

Physical Education Grade 8 Answer Week1

1. Physical education is an instructional process aiming at the physical ,social, mental and emotional development of an individual through a wide range of activities.
2. Proper growth and development.
Opportunity to socialise.
Improves lifestyle .
Fight against diseases.
Teaches value of ethical behaviour.
3. Set of exercises ,sorted and graded, all muscle and joints.
4. Increase in body and tissue temperature.
Increase of blood flow through the active muscles.
Increase heart rate ,which prepared the cardiovascular system for work.
Mechanism of movement becomes efficient.
5. Cooling down is an easy exercise done after a more intense activity ,to allow the body to gradually transition to a resting or near resting state.
6. Aid in the dissipation of waste products – includes lactic acid.
Reduce the level of adrenaline in the blood.
Allow heart rate to return to its resting rate.
7. Neck stretch.
Arm circle.
Side bend.
Chest stretch.
Trunk twist.

8. All kit and equipment are in good condition.

Appropriate warm up before any activity.

Playing surface in a good and safe condition.

Correct technique used.

Rules obeyed.

9. Shin guards

Net, posts should be properly secured .

Playing areas should be clear of any dangerous items and other hazards.

10.

GAMES	PROTECTIVE EQUIPMENT
Swimming	Goggles, swimming wear
Cricket	Helmets, protective pads
Athletic activities	Protective footwear