
- Free of ailment
- Gives a good appearance
- Reduce pain or accidents.

03. What is correct turning?

- As facing from one direction to another, using toes and heels while remaining at a fixed point.

04. Write the turning postures?



- Left turn
- Right turn
- About turn

05. Explain right turn.

- Your body is turned 90* to the right from the direction you are facing. the right heel and the ball of the left foot are used for turning right.

06. Explain left turn.

- Your body is turned 90* to the left from the direction you are facing. the left heel and the ball of the right foot are used for turning left.

07. Explain about turn.

- About turn is to turn to the opposite direction from the direction you are facing.
- In the about turn, you turn 180*. Keep in mind that you should always turn clockwise when turning about.

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08. Explain "Mark time".

- Marking time is a rhythmic movement which is commenced after the command ‘’Mark time’’ while in attention position**.**

09. Explain halt from "Mark time".

- Halt is the movement executed by an individual or a squad after receiving the ‘’halt’’ command while mark time. ‘’halt’’ command is received at the same time the right foot touches the ground.

10. What you mean by correct forward Marching?

- Forward marching is a position where the movements of walking position are done according to a regular rhythm following a command. When marching as a squad, the legs and hands are moved according to the rhythm.

11. Write the types of Marching.

- Quick march
- Slow march



Note: The maximum number of members in a platoon of a school march-past is 25 including the leader.







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03 Let us play volleyball



01. What is the National game of Sri Lanka?

- Volleyball

02. When was Volleyball introduced in Sri Lanka? By Whom?

- 1916- Robert Walter Camack

03. When was Volleyball introduced in the World? By Whom?

- 1895- William G Morgan

04. Write the skills of Volleyball?

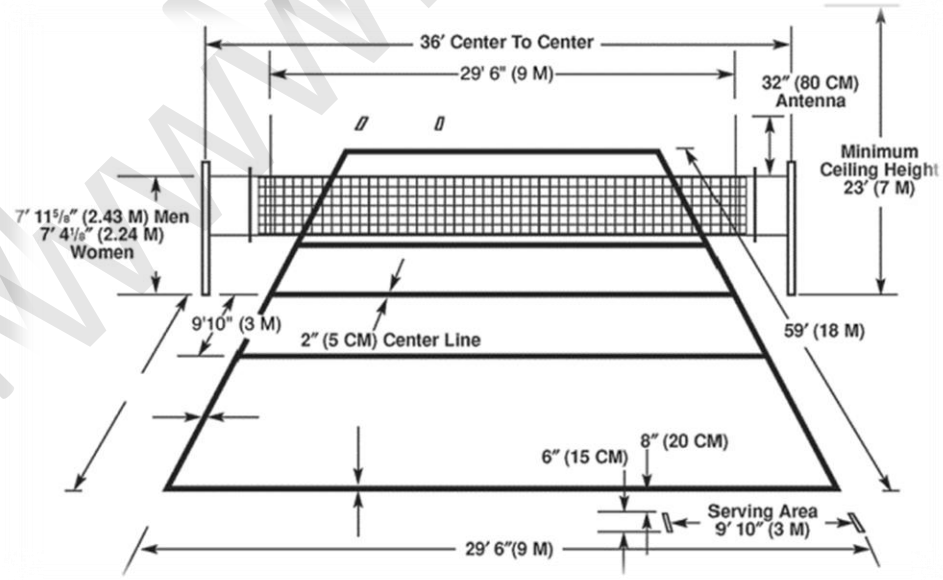
Serving	Receiving
setting	spiking
blocking	Court defending



05. What is the name of the place which volleyball was started?

- Minro net

06. Draw the volleyball with measurement

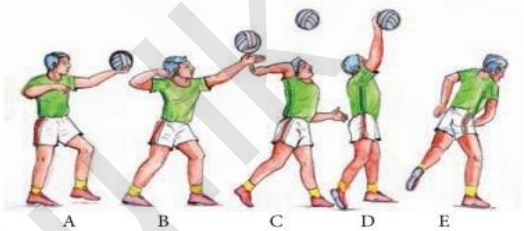


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07. Write 04 observations that can be seen in Volleyball.

First, the ball is served by a team and it is received by their opponents;
- After receiving the ball by the opponents, it is passed by a player in the same side;
- On passing the ball, it is spiked by another player of the same side;
- As the ball is spiked, it is blocked by the players of the other side;
- After blocking the ball, it is passed by the players of the same side;
- Then, it is set by the players of that side; and
- It is then spiked and passed on to the other side.
- The two teams continue repeating the same activities.

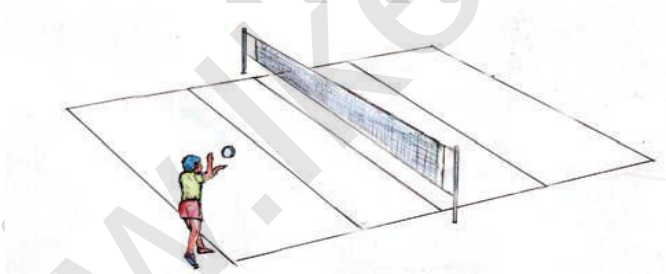
08. What are the techniques of over arm service?



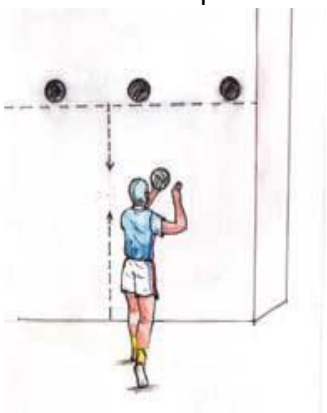
- Before touching the ball
- Touching the ball
- After touching the ball

09. Write 02 activities for practicing the over arm pass.

1. Place the volleyball net height 5 feet above the ground.
   Serve above the net following correct technique.
   Repeat the activity while increasing the height gradually up to 8 feet.



2. Take volleyball and go in front of a wall.
Make several marks on the wall at a level of about 8½ feet high above the floor.
Stand in front of the wall at a distance of about 5m from the wall. Now, hit the ball with the hand using the over arm technique so that the ball hits each of those marks.
Gradually increase the distance from the wall up to 10 feet and practice hitting the ball so that it touches each of the marks on the wall.



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10. Write the 3 stages of Volley pass technique?



- Before touching the ball
- Touching the ball
- After touching the ball

11. Write 02 activities for practicing the Volley pass.

1. Take volleyball or a similar ball, keep it on the ground and hold it by its top half with both hands and hit it against the floor.
As the ball bounces catch it by its top part and hit against the floor again. (Bounce the ball.)
Instead of catching the bouncing ball as described above, push it to your friend using both hands. Continue doing this activity for a long time.

2. Take a volleyball and go closer to a wall.
Make some marks on the wall at a level of about 10 feet.
Stand at a distance of about 4-5 metres away from the wall and hit the ball against the marks on the wall.
Continue doing this for a long time.

12. Write 04 rules to serve and pass the ball?

- The ball should be served after receiving the signal for that.
- Service should be done within 8 seconds after the ball has been tossed.
- The server should not make contact with the service line.
- A player should not rest the ball in the hand when passing the ball.
- The player should not catch and throw the ball.
- When passing the ball, it should not come into contact with the hand more than once.

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04 Let us play netball

- Out of the organized games, netball can be introduced as a game that is very popular among girls and women. playing net ball, within a small space for a certain time, with 14 players, without touching any of them, is the beauty of this game.
- 7 players can be play in each side.



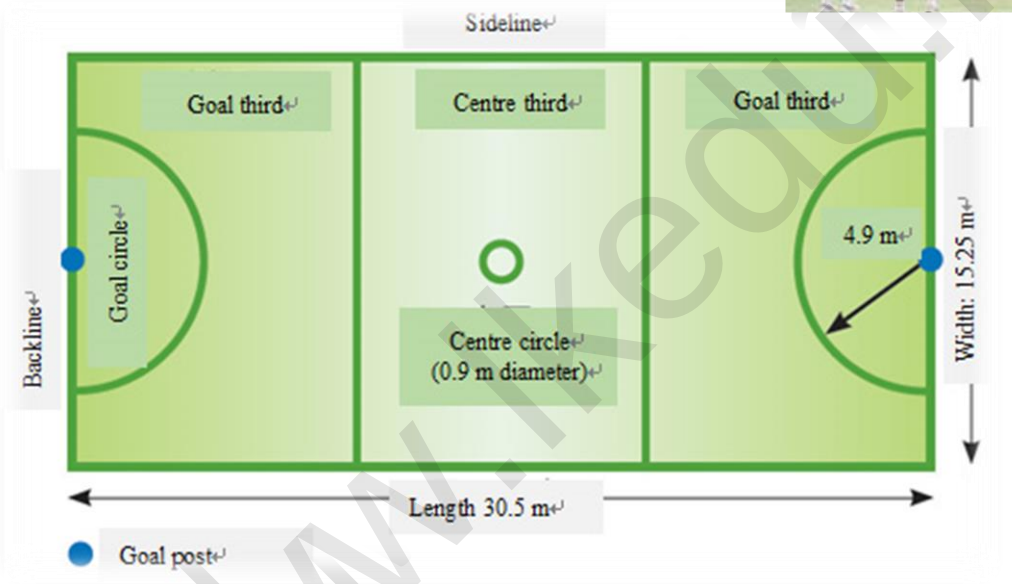
01. When was netball introduced in Sri Lanka? By Whom?

- 1921- Jenny Green

02. When was netball introduced in the World? By Whom?

- 1891- Jams Smith -U.S. A

03. Draw the netball court with measurement.



04. Write the skills of netball?

- Ball control
- shooting
- attacking
- Foot working
- defending



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05. Write 04 factors that should be taken into consideration when throwing the ball?

- You should take the following factors into consideration in order to maintain your body balance in all the ball passing methods you learn in this lesson.

- When you begin to throw the ball, hold the ball with both hands or with one hand and place your strong foot a little behind.
- Shift the weight of your body on to the back foot.
- Keep your eyes on the direction to which you are going to throw the ball.
- If you use one handed technique extend the free hand to the front freely.
- Now throw the ball forwards.
- When releasing the ball, shift the body weight from the back foot to the front foot and maintain body balance.

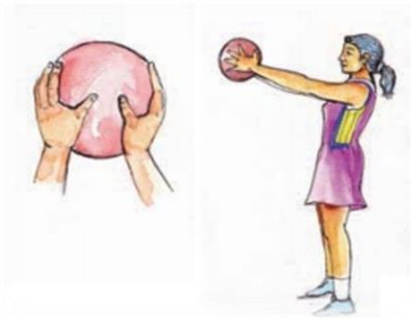
06. Write 04 factors that should be taken into consideration when catching the ball?

- When catching the ball, put one foot forward and shift the body weight to the front foot.
- Extend the two hands towards the direction from which the ball is approaching.
- As you catch the ball with both hands, pull the ball towards your body and maintain your body balance by shifting the body weight to the back foot.
- It is very important to hold the ball correctly when receiving the ball.

07. What are the 2 ball passing methods in Netball?

- One-handed method
- Two-handed method





08. Write 04 single handed passing methods?

- Shoulder pass
- Lob Pass/ high shoulder pass
- Bounce pass
- Under arm pass





09. Write 04 two-handed passing methods?

- Chest pass
- Overhead pass
- Side pass
- Bounce pass







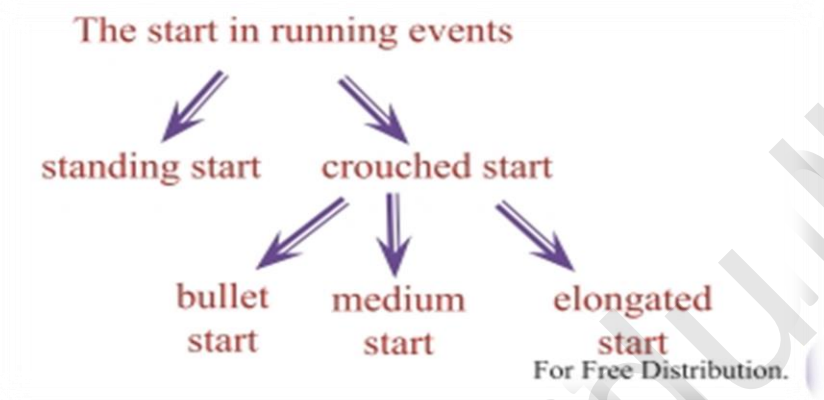
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05 Let us learn how to make the start in running

01. Write the types of running events based on the distance?

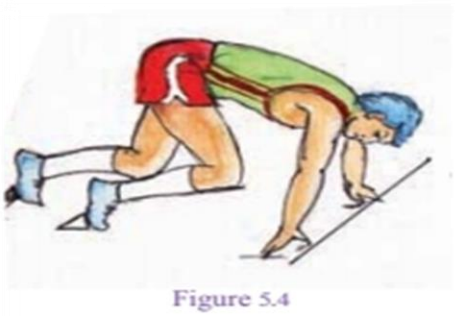
- Short distance
- Middle distance
- Long distance

02.The start in running events can be classified into 2 methods. What are they?



03. Explain the method standing start.

➢ Standing start is called so because this start is taken being in a standing position. The standing start is used for medium-distance and long-distance races. Accordingly, the standing start should be used for all the races above 400 metres.
eg:
800 metres
1,500 metres
5,000 metres
10,000 metres


Figure 5.4

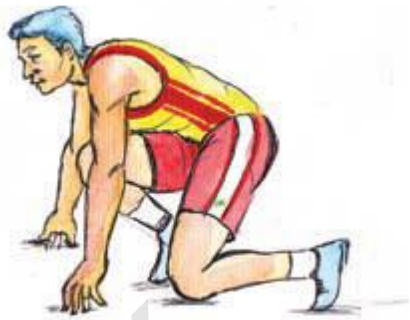
Two commands are given for the standing start.
1. on your marks
2. go (a signal or the sound of starting gun)



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04. Explain Crouch method start.

It is compulsory that the crouched start is used for up to 400-metres races



eg:
100 m
200 m
100 m X 4 relay race
400 m X 4 relay race
100 m hurdles
110 m hurdles
400 m hurdles.

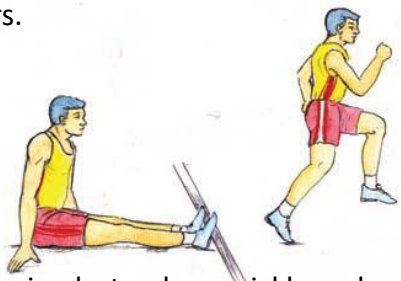
Three commands are given for the crouched start:
1. on your marks
2. get set
3. go (a signal or sound of starting gun)

05. Write 04 mistakes made in the start in running?

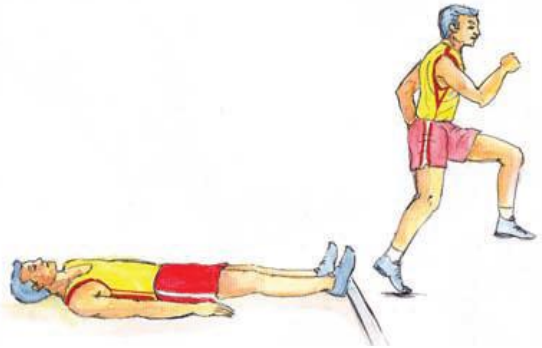
- ❖ Running before the gun firing
- ❖ Not following the command
- ❖ Moving during ''Set'' position
- ❖ Keeping the foot on starting line.

06. Write 02 activities to practice moving forward quickly at the "go" command and increasing of the running speed.

1. Sit on the ground so that the two legs are stretched forward. With the 'go' command" stand up quickly and run a distance of about 10 meters.



2. Lie on the ground facing upward. As the command is received, stand up quickly and run about 10 metres.



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06 Let us make our school environment healthy

01. What is the meaning of health promotion?

- Enable peoples to improve their health by controlling factors which influence health.

02. What is the meaning of School health promotion?

- School health promotion help school children to promote the health of the school and the society they live in by helping them to influence and control factors which affect health.

03. Write 04 physical environmental characteristics of a health promoting school?

- Clean air
- Clean surrounding
- Clean classrooms
- Clean, safe drinking water

04. Write 04 psychological and social characteristics of a health promoting school?



- Learning to appreciate others
- Opportunities for team work
- Providing counselling services
- Ensuring equal treatment for all

05. Write 04 themes for health promotion?



- Developing policies which promote health
- Improving knowledge and skills
- Creating a healthy environment
- Getting help from the community
- Reorganizing and making optimum use of health services

06. How we can use these themes to ensure that we consume healthy food in school.

- Developing a policy of bringing only healthy food to school
- Determine nutritional status and identify healthy food accordingly
- Ensuring that the canteen serves only healthy food
- The vendors around the school agree to sell only healthy food

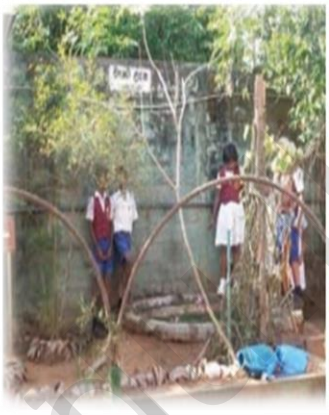
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07. Write 04 health related policies.

- ❖ Not consuming artificial (carbonated) drinks
- ❖ Providing clean safe water
- ❖ Conducting health camps
- ❖ Maintain a clean and orderly canteen

08. Write 04 life skills which are important for maintaining health.

- ❖ Decision making
- ❖ Critical thinking
- ❖ Creative thinking
- ❖ Emotional balance





09. How is the school environment divided into?

- ❖ Physical environment
- ❖ Psychological environment
- ❖ Social environment

10. Write 04 services a school can provide to the community?

- ❖ Conducting an eye camps for parents
- ❖ Educating the community about child abuse
- ❖ Volunteer dengue control program
- ❖ Preventing the sale alcohol, tobacco and other drugs in the vicinity of the school

11. Write 04 health service peoples help to promote health in the school.

- ❖ Medical officer of health (MOH)
- ❖ Public health inspector (PHI)
- ❖ Agriculture officer
- ❖ Environment officer

12. Write 04 health service institutions help to promote health in the school.

- ❖ Hospital
- ❖ Police
- ❖ Red cross society
- ❖ Office of the medical officer



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13. Write 04 programs rendered by health services to promote health in the school.

- School medical inspection
- School dental health service
- Immunization program
- School sanitary inspection

14. Write 04 facilities provided by the health services.

- Educating about safety
- Health education
- Identifying nutritional deficiencies
- Promoting dental health

15. How can a student contribute towards health promotion in school?

- Following existing rules and regulation
- Forming new policies related to health promotion
- Convey health related messages to your family and to the community



Figure 6.11 -Proper waste disposing





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07 Let us play lead-up games

01. What is the meaning of lead-up games?

- Lead-up games are designed to develop skills of major games.

02. Write 03 advantages of lead-up games?



- Happiness
- Gaining enjoyment
- Useful leisure time
- Improves physical, mental and social well-being

03. Write 04 special features of lead-up games?

- Rules of lead-up games are simple
- Activities can be designed according to preference
- Can play with or without equipment
- They provide enjoyment combined with the experience of competitiveness.

04. How can you improve physical fitness by playing lead-up games?

- Helps to build up endurance
- Acquires training in techniques of the major games
- Builds up fitness required for day-to-day activities

05. How can you improve mental fitness by playing lead-up games?

- Provides enjoyment and pleasure
- Builds up self-discipline
- Gives encouragement to design sports activities
- Develops ability to accept both victory and defeat in same spirit

06. How can you improve social fitness by playing lead-up games?



- Develops team spirit
- Develops leadership qualities
- Develops inter-personal relationship
- Learns to be considerate about the safety of others

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07. Write the types of lead-up games according to the use of equipment?

- ❖ Lead-up games played with equipment
- ❖ Lead-up Games played without equipment

08. Give an example of a lead-up game that is played without equipment.

- ❖ Turning about and running

09. What is the lead-up games that require equipment?

- ❖ Serving the ball to a target
- ❖ Beat the ball
- ❖ Kick ball





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08 Let us play football

01. Who name the game as football? When?

- William Ellis – 1846

02. Write the skills of football?

- Dribbling
- Heading the ball
- Kicking
- Throw-in
- Controlling the ball
- Defending
- Goal Keeping



03. When was football introduced in Sri Lanka?

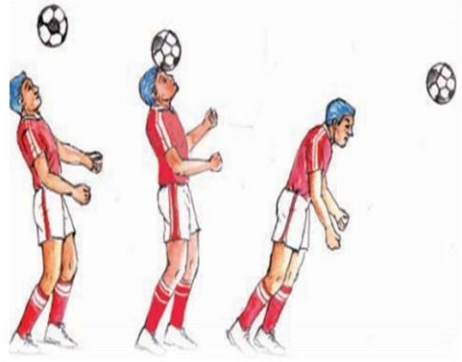
- The game was started in 1911 in Sri Lanka.

04. Write 03 different ways of heading the ball.

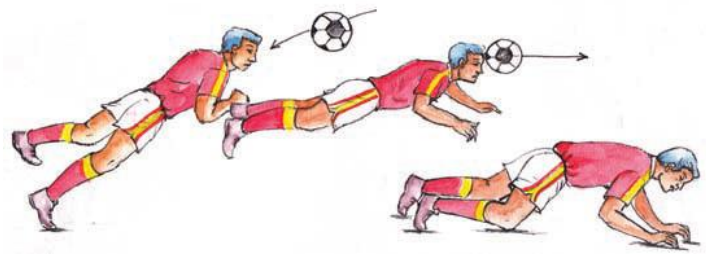
- Heading in a standing position
- Heading with a jump
- Heading with a dive

05. Write 03 factors that should be taken into consideration when heading the ball in football?

- Eyes should be kept focused on the ball
- The ball should be headed in the middle
- Particular attention should be paid towards ensuring safety.



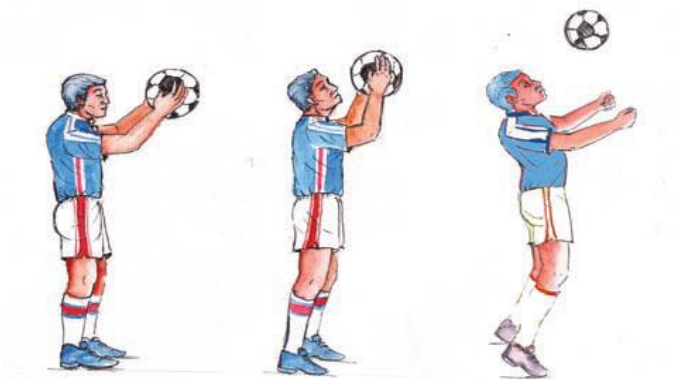




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06. Write 02 activities for practicing heading the ball.

1. Take the ball in both hands and hold it before the forehead as shown in the figure and hit it with the forehead.



2. Toss the ball by yourself and as the ball comes down head it following the correct heading technique.



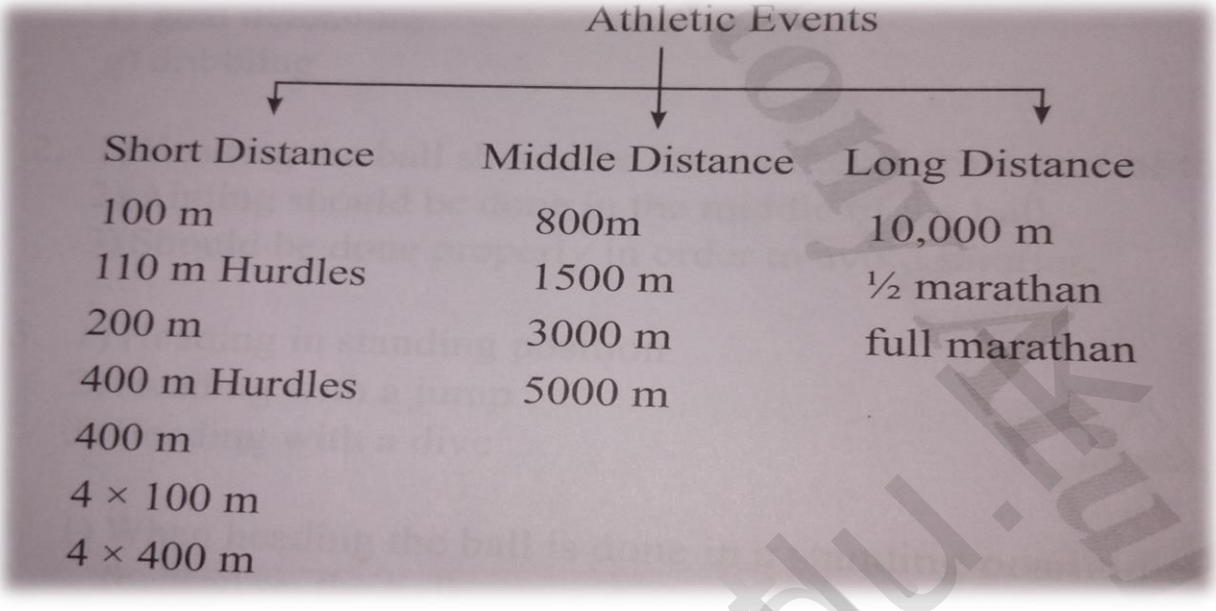
3. Ask a friend to stand before you about five metres away from you and ask him to throw the ball to you from above the level of the head. As the ball approaches you, head it and return it to your friend.



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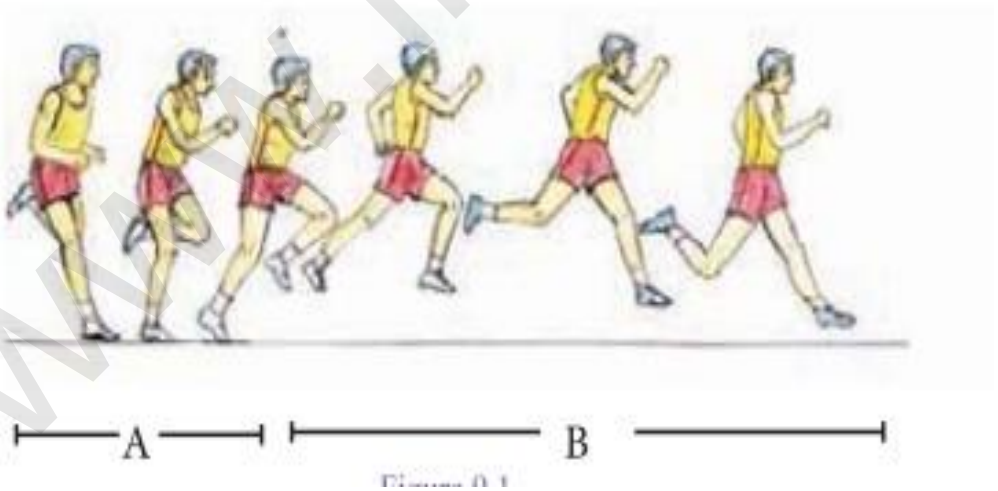
09 Let us improve running exercises

01. List the athletic events.



02. What are the 2 phases in running?

- Support phase- the phase in which the foot is in contact with the ground. (9.1.A)
- Flight phase- the phase in which the foot comes off the ground and moves upwards. (9.1.B)



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03. What are the running drills?



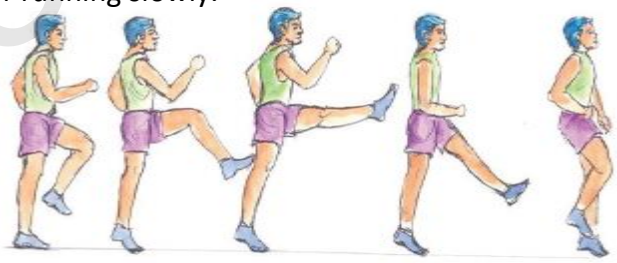
- ❖ Running Drill A
- ❖ Running Drill B
- ❖ Running drill C

Running Drill - A

- ➢ While the sole of the supporting foot is in complete contact with the ground, the opposite leg bent at the knee and is lifted so that the thigh is parallel to the ground.
- ➢ Arms are bent at the elbow and swung with a movement similar to that is made in running.
- ➢ This drill can be done while marching, skipping or during slow running.

Running Drill - B

- ➢ In this drill the supporting leg should be straightened well and the sole is in complete contact with the ground.
- ➢ The opposite leg should be raised forward so that it is parallel to the ground and is bent at the knee forming a 90_0 angle.
- ➢ Now straighten the knee and slam the foot onto the ground.
- ➢ Arms are bent at the elbow and swung with a movement similar to that is made in running.
- ➢ This drill can be done while walking, skipping or running slowly.



Running - C

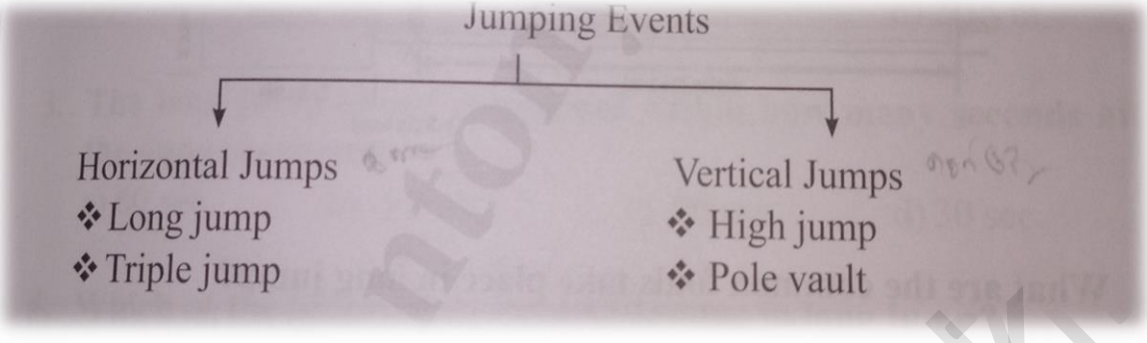
- ➢ The supporting leg should be straightened well and the sole is in complete contact with the ground.
- ➢ Bend the opposite leg at the knee and walk forward while hitting the buttocks with the heel.
- ➢ This drill, too, can be done while walking and while running slowly.



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10 Let us learn about jumping events in athletics

01. List the jumping events.



02. Write the techniques in long jump.



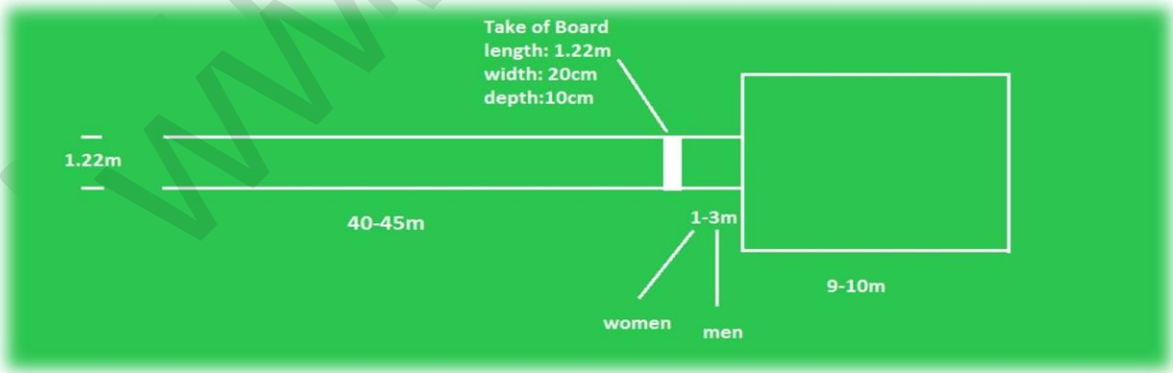
- ❖ The hang
- ❖ The sail
- ❖ The hitch-kick

03. Write the 04 phases of long jump.



- ❖ Approach run
- ❖ Take off
- ❖ Flight
- ❖ Landing

04. Draw the long jump lay out area with correct measurement.



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05. Write 02 rules in long jump.



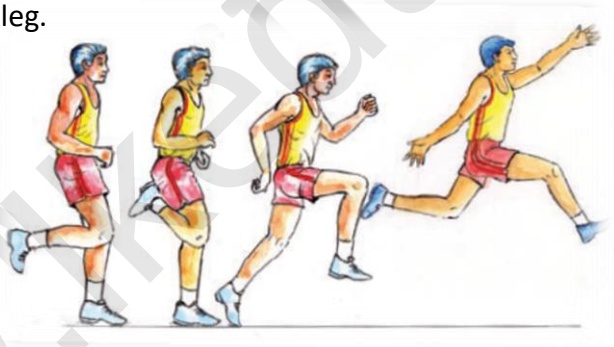
- ❖ Should take off with one leg.
- ❖ Every new jump must be measured.

06. Write 02 long jump practice activities.

1.Remain in one place and jump into the jumping pit using both feet.



2. Hop towards the jumping area using the left leg and jump into the jumping pit. Now repeat this activity using the right leg.



3. Jump forwards taking off with both feet and jump into the jumping pit.

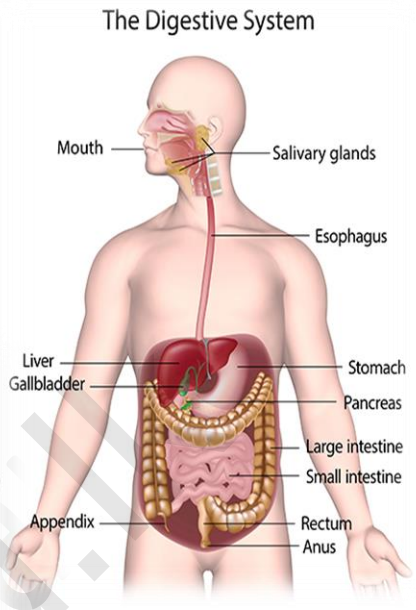


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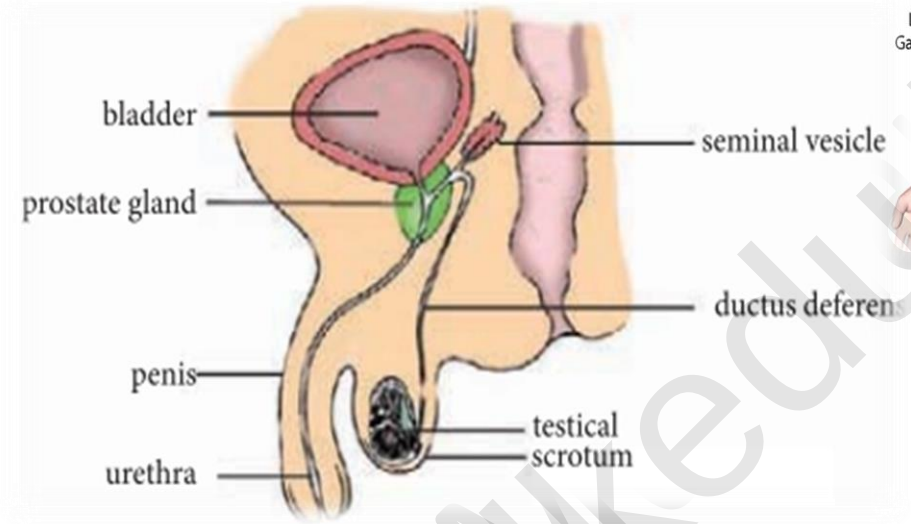
11 Let us safeguard reproductive health

01. Write 04 functional systems of the body.

- Digestive system
- Respiratory system
- Reproductive system
- Nervous system

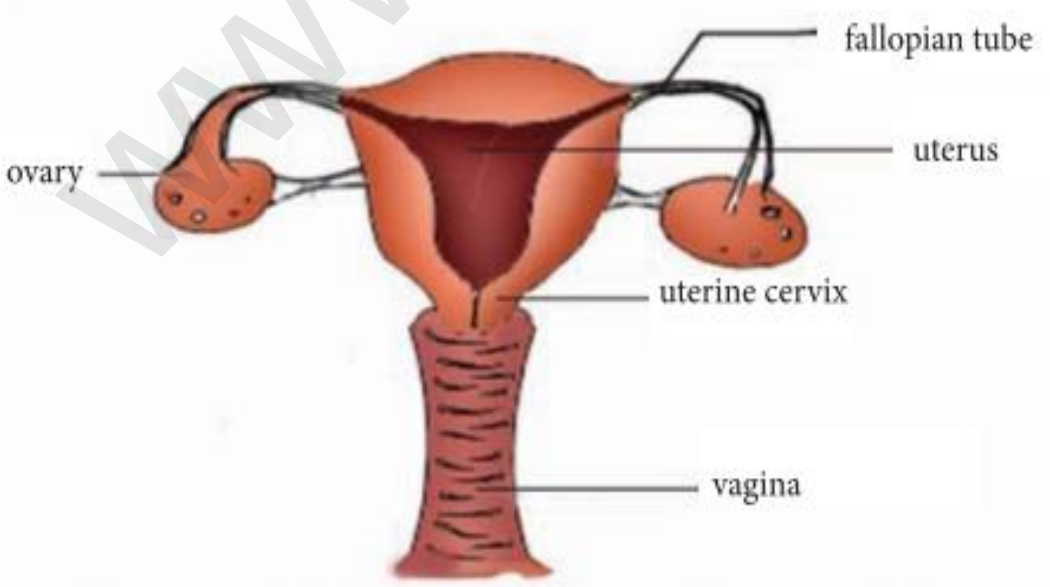


02. Draw the Male reproductive system and name them.



03. Draw the female reproductive system and name them.

- The female reproductive organs are situated in the pelvis. It consists of two ovaries, two fallopian tubes which open into the uterus, the uterus which is a muscular organ, the uterine cervix and the vagina.



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04. Describe the menstrual cycle.

- The ovaries release ova after a girl attains menarche. This process is known as **ovulation**. The ovum enters the fallopian tube. The ovum is the maternal cell which takes part in fertilization. Ovulation is an automatic process. If the ovum is fertilized the uterine walls become thick enabling the fertilized ovum to implant in the uterine wall. If the ovum is not fertilized the uterine lining (endometrium) is shed about 14 days after ovulation. The remnants of the uterine lining and some blood is expelled through the vagina. This process known as menstruation lasts about 2-6 days.

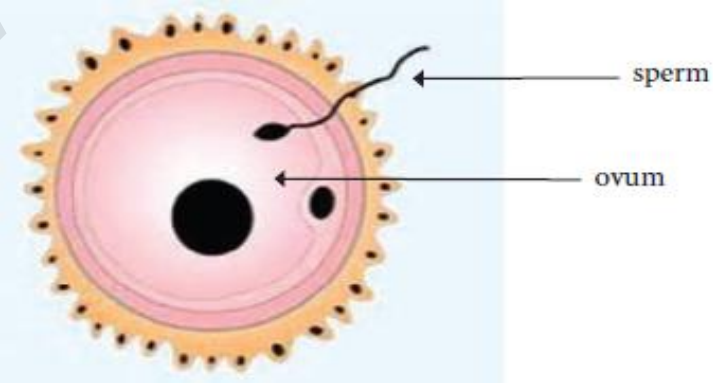
- The term menarche is used to describe the onset of menstruation in a female. After attaining menarche the ovaries will release an ovum every 28 days. Ovulation will occur alternatively from the left and right ovaries each month. The release of the ovum, changes in the uterine wall and menstruation which occur every 28 days, if there is no fertilization, is known as the **menstrual cycle**. In a female ovulation stops by the age of 45-55 years. This is known as menapause.

05. Describe the Fertilization.

- After ovulation the ovum travels along the fallopian tube. The sperms in the seminal fluid, which enters the vagina during sexual intercourse, enter the uterus through the uterine cervix. The sperms travels through and fertilizes the ovum in the fallopian tube.

- The fertilized ovum travels through the fallopian tube into the uterus. In the meantime, changes take place in the uterine wall to facilitate the nutrition of the developing embryo.

- The embryo is implanted in the endometrium (the inner lining of the uterine wall). The embryo gradually grows and develops into a foetus. The foetus receives nutrition and oxygen from the mother through the umbilical cord and it excretes waste products into the mother's blood. The foetus develops in the mother's uterus for approximately 9 months.



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06. What is reproductive health?

- Maintenance of physical, psychological and social health necessary for successful reproduction.

07. Write 04 factors that affect reproductive health?



- Sexual harassment and abuse
- Teenage pregnancies
- Unplanned pregnancies
- Sexually transmitted disease

08. Write 04 issues create due to sexual harassment and sexual abuse?

- Unplanned pregnancies
- Mental trauma
- Disruption of education
- Contracting sexually transmitted diseases.



09. Write 04 sexually transmitted diseases?

- Genorihoea
- Syphilis
- Herpes simplex
- Genital warts
- HIV/AIDS

10. Write some situations where sexual harassment and sexual abuse can occur?

- Unwelcomed touching of body
- Forceful engagement in sexual activity.
- Forcing someone to appear in films, photographs and publications which depict sexual content.
- Engaging in a sexual activity and sexual intercourse with a child less than 16 years.

11. Write 04 negative impact of sexually transmitted diseases?



- Disruption to education
- Social stigma
- Psychological stress
- Damage the heart and nervous system including the brain.

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12. Write 03 factors which help to maintain reproductive health.

- ❖ Adequate knowledge
- ❖ Healthy behaviors
- ❖ Following social norms

13. Write 04 adequate knowledge to maintain good reproductive health.

- ❖ Sexually transmitted disease
- ❖ Structure of the reproductive system
- ❖ Function of the reproductive system
- ❖ Skills to protect against sexual harassment and abuse



14. Write 04 healthy behaviors to maintain reproductive health.

- ❖ Maintaining personal cleanliness
- ❖ Using cotton underwear
- ❖ Not engaging in sexual activity before marriage
- ❖ Engaging in sexual activity only with your spouse.

15. Write 04 examples for social norms.

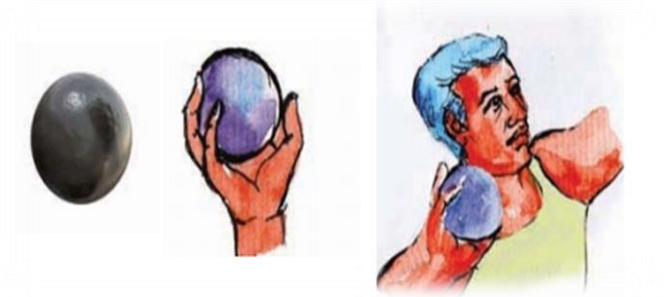
- ❖ Respecting and caring about members of the opposite sex
- ❖ Not using books, videos, film which contain pornographic material
- ❖ Recognizing the importance of motherhood and fatherhood and maintaining the dignity of these roles.
- ❖ Maintaining mutual understanding, trust, respect and love between husband and wife.



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12 Let us practice throwing events

01. Write the throwing events.



- Shot put
- Discus
- Javelin throw
- Hammer throw

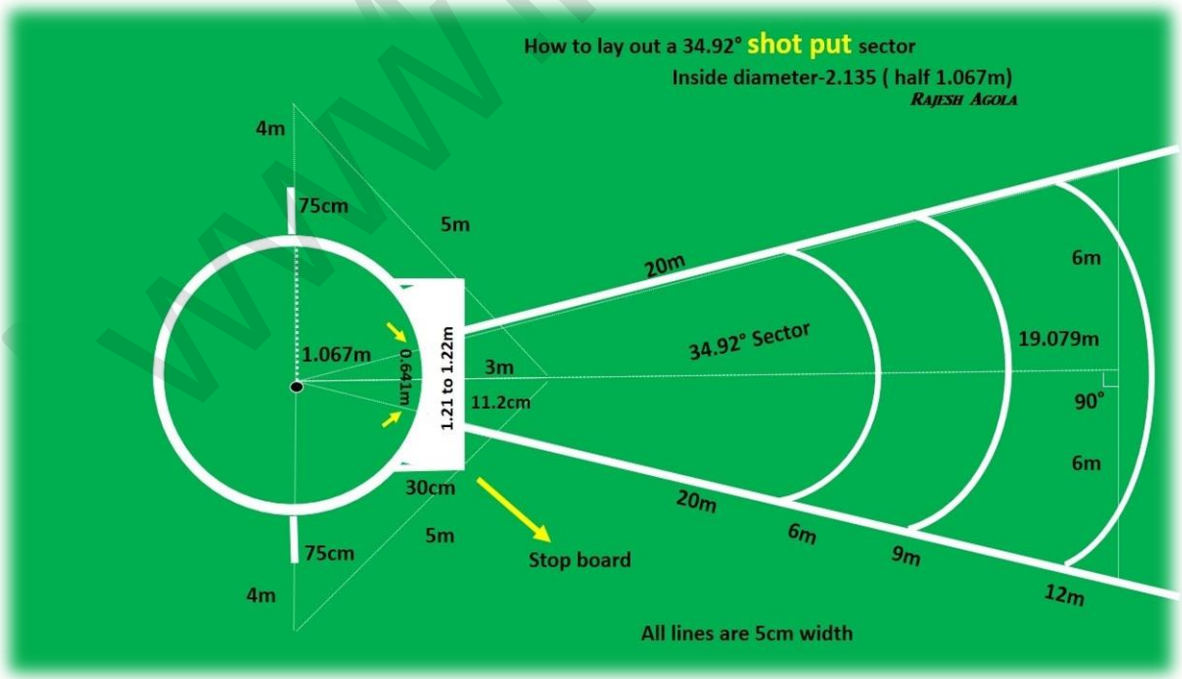
02. Write 04 precautions taken to be safe from accidents.

- Compulsory that throwing be done under the supervision of a teacher.
- When an equipment is thrown, nobody should be present in the front side the thrower.
- Equipment should be stored properly thus preventing easy access to everybody.
- A location where students usually gather or move about should not be selected for throwing events.

03. What are the techniques of shot-put events?

- Stand and throw
- Turn and throw
- Straight throw- berry or briyan throw

04. Show the field dimension of shot-put event.



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05. Write 02 simple activities to practice shot put.

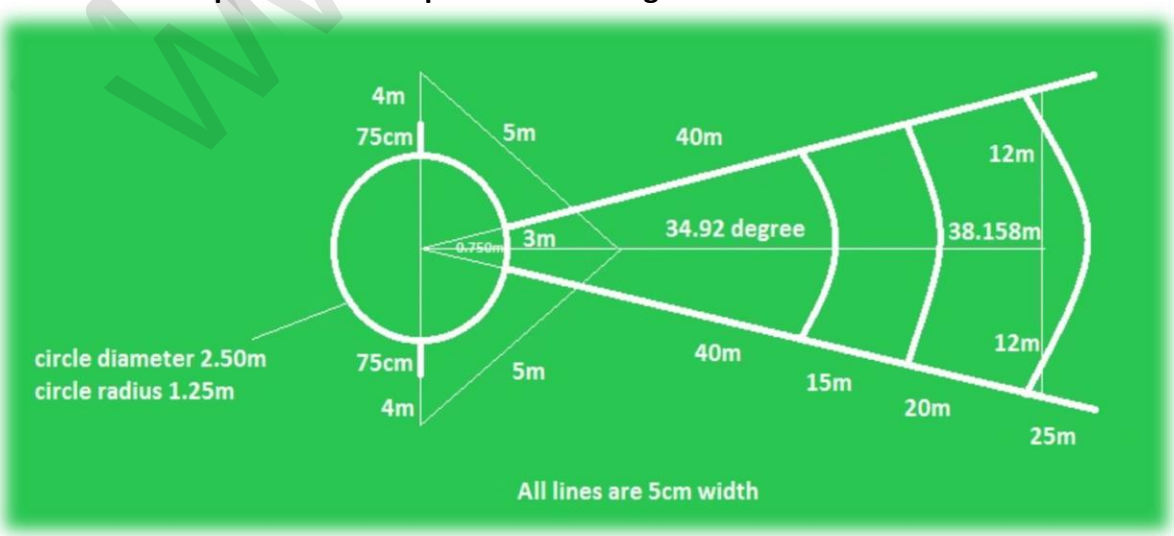
1. Hold the shot put correctly and stand keeping your legs slightly spread apart. Throw the shout put forwards after the teacher has given a signal.



2. Stand with your feet about shoulder width apart and hold the shot put properly in your hand. Bend the legs at knees and lower your body. Now, as you raise the body, release the shot put from your hand. In this position, the palm should be facing outside.



06. Write 02 simple activities to practice throwing the discus.



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1. Roll the discus along the ground releasing it with the index finger.



2. Keep the discus firmly griped in your hand and rotate the arm in the shape of an eight (8)



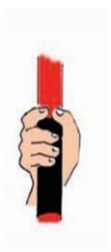
3. Throw the discus forward from a side of the body releasing it with the index finger



07. Explain gripping method of the javelin.

- ❖ Gripping with the thumb and the index finger. (12.15)
- ❖ Gripping with the thumb and the middle finger. (12.16)



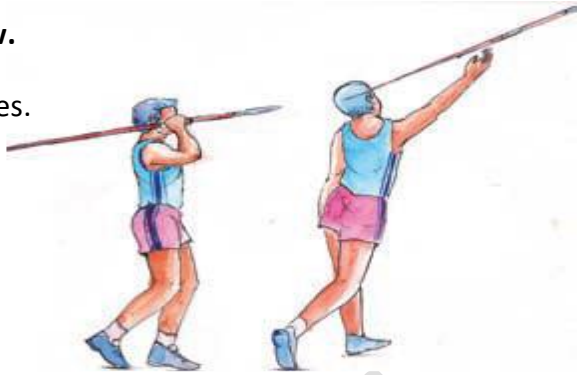




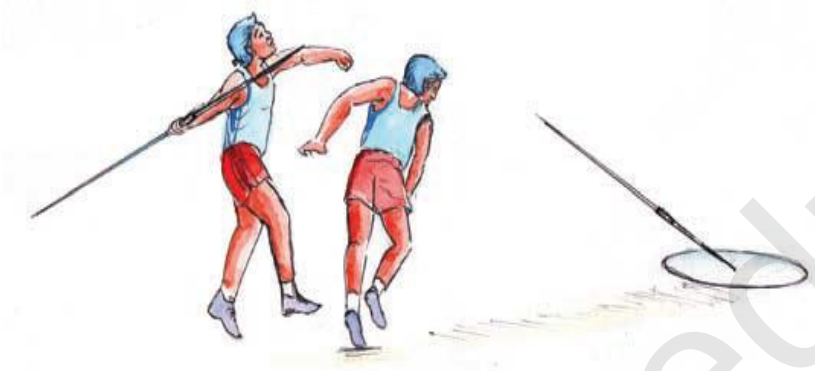
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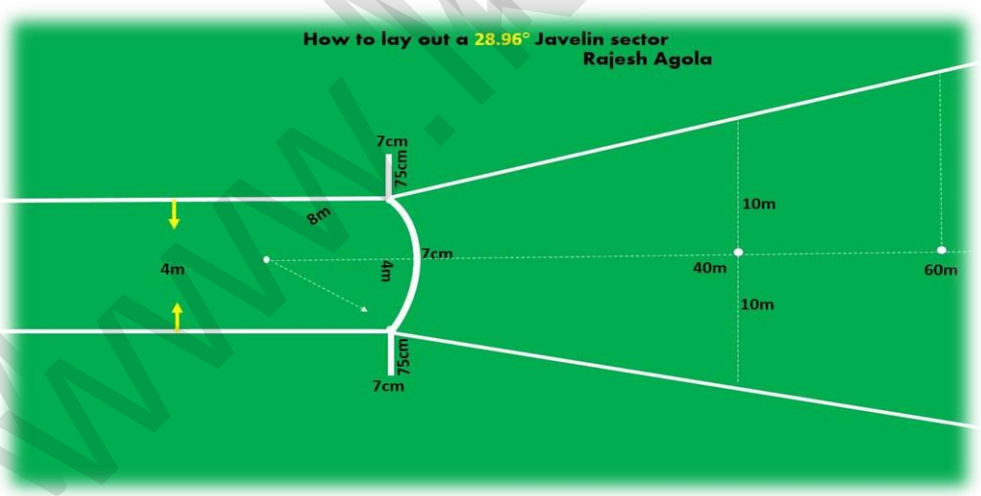
08. Write 02 simple activities to practice javelin throw.

1. Throw the javelin over a distance of about five metres.



2. Throw the javelin at target that has been place in the front.





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13 Let us develop sportsmanship

01. Why were rules and regulations imposed in games?



- To conduct the game in a good and smooth manner.
- To safeguard the player.
- In order to prevent death and accidents.

02. Write some special features of traditional games.

- Less rules and regulations
- Men and women participated
- Based mostly religious rituals.
- Mostly played as cultural sports to gain happiness.

03. Write 04 sportsmanship skills.

- Leadership
- Followership
- Team spirit
- Fair play



04. Write 04 ethics in sports.

- Following rules and regulations
- Respecting the judgements
- Respecting the opponents
- Respecting the spectators

05. Write 04 advantages of following rules and regulations in sports.

- Protecting the dignity of the sports
- Maintaining the peace.
- Unity will develop
- Making friends



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14 Let us preserve the nutritional value of food



01. Write 04 functions food?

- Protecting from diseases.
- Producing energy to bodily function.
- Reforming cells which are damaged.
- To growth our body.

02. What is the meaning of balance diet?

- A single food that contains all the nutrients in the needed level.

03. Which types of food give energy?



- Food rich in carbohydrates, lipids and protein

04. Which types of food gives growth?

- Food rich in protein

05. Which types of food gives immunity?

- Vitamins and minerals

06. Write 04 important factors that should be considered when preparing a meal?

- Age
- Status of health
- Gender
- Level of physical activity- sports man, hard workers

07. Write 04 points to remember when presenting food?

- Appearance
- Appealing nature of food
- The manner in which the food is presented
- The hygienic nature of the food



Figure 14.2 - Foods for lunch



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08. The method in which the food is prepared also helps the nutritional stage. Give 04 examples.

- Cooking many types of leaves together- A mixed mallung
- Adding lime, Maldives fish and coconut to green leaves
- Eating food raw whenever possible- carrots, gotukola
- Cooking many types of food together- hathmaluwa, uppuma, vegetable salad

09. Write 03 ways to preserve excess food.

- Jaadi
- Pickled limes
- Jak seeds kept under the sand

10. Write 04 instances where damage could occur to nutrient content of the food.

- Damages during food production
- Damages during transportation
- Damages during storage
- Damages caused in the factory



11. Write 04 factors to consider when selecting food?

- The nature of the package
- Freshness
- Taste, smell, color and appearance
- Date of manufacture, date of expiry, ingredients, following the standards

12. Write 04 preservation methods with foods.

Preservation method	Food
1. Drying –Sunlight, in ovens, with fires	fish, vegetables, breadfruit jak, chillie, dry fish, bitter gourd, manioc slices, lime (for pickles)
2 Adding sugar – adding warm sugar	fruits, jam, jaggery
3.Cooling – refrigerating	milk, fruits, vegetables, meat, fish, margarine, cheese, yoghurt, butter, cream
4. Salting – adding salt in powder or crystal form	lime pickle, mango, jaadi, 'biling', nelli

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13. Write 04 traditional eating habits.

1. Adding drumstick (murunga), pandan (rampe) or spinach leaves when cooking rice, manioc or breadfruit.
2. Making 'hathmaluwa' for all festivals and instances where high nutrition is needed.
3. Using ''thambum curries'' to resolve ailments of the digestive system such as loss of appetite and stomach pain.
4. Mixing different types of leaves to increase the nutritional value, such as mixed leaves 'mallung' and drumstick leaf 'mallung'
5. Using different types of vegetables to make soups and curries
6. Preparing 'hathmaluwa', 'pongal', 'sambaru' and 'biriyani'
7. Using spices such as curryleaves, cumin, coriander, ginger, turmeric, pepper and goraka which are beneficial to the digestive system.
8. Using par boiled rice.

14. Write 04 nutritional snacks.

- Fresh vegetable salad
- Fresh fruit juice/fruit salad
- Curd/yogurts
- Boiled green gram/chickpeas/peanuts



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15 Let us develop health related fitness

01. What you mean by physical fitness?

- Perform various movements according to the skills which one can do at various level.

02. Write the types of physical fitness factors.



- Skill related physical fitness
- Health elated physical fitness

03.write the types of health-related physical fitness factors.

- Cardiovascular endurance
- Muscular endurance
- Muscular strength
- Flexibility
- Body composition

04. What you mean by cardiovascular endurance.

- Ability of the heart and respiratory system to function properly and supply adequate amount of oxygen to the muscles.
- Ex. Continuous running (boys 800m and girls 600m)



05. Write 04 exercises to develop cardiovascular endurance.

- Walking fast
- Jogging
- Swimming
- Riding bicycles

06. Write 04 benefits of developing cardiovascular endurance.

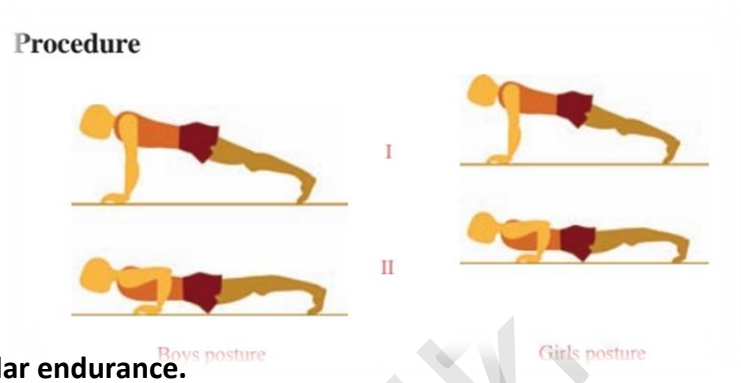
- Becomes happy
- Burn fat and control weight
- Become better at sports
- Can do more work without getting tired.



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07. What you mean by Muscular endurance.

- ❖ Ability of the muscles to work for a long time without getting fatigued.
- ❖ Ex. Push up test



08. Write 04 exercises to develop macular endurance.

- ❖ Mountain climbing
- ❖ Running on road
- ❖ Jumping exercises
- ❖ Climbing stairs



09. Write 03 benefits of developing macular endurance.

- ❖ Can be better at sports
- ❖ Can work without being tired
- ❖ Can work for a long time without exhaustion

10. What you mean by macular strength.

- ❖ Ability of a muscle to generate force when doing some work.
- ❖ Ex. Standing long jump test



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11. Write 04 exercises to develop muscular strength.



- Jumps
- Half squat
- Use weightlifting machines
- Push-up

12. Write 04 benefits of developing muscular strength.

- Muscle activities increases
- Blood supplies to the muscles increases
- Development of muscles and blood vessels
- Development of sports skills

13. What you mean by flexibility.

- Ability to move or stretch through the joins.
- Ex. Stand and reach test



14. Give 04 exercises to develop flexibility.

- Yoga
- Swimming
- Dancing
- gymnastic

15. Write 04 benefits of developing flexibility.



- Minimize joint pains
- Develop sports skills
- Correct posture
- Balance

16. Write the 02 components of the body composition.

- Fat component
- Components that is free of fat

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17. Write 04 factors to be followed to maintain a correct body composition.

- Do regular exercises
- Have a balance diet
- Eat less sugar, fat and salt
- Do not use narcotics

18. Write 04 benefits of having a good body composition.

- Joint mobility is effective and prone to less stress
- Prevent non-communicable diseases
- Can maintain the body mass index (BMI) at appropriate level.
- Due to a low amount of fat, easy to manoeuvre body and easy to engage in activities.

19. What is body composition?

- Body composition is the components which make up the body.



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16 Let us develop life skills

01. What you mean by life skills or psycho-social skills.

- The skills required to handle daily task and face challenges successfully is life skills or psycho-social skills.

02 write 04 attributes of a social skills.



- Self-understanding
- Self-esteem
- Leadership skill
- Problem solving

03. What is effective communication.

- Is the ability to express one's ideas clearly and to be able to listen others.

04. Give 04 characteristics of a good communicator.

- **Li**stens to others
- Talks in a pleasant manner
- Express ideas clearly and pleasantly.
- Able to understand the feelings of others through observing their non-verbal communication

05. What is the emotional balance?

- Emotions Influence our behavior and thinking. Therefore, identifying our emotions and responding to them appropriately is called.

06. Write 04 types of emotions that can be found in the classroom and playground?

- Anger
- Feeling humiliated
- Victory and happiness
- Failure and sadness



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07. How can you Express negative emotions.



- Laughing at those who lose
- Consuming alcohol to celebrate
- Throwing the bat or racket
- Getting into arguments with your opponents.

08. What is empathy?

- Ability to understand and share another person's experience and emotions and helping them to cope with it.

09. What is comply with social norms?

- Adhering to social norms help us adapt to our social environment.

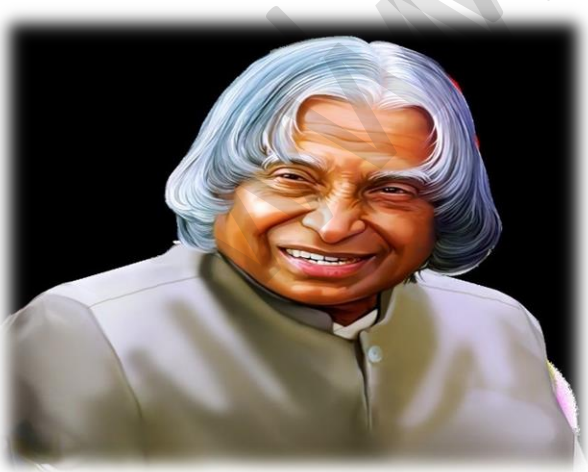
10. Write 04 factors that determine a team to work effectively.



- Flexibility
- Discipline
- Working in harmony
- Managing emotions

11. Name 03 famous people who contributed for others happiness.

- Martin Luther king Jr
- Mother Theresa
- Dr. Abdul Kalam





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17 Let us face environmental challenges successfully

01.What is the meaning of environmental challenges?

- Challenges you will have to face in your everyday environment.



02. Write 04 environmental challenges?

- Abuse
- Diseases
- Accidents
- Disasters

03. Where do accidents take place?

- Home
- School
- Factories
- Playground

04. Give 04 harmful situations that arise due to accidents?

- Loss of life
- Falling ill
- Mental stress
- Damage to property



05. Write 04 steps to prevent accidents?

- Carry out safety measures
- Abide by the laws and rules
- Do not engage in risk activities
- Get help and advice from others when necessary

06. Write 04 measures that could be taken to minimize harmful effects or accidents?

- Giving first aid
- Giving (CPR) cardio pulmonary resuscitation when necessary
- Getting medical help as soon as possible
- Safeguard the area where the accident took place.

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07. Write 04 disasters we face?



- Floods
- Draught
- Landslide
- Tsunami

08. Write 04 harmful effects of natural disasters?

- Loss of life
- Pollution
- Illnesses
- Loss of home and property

09. Give 04 methods to prevent or minimize the harmful effects of disasters?

- Having a pre prepared plan on how to face a disaster
- Being mindful of the food and beverages that are taken
- If people have been injured, providing first aid before sending them to hospital
- Immediately moving to a safe location from the place where the disaster has occurred.

10. What is abuse?

- Its defined as behaviors which harm someone, against accepted social morals.

11. Define 'coercion'?

- Coercion is to encourage someone by using force or threat to engage in anti-social activities.

12. What are the acts of child abuse?



- Tricking children
- Physically and mentally abusing children
- Child labor
- Humiliating children

13. Write 04 steps to prevent abuse and coercion?

- Do not be alone in deserted area
- Tell a responsible adult about any suspicious conduct
- Do not bring your friends home when there are no adults present
- Make sure that your behavior, clothing and speech are decent

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14. Write 04 harmful effects of abuse?

- Mental distress
- Education is disrupted
- Death and suicide
- Unwanted pregnancy

15. Write 04 harmful effects of using narcotics?

- Mental disturbances
- Disfiguration
- Bodily functions are disrupted
- Financial difficulties

15. Write 04 steps to prevent the use of narcotic and to prevent others from using them?

- Opposing the use of narcotics in public places
- Abiding by the law
- Cultivating good habits and character
- Educating your friends and society.

16. Write the types of diseases?



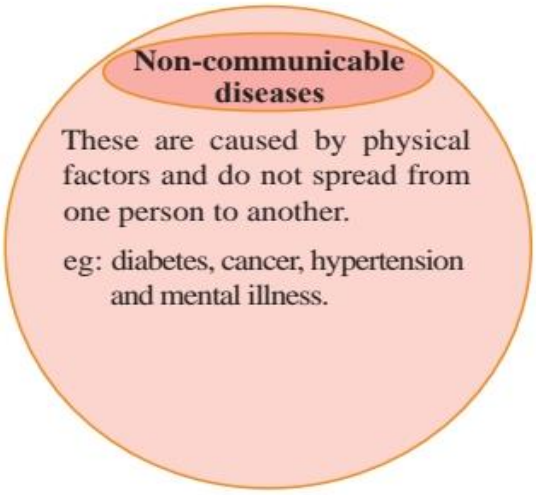
- Communicable diseases
- Non-communicable diseases

17. Write 04 examples for communicable diseases?



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18. Write 04 examples for non-communicable diseases?





19. Write 04 harmful effects of non-communicable diseases?

- Mental stress
- Becoming disabled
- Financial problems
- Education is disrupted

20. Write 04 steps to prevent or minimize the harmful effects of diseases?

- Do not use narcotics
- Consume healthy foods
- Drink clean water
- Reduce stress

21. Write 04 skills needed to overcome environmental challenges?

- Patience
- Effective communication
- Team spirit
- Good habits



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18 Let us learn first aid for accidents face in daily life

01. What is first aid?

- ❖ First aid is, the first help or aid given after an accident or disaster before the necessary medical help arrives.

02. Write 03 goals of giving first aid?



- ➢ Aiding in the healing process
- ➢ Saving the victim's life
- ➢ Minimize the damage caused

03. Explain A B C D E method of first aid.

A - Airway

- ➢ First any blockages of the respiratory system must be identified and cleared. To do this, the victims head and neck should be examined and if there is no injury the head should be turned downward or to a side and the blockage is removed. Some instances where the airway should be examine are listed below,

- Drowning
- Choking
- Fainting
- Falling from a height



B - Breathing

- ➢ Check if breathing is occurring normally. To do this keep the back of the hand near the nose, check if the chest rises and falls or keep your cheek near the patients nose and feel his breath on your cheek. If breathing does not occur provide artificial respiration. Some instances that specifically need to check for breathing are,

- Drowning
- Choking
- Fainting
- Falling from a height
- When burnt
- Electrocution



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C -Circulation

- Checking the patient's pulse is essential. This is done by placing the fingers on the inner wrist, side of the neck or foot and feeling the pulse. If circulation has stopped use pressure or heart massage to reactivate the heart. Instances when the pulse should be checked are,

- Drowning
- Electrocution
- After a fall from a height
- After being run over by a vehicle
- After a snake bite





D - Deformity

- It is important to examine the patient and provide first aid accordingly. If a fracture has occurred or the spine is injured it is important to keep that area immobilized.

eg: neck – roll-up two pieces of cloth and keep them either side of the neck or use a collar if available

spine – Keep the patient on a board

limbs – Tie to a wooden plank





E - Exposure, Environment

- To examine the patient, it is necessary to expose the injury, but it is important to do this without harming the patient. Examination should be done in a safe environment, if not the patient should be transported carefully to a safe environment.

- If the patient can breathe, move him into the recovery (left - lateral) position.



- If he cannot breath perform chest compressions and artificial respiration.

Chest compressions

– place the hands on the chest and compress to a depth of 5-6cm around 100 times per minute.



Artificial respiration

– after 30 compressions open the patient's mouth, close the nose and placing your mouth on his, breathe until the chest rises. Perform this in the ratio 30:2 until the patient responds.



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➢ Qualities of a person who provides first aid

- Skill and knowledge about first aid
- Ability to act according to the situation
- Patience
- Calmness
- Leadership
- Making correct decisions
- Observant

➢ Points to considered when providing first aid

- When a person has fallen from a height, or something has struck his spine or there is any reason to suspect that the spine has been damaged the person should only be moved on a wooden plank. The patient should be moved onto the plank by rolling them as if rolling a log. This is the "log rolling method". Failing to use this method could worsen the injury or cause blockage of the respiratory system.



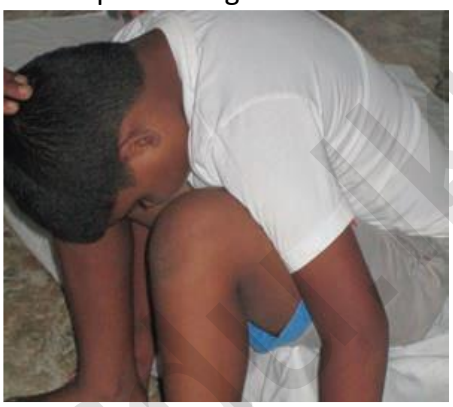
• If there is a foreign object embedded in the patient DO NOT remove it. This could cause internal damage or the patient could bleed to death.
• Do not give an unconscious patient any food or drink as they could cause the blockage of the respiratory system.
• Do not provide food or drink until medical help has been received, because it may need several hours fasting to give anaesthesia given for surgery.
• If parts of the body have been dismembered wrap them in polythene and keep them on ice and take them to the doctor as soon as possible. eg: hands, fingers, feet (Figure 18.11)



- **Instances where first aid should be administered…….**

1. Fainting

- Fainting occurs due to the lack of oxygen to the brain, the body then becomes lifeless. The patient should be made to lie down on the floor or on a bed. Loosen tight clothing. If a patient feels faintish instruct him/her sit down and place the head between the legs. If the patient has been made to lie down, raise the legs above the head level, by this the oxygen and blood will flow to the brain. Move the patient to a place with more natural ventilation. After the patient regains consciousness give them glucose and some warm water.



2. Animal or snake bites

- Calm the patient. Wash the site of the snake bite under cold, flowing water for 10-15 minutes. Minimize the movement of the area of the bite. Remove all tight items of clothing and accessories such as rings and watches. It is important to identify the snake and take it to the doctor. Keep the site of the bite below the level of the head. Do not try to suck the wound or tie a tourniquet (a band tied above the bite).

3. Bee or wasp stings

- Remove the patient from the environment. Calm the patient. Remove all rings, bracelets etc. Identify the area most affected. Remove any remaining stings or other parts using a blade or a fingernail. Use medicine like paracetamol for pain. If there are multiple stings seek medical help.

4. Electrocution

- Disconnect the electricity by switching off the fuse or main switch. If you cannot disconnect the electricity using these methods, do not touch the appliance using your hands, use a wooden broomstick or piece of firewood. Identify the situation using the ABCDE method. If circulation is not functioning, give heart massage and if there is no respiration give artificial respiration. If there are burns, give the necessary first aid. Seek medical help.



5. Burns

- Burns can be caused by fires, chemicals and electricity. The way the fire is extinguished depends on its source. Some methods are include covering it with a thick cloth, praying water on it and if the clothes are on fire rolling the person on the floor.
- After a burn remove the patient from the situation immediately and move them to a safe place. Hold the burns under cold running water for 10 minutes.
- Remove all rings, bracelets and watches. If boiling water or chemicals have spilt on the clothes, cut them off the patient. If the clothes are stuck to any wounds, do not attempt to remove them. Calm the patient and seek medical help.



6. Injuries

- There are many types of wounds such as burns, cuts, falls, scrapes and punctures. First stop the blood flow using a cloth to apply pressure. Keep the wound above the level of the heart. Ice could be used if necessary. Seek medical help.



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7. Chocking

- Identify the item that could cause the blockage of the airway by opening the mouth and examining it. If the patient is an adult or a child bend the torso forward, open the mouth and hit the back. Alternatively, stand behind the patient and press the upper part of the torso using your clasped hands. In the case of a small child, turn the child's face to one side, holding the head downwards, keep the child bent over your knee with the upper chest resting on the knee and pat the back. If the object causing the blockage does not come out seek medical help immediately.





8. Blockage of the nose

- Tickle the nose to induce sneezing. If this is ineffective do not insert anything into the nose, seek medical help immediately. Do not allow the patient to lie down as this could lead the object to enter the respiratory tract, instead arrange for him to sit or stand.'

9. Drowning

- You may have heard of many people, both adults and children lose their lives due to drowning. This is due to the difficulty in breathing caused by drowning. Evaluate a victim of drowning using the ABCDE method. Use chest compressions and artificial respiration if necessary.

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Purpose - I expect this Grade 08 self-study book is designed to learn their lessons easily to my beloved students.

I think it's an easy way to study your lessons.

Thank you.....