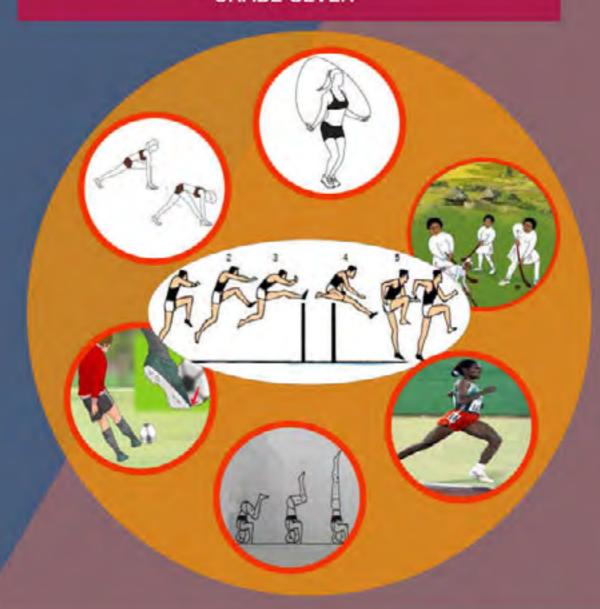




HEALTH AND PHYSICAL EDUCATION STUDENT'S TEXT BOOK

GRADE SEVEN



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Introduction

Health and physical education aims at achieving the physical, mental, emotional and social development of learners.

Health and Physical education at this grade level intends to meet physical, emotional, and mental status of learners along with puberty. This helps

to engage them in modern and cultural sport activities and in a desirable health state.

To achieve the desired learning outcomes, relevant contents are selected and included. All the selected contents are presented to the level of the students and based on students past experience.

This text book encompasses seven chapters. The first chapter deals with the basic concepts of physical education, and chapter two regards Social and emotional development besides, chapter three and chapter four deals with physical fitness, and Athletics respectively. Moreover, chapter five discusses gymnastics and chapter six focuses on fundamental shooting and spiking skills for ball games. Finally, chapter seven considers traditional dances and cultural Games of Ethiopia and Africa.

Students with physical impairment and health problem are expected to be motivated to participate actively in health and physical education class. Because of some reason physically impaired students are isolated themselves from the practical class, therefore, their teachers and classmates should give them the necessary support by creating safe learning environment.

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CHAPTER ONE

CONCEPTS OF PHYSICAL EDUCATION AND SPORTS

Introduction

This chapter deals with the basic concepts of physical education and sports. To achieve the desired chapter learning outcomes relevant contents are selected and included. All the selected contents are presented to the level of the students and based on students past experience. The contents in this chapter mainly focus on the difference between physical education and sport, personal hygiene and sport, the Ethiopian sport legends, the principles of Olympic Games, first aid and sport injury management and consequences of doping.

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

- understand the concepts of physical education, sport, and personal hygiene;
- recognize the values and principles of physical education and sports for healthier life;
- examine the principles of sport and Olympic games in relation to doping and,
- obtain basic knowledge on first aid.

1.1. Difference between physical education and sport

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

• Describe the difference between physical education and sport.

Start-up Questions:

- 1. List the objectives of physical education.
- 2. What is the difference between physical education and sport? In your previous grade level you learnt about the objectives of health and physical education and definition of sport. In this section, you will learn about the difference between physical education and sport.

Physical education - is an integral part of the total education process and aims at the development of: Physically, Mentally, socially, and emotionally fit citizens through the medium of physical activities that have been selected and planned to achieve specific outcomes (Charles A. Butcher, 1964).

Sport: is an organized, competitive form of activity or play characterized by the following elements.

- It is organized by a set of rules and regulation.
- Requires high degree of skills.
- It is competitive.

The difference between Physical education and sport can be described as follows:

- A sport is classified as an activity that requires physical skill, and often of some competitive nature such as football while physical education is classified as training to develop and care for the human body.
- Physical education involves the instructions given in physical exercises and games, especially in schools. While a sport instruction may be given for competitive purpose, physical education is not necessarily with a goal of getting the participant into any competition. It is solely for physical and health fitness.

Activity 1:

- 1. Why do you learn health and physical education?
- 2. Mention the difference between physical education and sport.

1.2. Personal hygiene and sports

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

• Explain relationships, personal hygiene and sport / physical exercise participation.

Start-up Questions:

1. What is personal hygiene?

Personal hygiene refers to care that one takes for his/her body in terms of cleanliness.

When taking part in physical activity, it is important to take meaningful measures to maintain good hygiene. Good hygiene practice, by students with helps to ensure that everybody involved stays fit and well to keep up the activities they love so as to get the most enjoyment out of taking part. Likewise, good hygiene is of equal importance for everybody involved in maintaining and working on sport facilities.

When taking part in physical activities, remember three basic things to

Stay healthy. These are;

- Always clean and cover wounds to prevent entry of germs or dirt
- Wash your hands or have a shower.
- Clean your sport wears and equipment

Importance of personal hygiene after physical activity:

The main importance of Personal hygiene after physical activity is discussed below.

- **Health benefits:** people can maintain their health and ability to practice more through cleanliness and eating healthy diets.
- Social benefits: washing your body regularly makes one look good.
- **Psychological benefits:** when an individual looks healthy and clean, it improves self-image and satisfaction.

Activity 2:

- 1. What are the three things that you make to stay healthy when taking part in physical activities?
- 2. List the importance of personal hygiene after physical activity?

1.3. Ethiopian sport legends

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

• Describe political activity of some sport legends.

Star-t up Question:

1. List some Ethiopian sport legends and their activity in political activity.

In your previous grade level you learnt about Abebe Bikila and Tirunesh Dibaba Ethiopian sport legends and their activities in economic and political affairs. In this section, you will learn about other three Ethiopian sport legends and their activities political affairs. Sport legends describe or used for famous or historically significant people in the area of sport. Sport legends are expected to play significant roles in job creation, social and political affairs.

Ethiopia has many sport legends that have played significant role or contribution in job creation, social and political affairs. The Major activities of some Ethiopian sport legends will be discussed as follows.

Haile Gebreslasie (1973 -)

He was born in Asela, Arsi Oromia region. Haile Gebreslasie is the most sport legend in Ethiopia and in the world as well. He is the double Olympic Gold Medalist and five-time World Champion in 10,000 meter run. Haile Gebreslasie is now a successful and busy entrepreneur.



Haile Gebreselasie and his activity in political Affairs

A. Haile and his activity in job creation:

Haile believes that business opportunities do not come easily to him because of his fame instead he believes in action.

He created various jobs: Regarding in

- Hotel tourism
- Import and export trade
- Coffee farming
- Mining sector etc.

Haile created lots of jobs opportunities in several parts of the country. He is also one of the large tax payers in the country.

B. Haile and his activity in social and political Affairs:

Haile Gebreslasie has been played significant roles in social and political affairs of the country and the globe. Some of the major activities are as follows:

- He is the founder of the great Ethiopian run: this helps people to bring together for common goals and build the positive image of the country.
- Served as good will ambassador of the United Nation /UN/ for the eradication of poverty, HIV/AIDS, promotion of democracy, and help in the recovery for crisis.

- He has been contributing financial support for the mega projects of the country and other social responsibilities.
- Has been serving as a member of the national council of elders. etc.

Derartu Tulu (1972 -)

She was born in Arsi, chilalo Bekoji wereda Oromia region. Derartu Tulu is one of the most sport legends in Ethiopia and in the world as well. She is the first Ethiopian athlete and the first black African woman to win an Olympic gold medal in 10,000meter run.

Derartu Tulu and her activity in political Affairs



A. Derartu and her activity in job creation:

Derartu Tulu created various jobs in the hotel tourism and other sectors in several parts of Ethiopia.

B. Derartu and her activity in political Affairs:

Derartu Tulu has been played significant activities in social and political affairs of the country and internationally as well. Some of the major activities are as follows:

- She has been serving as the president of the Ethiopian Athletics Federation (EAF). Besides she is a member of the national Ethiopian Olympic Committee. Etc.
- She has been working as EAF / vice president of East African athletics federation

- She served as a good will ambassador of UN for the empowerment of women.
- She has been contributing financial support for the mega projects of the country and other social responsibilities.
- She has been playing mea-ningful role in peace building in the country.

Mengistu Worku (1940 2010)

Mengistu Worku was an Ethiopian footballer, recognized as one of the best Ethiopian footballer in history with Luciano Vassalo and Ydnekatchew Tessema. He is best known for his role in the final of the 1962 African Nations Cup.

He debuted with Saint-George in 1957, and remained with the club in his entirety career.



Activity 3:

- 1. Mention Haile Gebreslasie's and Derartu Tulu's major activities in job creation, social and political affairs.
- 2. What do you learn from sport legends?

1.4. Principles of Olympic Games

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

• List the principles of Olympic Games

Start-up Question:

1. What do you know about Olympic Games?

In your grade six lesson you learnt about the Olympic movement. In this section you will learn the principles of Olympic Games.

Olympic Games are the biggest sporting event in the world. Therefore, it is very important to learn the principles of the game.

The IOC (international Olympic committee) designed the following principles for the good of the games.

- **Non-discrimination:** Every individual has the opportunities in practicing sport, without discrimination of any kind in the Olympic spirit (i.e. friendship, solidarity and fair play)
- **Sustainability:** describes the continuity of the world's economy, society and environment.
- **Humanism:** the goal of Olympism is to place sport to promote peaceful society concerned with the prevention of human dignity.
- Universality:- describes the universal representation at the Olympic games by ensuring the participation of NOCs (National Olympic committees)
- **Solidarity:-** means bringing the world together for peaceful world through sport.
- Link sport with culture and education.

Activity 4:

1. List the principles of Olympic Games.

1.5. First Aid and Injury Management

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

Explain the way how injury managed.

First aid

Start-up Questions:

- 1. What information do you have about first aid?
- 2. Did you get first aid when you are injured in your life experience?

In your life experience when individuals face sudden injury or accident others give traditional first aid. To make this help more scientific you will learn first aid provision in this grade.

First aid is the treatment given when an accident or sudden illness occurs or immediate care given to a person who has been injured until he/she is taken to health centers. It is the initial treatment or help given to sick particularly injured individuals.

The purposes of first aid are "3ps":

- Prevent further injury
- Preserve life
- Promote recovery

Some common first aid kits include:

- Gloves plastic bags, dish gloves
- Gauze clean clothing
- Splints straight sections of wood, plastic, cardboard or metal
- Slings the victim's shirts bottom hem

Activity 5:

1. What is first aid?

Sport injury management:

Sport injury management is the management of a specific injury to allow an individual to return or continue to play their chosen sport without damaging their body. When you engaged in different sport activities, you may face sport injuries due to lack of warming up, improper contact, improper dressing inconvenient facilities and occurrence of accidents. Some of these sport injuries are sprains, dislocations, bone fractures, bruising, etc. In the first 72 hours, after the occurrence of the above injuries and others it is better to follow the **RICER** principles to manage.

Principles	Description
Rest	Avoiding use of the injured area or
	taking away the injured person from
	activity.
Ice	Apply ice or cold therapy to injured
	area for 15-20 minutes
Compression	Applyfirm, elastic, non adhesive -
	bandage to the injured. Area
Elevation	Elevate the injured area above the
	heart level to decrease blood flow
Referral	Refertoseeadoctororphysiotherapist
	for an accurate diagnosis.

Table 1.1. Injury management principles

Activity 6:

1. How do you manage simple sport injury?

1.6. Consequences of doping:

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

• Describe the consequences of doping.

Start-up Questions:

- 1. What is doping?
- 2. What are the consequences of doping?

Meaning of doping:

The term "Doping" refers to the use of prohibited medications, drugs, or treatments by athletes with the intention of improving athletic performance.

Currently doping becomes a serious problem in sports.

The consequences of doping

There are many risks associated with doping. Therefore, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of doping.

- 1. Health: the use of performance enhancing drugs may have long and short term impacts on the athlete's physical and mental health. Doping can trigger anxiety, obsessive disorder or psychosis.
- **2. Social:** doping has a significant negative impact on person's private life and social interaction. Doped is considered as "cheater" and experience many forms of stigma.
- **3. Financial:** a ban resulting from an anti-doping rule violation will have significant financial impact on the individual. For athlete this includes to return prize money or a financial sanction, termination of contracts of sponsorship etc.
- **4. Sanction:** sanction for anti-doping violation can include disqualification of results at an event, including forfeiture or

loosing of medals. A ban from all sport (competing, training or coaching) for up to four years or even life in repeat or the most serious cases.

Activity 6:

1. List at least three consequences of doping.

CHAPTER SUMMARY:

Physical education is an integral part of the total education process and it is aimed at the development of various aspects like Physical, Mental, social, and emotional fit citizens through the medium of physical activities.

Sport is an organized, competitive form of activity or play.

Personal hygiene refers to care one takes for his/her body in terms of cleanliness.

Ethiopia has many sport legends that have been playing significant role or contribution in job creation, social and political affairs. Haile

Gebreslasie and Derartu Tulu are the most sport legends who have been playing significant roles/activities in social and political affairs of the country and internationally as well.

First Aid is the initial treatment or help given to sick particularly injured individuals.

Sport injury management is the management of a specific injury to allow an individual to return, or to continue their chosen sport without damaging their body.

The term doping refers to the use of prohibited medications, drugs, or treatments by athletes with the intention of improving athletic performance.

Doping has significant negative impact on persons or athletes physical and mental health, private and social interaction, financial and sanction for anti- doping rule violation.

Unit review questions:

Part One: write true if the statement is correct and false if it is incorrect.

- 1. Physical education aimed at developing body through the medium of physical activities.
- 2. Haile Gebreslasie created various jobs opportunities for the country's citizens in the hotel tourism, Import and export trade, Coffee farming, Mining sector etc.
- 3. First Aid is the final treatment, or help given to sick particularly injured individuals.

Part Two: Choose the best answer from the given alternatives.

- 4. Which one of the following is incorrect about physical education?
 - A. It is aimed at developing learners' physical fitness.
 - B. Decrease social interaction.
 - C. Improve psychological well-being.
 - D. A and C are correct
- 5. It helps to bring the world together for peaceful world through sport. This Olympic principle is:
 - a) Humanism
 - b) non-discrimination
 - C) solidarity
 - D) universality
- 6. What is the importance of elevation in sport injury management?
 - a. For an accurate diagnosis
 - b. For therapy to injured body part
 - c. To decrease blood flow
 - d. To avoid using the injured area

Part Three: Give short answer for the following questions.

- 1. Write the difference between physical education and sport?
- 2. What does a non-discrimination principle mean in the Olympic Games?
- 3. List at least three consequences of doping.

CHAPTER TWO

SOCIAL AND EMOTIONAL DEVELOPMENT

INTRODUCTION

This chapter deals with the importance of health and physical education for the development of social and emotional learning. To achieve the desired chapter learning outcomes, relevant contents are selected and included. All the selected contents are presented to the level of the students and based on students past experience. The contents in this chapter mainly focus on physical activities which develop self- awareness and self-management skills, social-awareness and relationship skills, attention control and decision making skills in physical education.

Learning outcomes:- At the end of this chapter, you will be able to:

- Creates a practice plan to improve performance for a self-selected skill.
- Demonstrate fairness and compassion for others.

2.1. Self-awareness and self- management Skills in PE:

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

 Creates a practice plan to improve performance for a selfselected skill.

2.1.1. Self-confidence in PE

Self- confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life.

Why is confidence important in physical activity?

If students can feel confident in their ability to move, be active and participate in physical activity then they are well positioned to experience joy and develop competence.

Self-confidence gives students to belief that they can overcome any obstacles and that they can achieve their goals.

2.1.2. Self-control in PE

Self-control is the ability to regulate and alter your responses in order to avoid undesirable behaviors, increase desirable ones, and achieve long term goals. Research has shown that possessing self-control can be important for health and well-being.

Self-confidence and self-control are described as part of self-awareness and self-management process (Daniel Goleman, 2020)

Physical activities that improveself-awarness

Start-up Question:

1. Which physical activities are used to develop self-awareness?

Practicing self- awareness becomes a popular topic in many school and class rooms around the world. Practicing self-awareness and emotional acceptance in physical education classes can be an important part of helping students to improve and maintain their health and well - being.

Self-awareness is simply the ability to be aware of one's inner life emotions, thoughts, behaviors, values, goals, strength, challenges, attitudes, and so forth.

The following physical activities are used to develop your self-awareness skill

Neck movement:

Procedure -

- Sit on the mat or playing ground with fully stretched legs.
- Then slowly without jerk start rotating neck clockwise from left shoulder to backwards then to the right shoulder and to front (5 times).
- Repeat this in anticlockwise direction starting from right shoulder. (5 times)

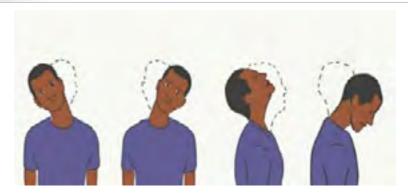


Fig. 2.1. Neck movement clockwise and anticlockwise direction

Shoulder movement:

Procedure-

• You kneel and then sit back on your legs, keep your body straight, with arms stretched sideward slowly without jerk, lift your both shoulders upwards near to ears, as much as possible and back to normal position.(3 sets with 5 repetition)

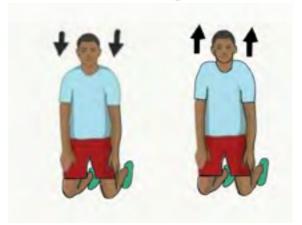


Fig.2.2. Shoulder movement up and down

Taking a walk:

A walk is a wonderful period to notice what your senses, how it makes you feel and what it says about you.

Note: It is recommended to walk rather than using transportation. And when you walk follows the rules of the road and obeys signs and signals.

Physical activity which develops self-management skill: Start-up Ouestion:

1. What does self-management mean?

Self-management is the ability to find or navigate and shift one's thoughts, emotions, and behaviors in a healthy way in order to make one self and others effective in life.

Active breathing to calm dawn

Active breathing exercises help the body calm down and increase the focus capacity of the mind. To perform active breathing, we can follow the following procedures.

Procedure 1: preparation

- Start this activity when you get upset, worried, or overly excited which make your body to feel less stress.
- Identify things that make you feel this way and think about how you can help yourself calm dawn.
- Sit or stand in a way that helps you comfortable.
- Breath in slowly as you think or softly say the words "I am

Procedure 2: Activation:

When you are ready, provid, e the following prompt:

• "Gazedown (open) orcloseyoureyesandtrythreedeep breathes repeatedly "I am ..." on the inhale, and your own relaxation word on the exhale."

When you finished, slowly lift your gaze or open your eyes.

Procedure 3: Reflection:

Once you are re-engaged in the classroom environment, talk to anyone about how you can try this way of breathing any time you need to calm yourself down.

Remind this activity often and encourage yourself to do it individually when needed.

Activity 1:

- 1. List some physical activity that helps to improve self- awareness.
- 2. Explain the important of self-confidence and self- control for the development of self-awareness and self-management
- 3. which type of activity is appropriate to improve self-management skill?
- 4. Demonstrate neck and shoulder movements by following the correct procedure.

2.2. Social awareness and relationship Skills in PE

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

• Demonstrate fairness and compassion for others

Start-up Question:

1. How do you demonstrate fairness and compassion for others in PE class?

2.2.1. Fair play and Fairness in Sport

Fair play is a concept that stands for a number of fundamental values that are important in sport. It is also a commitment to take part in good spirit and with a good attitude, which includes respect, modesty, friendship and equality.

Fair play is good spirit and attitude.

Fair play has five basic principles. These are:

- Respect the rules
- Respect the opponents
- Respect the officials and their decisions
- Have everyone participate
- Maintain self-control at all times.

Why is fairness important in sport?

Without fairness', sport is devoid of any meaning or purpose. Fair

play encourages every player to be as competitive as possible, and to win as many games as possible, but within the rules.

2.2.2. Compassion for others

Compassion literally means "to suffer together" It is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that pain.

Compassion is a strong feeling of sympathy for people who are suffering and a desire to help them. Compassion for others describes a better treatment and a better role model to others.

The following are some examples which describes/show compassion. These are:-

- Cheer for your team, not against the other team.
- Support teammates by saying "good" never criticize.
- Don't argue with officials and their decisions.
- Treat the other team with respect.
- Shake hands with the other team before and after the game, etc.

Start-up Question:

1. How do you manage different adversities in a group/class?

Physical activity which develop Social Awareness:

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,
- To predict others feelings and actions and
- To be respectful and accepting others points of view and perspectives.

Activities for Social Awareness:

Social awareness can be taught in physical education by providing opportunities to problem solving through movement that allow for

the use of creativity, self-expression, and cooperation.

Turn back

Procedures:

- Form a group of 5, 7, or 9 students.
- Hold hand to hand each other alternative (i.e left with right & right with left)
- Turn your face to opposite direction as you hold your friend.
- Now by your creativity, expression and cooperation back to your face to face position as you hold your friend.



Fig. 2.3. Turn back movement

Physical activity which develop Relationship Skills

A relationship skill is the ability to form and maintain healthy relationships with various individuals or groups.

Relationship skills includes being able to:

- Communicate effectively
- Exhibit cooperative learning
- Resist inappropriate social pressures
- Prevent interpersonal conflict and
- Seek and provide help when needed.

Activities for Relationship Skills

Relationship skills can be utilized through the following sport education model as shown below.

Role play Procedure:

- 1. You are assigned roles through which you are involved as a collaborative group member (Some roles may include being coaches, players, commentator, first aider, referees, etc.).
- 2. Take the role assigned above and apply in a game situation.
- 3. Assessment will be made by peers, and your teacher whether you perform the roles successfully or not.

Note: Skills such as leadership, organization, communication and teamwork capacity will be checked during assessment session.

Activity 2

- 1. List at least three basic principles of fair play.
- 2. How do you demonstrate compassion for others in sport?
- 3. Which type of activity is appropriate to improve social-awareness and relationship skill?

2.3. Attention Control and Decision Making in PE

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

 Recognize and reflect the impact and consequences of your decision on oneself and others.

Attention control refers to an individual's capacity to choose what they pay attention to and what they ignore. It is also known as endogenous attention or executive attention. In lay terms, attention control can be described as an individual's ability to concentrate.

Attention control is one of the key components of human perception, which requires an individual to focus on the task-relevant information and resist the interference of task-irrelevant information that is distractor. (Knudsen, 2007).

Decision-making is the ability to make decisions based on personal, moral and ethical standards for the well-being of oneself and others. Decision- making can help to foster problem solving potential

of students as a management strategy for self-reflection and self-evaluation. This competence capacity to identify problems and to develop appropriate solutions to those problems, whether they are social or academic (Payton etal., 2000).

2.3.1. Mindfulness

Mindfulness is the quality or state of being conscious or aware of something. It is also a mental state achieved by focusing ones awareness on the present moment.

What is mindfulness in PE?

Mindfulness describes students' emotional health and wellness.

The mindfulness practice of learning to be aware of and manage emotion and relationship is a significant part of participation in sports, exercises and teamwork

2.3.2. Reflective thinking

Reflective thinking means taking the biggest picture and understanding all of its consequences.

In a teaching context, reflective thinking refers to encouraging students to always reflect upon the information they have and what they still need to obtain and helping them find ways to constantly reduce that gap throughout the learning process.

Activities to develop attention control and decision making

An example of what responsible decision-making might look like at this level can be how to shoot a ball to a goal or basket.

What a decision!

Procedure:

- 1. You are asked to shoot a ball (it could be football, basketball and handball) with the intent to score a goal or basket.
- 2. Decide your own distance from which area to shoot.
- 3. The distance that you decide should be both challenging and productive.

- 4. Shoot the ball from the place you decide.
- 5. Finally, your teacher will evaluate whether you made a responsible decision regarding distance or not.
- 6. Recognition will be given for effective decisions.

Activity 3:

1. Explain the impact or consequence of your decisions to self and others.

Chapter Summary:

Practicing self-awareness and self-management in physical education classes can be an important part of helping students to improve and maintain their health and well-being. Neck and shoulder movement, taking a walk are activities used to develop your self-awareness. Self-confidence and self-control are described as part of self- awareness and self-management process(Daniel Golman, 2020) Fair play has the following basic principles. These are:-

- 1. Respect the rules
- 2. Respect teammates and opponents
- 3. Respect the officials and their decision.

In sport "compassion for others" describes a better treatment and a better role model to others. Treat the other team with respect, cheers for your team , support teammates by saying "good" are some examples of compassion for others in sport. Social awareness allows students to identify social cues, predict others feelings and actions and be respectful and accepting others points of view and perspectives.

The mindfulness practice of learning to be aware of and manage emotion and relationship is a significant part of participation in sport, exercise and teamwork.

Decision- making is the ability to make decisions based on personal, moral and ethical standards for the well -being of oneself and others. Attention control is one of the key components of human perception,

Chapter Review Questions:

Part One: write True if the statement is correct and False if it is incorrect

- 1. Walking is a very important activity to develop your self-awareness.
- 2. The mindfulness practice of learning is a significant part of participation in sport, exercise and teamwork.
- 3. Fair play helps individuals to compete with honor, integrity and good sportsmanship.
- 4. Self-confidence is an important part of self-awareness and self-management process.
- 5. Active breathing exercises are used to help the body calm down and initiate the mind to focus on.
- 6. Social awareness helps you to respect and to accept others point of view.

Part Two: Choose the best answer from the given alternatives

- 1. Which One of the following is not the characteristic of relationship skills?
- a. Communicate effectively
- b. Exhibit cooperative learning
- c. Resist inappropriate social pressures
- d. Promote interpersonal conflict
- 2. Which of the following physical activity helps you to manage uncertainty, challenges, and communication and collaborative skills?
- a) individual game b) team activity c) a and b d) None

Part Three: Give Short answer for the following questions.

- 1. How can you develop your self-management skill?
- 2. List some examples of activity which help to develop attention control and decision making skill.
- 3. List the basic principles of fair play in sport.

CHAPTER THREE

PHYSICAL FITNESS

INTRODUCTION

This chapter deals with physical fitness. All the selected contents in this chapter are the continuation of physical fitness that was learned in grade 5 and 6. The overall time allotted for this chapter is 16 periods. It is very unlikely to achieve the desired learning outcomes of the chapter with the given allotted periods. Thus, in order to bring the necessary changes and to maintain learners' motivation individual effort is very important. Therefore, you are expected to practice the selected physical exercise independently on regular basis.

Learning outcomes:-At the end of this chapter, you will be able to:

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

physical exercise.

Physical Fitness Start-up Questions:

- 1. What is a physical fitness?
- 2. Mention the components of physical fitness.
- 3. What do you benefit from being physically fit?

In your previous grade level, you learnt about the classification of physical fitness. In this section you will learn about physical fitness. Physical fitness is the body's ability to function efficiently and effectively.

Note: Students, are expected to do regular physical activity at least three times a week 30 minute for each in order to achieve the above benefits.

3.1. Cardio vascular endurance

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

- Describe how aerobic exercise develops your cardiovascular fitness.
- Improve your cardiovascular fitness through selected aerobic exercise.

Start-up Questions:

- 1. What is cardiovascular endurance?
- 2. Describe how an aerobic exercise develops cardio vascular endurance?
- 3. Why do people practice aerobic activities?

Research works indicated that many people practice aerobic activities like walking, jogging, running, and structured exercise to develop the efficiency of the heart, lung and blood circulation.

Cardio vascular endurance: is the ability of the heart, blood vessels, blood, and Respiratory system to supply fuel and oxygen to the muscle and the ability of the muscle to utilize fuel to sustain exercise.

Cardio vascular endurance exercises help to:

- 1. Enhance circulation.
- 2. Increase heart and lungs capacity.
- 3. Reduces health risk.
- 4. Realize weight loss. etc..

An aerobic exercise is any activity that gets your blood pumping and large muscle groups working.

Exercises which develop cardiovascularendurance.

1. Jumping jacks Procedure

- 1. Stand with your feet together and your arms by your side.
- 2. Jump your feet apart as you raise your arms over your head.
- 3. Jump back to the starting position and continue this movement for one minute



Fig. 3.1 Jumping jack

2. In and out hopping squats Procedures

- 1. Stand with your feet together.
- 2. Jump your feet to the side so they're wider than your hips.
- 3. Squat in this position.
- 4. Jump your feet back together and squat in this position.
- 5. Continue this movement for 1 minute.

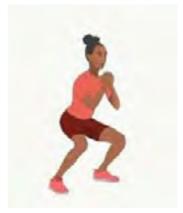


Fig.3.2. In and out hopping squats

3. Rope jump

Jumping rope is an easy and effective type of exercise that you can do at home.

- 1. Grab a handle in each hand and start with the rope behind you, so it's right at your heels. To get the rope moving, gently rotate your forearms forward.
- 2. As the rope swings up overhead, bend your knees slightly. Once you see the rope pass your shins, jump by springing from your toes.

- 3. Once you're at a comfortable speed, your wrists can do all the work.
- 4. As you hop, be sure to stay on the balls of your feet. This keeps you quick and nimble.







Fig.3.3.(C) Crisscross jump

Note: practice each exercise repeatedly for 1 minutes with the 30 second break

Activity 1:

- 1. Describe how an aerobic exercise develops cardiovascular fitness?
- 2. What are the benefits of a cardio-vascular endurance exercise?

3.2. Muscular endurance exercises

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

- Appreciate the benefits of doing different fitness exercises.
- Improve your musculoskeletal fitness through push-ups, squat jump and pull-up.

Muscular endurance:

Start-up Question:

1. When individuals are engaged in different activities, some individuals get tired early and others continue the activity for a long period of time without fatigue. What do you think for this individual difference?

Muscular endurance refers to the ability of a given muscle to exert force, consistently and repetitively, over a period of time.

Like other types of exercises, muscular endurance training can increase the level of energy, help you sleep better, and improve your overall health. It can even improve your mood.

Activity 2

1. Explain how physical exercises develop muscular endurance.

Muscular endurance exercises

There are many types of exercises which help you to develop your muscular endurance, but, for this grade level you will learn and practice push-ups, squat jump and pull-ups that can help you improve your muscular endurance.

1. Push-ups:

Purpose: pushups are beneficial for building upper body muscles of triceps, chest muscles, and shoulders.

Procedures:

- Start by lying flat on your stomach.
- Push yourself off the ground into a plank position. Hold your body up with your toes and with your hands.
- Lower yourself back down.
- Promptly push down on your palms and raise your body back to a plank position.
- Perform 4 sets of 10 repetitions and take 30 second active rest between sets.

Note: If this movement is too hard for you, start with your weight on your knees instead of your toes. (Kneel pushup)



Fig.3.4.(A) modified (kneel) push up

Fig.3.4.(B) Push up

Activity 3

1. Perform pushups to develop your upper body muscular endurance.

Squat jump:

Purpose: This exercise used to improve your lower body muscles as well as your core: abdominals, gluteus, hamstrings, and lower back.

- 1. Stand with feet shoulder width and knees slightly bent.
- 2. Bend your knees and descend to a full squat position.
- 3. Engage through the quads, gluteus, and hamstrings and propel the body up and off the floor, extending through the legs. With the legs fully extended, the feet will be a few inches (or more) off the floor.

- 4. Descend and control your landing by going through your foot (toes, ball, arches, and heel) and descend into the squat again for another explosive jump.
- 5. Upon landing immediately repeat the next jump.
- 6. Perform 3 sets of 5 repetitions and 30 seconds active rest between sets.



Fig.3.5. Squat jump

Activity 4

1. Perform squat jumps to develop your lower muscular endurance.

3. Pull-ups

Purpose: A type of pulling motion recruits your back, biceps and forearm muscles.

For this grade level it is difficult to perform pull-ups, therefore it is designed along with modified pull-ups and these are simply done with your feet still touching the ground and the bar only a few feet off the ground.

- 1. Keeping your feet on the ground "off-loads" about a third of your body weight.
- 2. Try to completely pull themselves off the ground for 6-10 reptations.
- 3. The modified pull-up is possible applied for both boys and girls to reap the benefits of those pulling motions so you can finally train your back, biceps and forearms.

4. Get a full range of motion when you extend your arms, as well as allowing for a wide grip.



Fig.3.6. modified pull up

Activity 5

1. Perform pull-ups to develop your muscular endurance.

3.3. Flexibility

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

• Increase your flexibility through different stretching exercises.

Start-up Question:

- 1. What is flexibility?
- 2. Why do people perform stretching exercises in their daily fitness program, before and after the main workout?

Flexibility is the ability to move joints and use muscles through their full range of motion. Although flexibility varies widely from individual to individual.

Stretching Exercises which help to develop Flexibility

1. The runners stretch

Purpose: it keeps the muscles in the body flexible, so that the muscles and joints are at their fullest range of motion.

Procedures:

- 1. Step your right foot forward and lower into a lunge, placing your fingertips on the floor or on two firm cushions if your hands don't reach.
- 2. Breathe in, then, in one motion, exhale as you straighten your right leg.
- 3. Slowly return to the lunge position.
- 4. Repeat four times.
- 5. Switch sides.

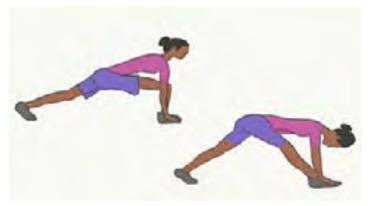


Fig.3.7.runners stretch

2. The standing side stretch

Purpose: stretches and strengthens the intercostal muscles. These are the muscles between the ribs and that gives support.

- 1. Stand with your feet together and your arms straight overhead.
- 2. Clasp your hands together, with your fingers interlaced and pointer fingers extended. Inhale as you reach upward.
- 3. Breathe out as you bend your upper body to the right.
- 4. Take five slow breaths. Slowly return to the center.
- 5. Repeat on the left side.



Fig.3.8. standing side stretch

3. The forward hang stretch

Purpose: Stretches the hips, hamstrings, and calves, keeps your spine strong and flexible and reduces stress, anxiety, depression, and fatigue. Procedures:

- 1. Stand with your feet hip-distance apart and your knees slightly bent.
- 2. Interlace your fingers behind your back, (If your hands don't touch, hold on to a dish towel).
- 3. Breathe in and straighten your arms to expand your chest.
- 4. Exhale and bend at your waist, letting your hands stretch toward your head.
- 5. Hold for five deep breaths.



Fig.3.9. Forward hang stretch

4. The low lunge arch stretch

Purpose: helps to relieve tigh muscles in the hips and legs. Procedures:

- 1. Step your right foot forward and lower into a lunge, placing your fingertips on the floor or on two firm cushions if your hands don't reach.
- 2. Breathe in, then, in one motion, exhale as you straighten your right leg.
- 3. Slowly return to the lunge position.
- 4. Repeat four times.
- 5. Switch



Fig.3.10. low lunge arch stretch

5. The seated back twist

Purpose: promotes good digestion and encourages spinal mobility. Twisting postures help tone the belly, relax internal organs and can help relieve lower back pain.

Procedures:

- 1. Sit on the floor with your legs straight.
- 2. Bend your right knee and step your right foot over your left leg.
- 3. Put your right hand on the floor, fingers pointing outward, for support.
- 4. Bend your left elbow turn to the right, and place the back of your arm against your right knee.
- 5. Inhale as you sit tall.
- 6. Breathe out as you twist, pressing your arm into your leg and looking over your right shoulder.
- 7. Hold for five breaths, and then slowly return to the center. Switch sides

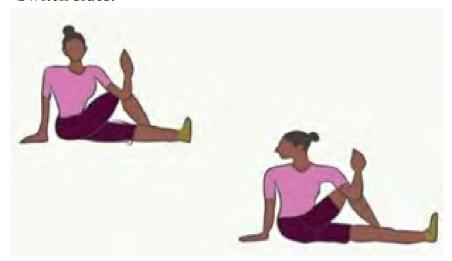


Fig.3.11. Seated back twist

6. The bound angle stretch

Purpose: stretches the hips, groins, knees, and inner thighs. It improves circulation and blood flow throughout the entire body.

Procedures:

- 1. Sit on the floor with your legs straight.
- 2. Bend your knees and bring the soles of your feet together, and your knees drop toward the ground.
- 3. Hold your shins as you inhale and stretch your chest upward.
- 4. Exhale as you hinge forward from your hips (without rounding your back), and place your palms on the ground.
- 5. Hold for five slow breaths.



Fig.3.12. Bound angle stretch

Activity 6

1. Perform stretching exercises to develop flexibility.

3.4. Speed

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

• Improves your speed through different speed run drills.

Start-up Questions:

- 1. List some of exercises that develop flexibility.
- 2. What does speed mean as a skill related fitness component?
- 3. What are the three phases of speed run?

Speed: is one of the components categorized under skill or performance related fitness components.

Speed: It is the ability to put body parts into motion quickly, or the maximum rate that a person can move over a specific distance.

Phases of speed run: There are three phases in speed run: These are: Drive, Transition and Top speed.



DRIVE 0- 10 m TRANSITION 10- 20 m TOP SPEED 20- 40 m Fig 3.12. The biomechanics (phases) of speed run

Physical activities that develop speed

You can develop your speed by using various physical exercises. Some of them are presented as follows:

Drill 1: 20 meter speed run

Procedure: Run 20 meters with average and high speed 2 times, and take break for 30 seconds.

Drill 2: 30 meter speed run

Procedure: Run 30 meters with average and high speed 2 times, and take break for 30 seconds.

Drill 3: 40 meter speed run

Procedure: Run 40 meters with average and high speed 2 times, and take a break for 30 seconds.

Drill 4: 40 meter speed run competition

Procedure: Run 40 meters with your friend in the form of competition. (Your teacher will organize the competition)

Activity 7

- 1. At the end of your practice evaluate your running capacity whether you follow the correct biomechanics of speed run or not.
- 2. Which phase comes after the drive phase?

Summary:

Physical fitness is the body's ability to function efficiently and effectively.

Cardio-vascular exercises help to improve energy level enhance circulation, increase heart and lung capacity and reduces health risk, weight loss.

Muscular endurance refers to the ability of a given muscle to exert force, consistently and repetitively, over a period of time.

Flexibility is the ability to move joints and use muscles through their full range of motion. Flexibility varies widely from individual to individual, minimum ranges are necessary for maintaining joint and total body health.

There are three phases in sprint run: these are drive, transition and top speed phase.

Review Question: Part One:

Match physical fitness components listed in column "A" with their exercises listed in column "B".

Column A	Column B
1. Cardiovascular endurance	A. push-up, squat jump, and pull up
2. Muscular endurance	B. runners stretch, forward hang
	stretch
3. Flexibility	C. rope jump, jumping jack
4. Speed	D. 30meter run

Part two:

Give short answers for the following question:

- 1. What is physical fitness?
- 2. Mention the benefits of physical fitness.
- 3. Describe how an aerobic exercise develops cardiovascular fitness.
- 4. In speed run, if your step length and frequency increases, speed also

Part III Practice part

1. Do cardiovascular endurance, muscular endurance and flexablity exercise on regular basis (three days a week) and ask your teacher whether you develop you phisical fitness or not.