



HEALTH AND PHYSICAL EDUCATION

STUDENT
TEXT BOOK

GRADE **8**

ADDIS ABABA CITY ADMINISTRATION EDUCATION BUREAU

HEALTH AND PHYSICAL EDUCATION STUDENT TEXT BOOK GRADE EIGHT

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CHAPTER

4

ATHLETICS

INTRODUCTION

Athletics are the oldest forms of organized sport developed out of the most basic human activities such as running, walking, jumping and throwing. Athletics have become the most lovely international sports,

in which nearly every country in the world is engaged in some form of competition.

In this chapter, you will learn about the history of athletics in Africa generally and specifically, and you will also have an awareness about running, throwing and jumping events.

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

- Demonstrate jumping techniques as they relate to long jump technique.
- Differentiate the pattern of movements during jumping for height and distance.
- Show basic jumping techniques as a component of horizontal jumps.
- Sprint with maximum speed using different starting positions at the start.

4.1 JUMPING

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

- Demonstrate the curve approach run at relate to vertical jump techniques

start up question

- What is jumping event in athletics?
- Can you mention some types of jumping events?

Jumping is very rhythmic and a great way to increase muscle control and coordination. Men and women compete in four jumping events: the High jump, Long jump, Triple jump, and Pole vault.

High jump sport in athletics in which the athlete takes a running jump to attain hight. it is semicircular runway allowing an approach run of at least 15 meters from any angle within its 180° arc.

Long jump: long jump, also called broad jump, is a sport in athletics that inquires a horizontal jump for distance.

TRIPLE JUMP event in athletics (track and field) in which an athlete makes a horizontal jump for distance.

Activity jumping height over obstacles

Procedure

- Do warming up 5 to 10 minutes,
- Focus your eyes forwards and up wards throughout the jump,
- Squat low with knee bent and arms behind body,
- Drive arms forward, then up,
- extend legs in air,
- Jump over the rope which is tied between the cones,

- Land on balls of the feet with knee bent to absorb the landing,
- Controls the landing with no more than one step in any direction,
- Cool-down for 5 to 10 minutes.



Fig. 4.1 Jumping height over obstacle

Activity alternative leg jump

Procedure

- Do the warming up Proper for 5 to 10 minutes
- Support leg bends on landing, then straighten to push off
- Land and pushes off on the ball of the foot
- bend non-supporting leg bent and swing in rhythm with the supporting leg
- stable your head and focus your eyes.
- bend your arms and swing .
- Cool-down for 5 to 10 minutes



Fig. 4.2 Jump rope by alternate leg

4.2 RUNNING

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

- Sprint with maximum speed using different positions

start up question

- What is running in athletics?

Running is foot racing over a variety of distances and courses, and it is one of among the most popular sports in nearly all times and places. Modern competitive running ranges from sprints (dashes), whose emphasis is on continuous high speeds, to grueling long-distance and marathon races which require great endurance.

Activity 1 acceleration run

In long distance running a special form of sprint training is applied which running speed is gradually increased from jogging to striding and, finally, to sprinting at maximum pace training.

Activity push up to the sprint (Acceleration)

- At the beginning of your practical session do warming up well
- Stand behind the starting line

- Lay to the ground with chest hand at the push up position
- Finally, exercise acceleration run
- Do the exercise repeatedly as much as possible your teacher order



Fig. 4.3. Push up to the sprint (Acceleration run)

Activity Lateral push to spirt

Procedure

- Stand laterally(at side position) behind the starting line but
- Lay to the ground with chest hand at the push up position
- Push and stand and change the direction lateral (Side)
- Finally, exercise acceleration run
- Do the exercise repeatedly as much as possible.



Fig. 4.4 Lateral push to sprint (Acceleration run)

Activity Distance running

1. What are the uses of distance running?

When you are regularly doing distance running, you can develop the following health benefits:

- Distance running strengthens your heart to be able to pump blood to your muscles much more effectively.
- It makes you develop more endurance
- Helps strengthen bones, ligaments and tendons many more body parts

Procedures for distance running

- Distance running cover 600-800 meters.
- Warming up exercise.
- Look at the figure 4.5 given below to learn about running style.
- Try to cover the given distance with slow pace.
- Follow other instruction comes from your teachers.
- Cool down.



Fig.4.5. Way of distance running

4.3 THROWING

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

- Demonstrate throwing techniques using short approach runs as they relate to throwing for distance

Start up question

- What is distance throwing?

4.3.1 THROWING FOR DISTANCE

Throwing sports, or throwing games, are physical human competitions, where the outcome is measured by an athlete's ability to throw an object. The four most prominent distance throwing sports, which are taken place in field and track, are shot put, discus, javelin, and hammer throw.

shot put An athletic event in which contestants throw or put a heavy metal ball or shot as far as possible. The men's shot weighs 7.26 kg and it is 110-130 mm in diameter. Women put a 4-kg shot that is 95.110 mm in diameter.

Discus throw : an athletic event in which a disk-shaped object, known as a discus, is thrown for distance. Modern male athletes throw a 2-kg plate like object which is from a 2.5-metre circle. the women's discus weighs 1 kg.

Javelin throw is an athletics sport is throwing a spear for distance. The men's javelin weighs 800 grams and 260 cm long. The women javelin that must weigh at least 600 grams and 220 cm long. **Hammer throw** Sport in athletics in which a hammer is throwing for distance using two hands within a throwing circle. The men's hammer weighs 7.26 kg and measures 121.3 cm in length, and the women's hammer weighs 4 kg and 119.4 cm in length.

Activity javelin throw

The javelin throw is an activity which you are always love doing.

Procedures

Grip the javelin by placing the javelin on the palm of your hand with the point aiming away from your body. If you straighten your arm, the javelin should point towards you.

Hold the javelin in the middle.

Stand on side position and aim with your free arm into the direction you want the javelin to go.

Extend your arm and put your weight on your back foot.

Transfer the weight to your front foot and release always keeping the javelin aimed forwards.



Fig. 4.6. Javelin throw

SUMMARY

- Athletics contains running, jumping and throwing which are natural human behaviors that represent the basic skills that they have as creatures within a mind. These skills to be developed and improved subsequently contested sporting events. Athletics is a multidiscipline sport based on the natural movements of running, jumping and throwing.
- The word athletics is derived from the Greek word “athletica” which means contest or struggle. Historians estimate that the origins of athletics (track and field events) can be traced back to the 9th and 10th centuries B.C. in Greece. Athletics
- Sport is one of the popular sports organized in the Olympic Games. It is necessary to study the history of athletics sport because it teaches the learners team spirit, unity, patriotism, etc.
- Hurdle run is one of the exciting and challenging disciplines in athletics/Track events/. Its purpose is to clear the hurdles or obstacles and run in a possible shortest period of time. Phases for running over obstacles involves three phases (i.e. Takeoff clearance and landing)
- Throwing sports, or throwing games, are physical, human competitions where the outcome is measured by a thrower’s ability to throw an object. Throwing events are the Shot Put, Discus, Javelin, and the Hammer Throw.
- The long jump is a type of field event in which an athlete aims to cover the greatest horizontal distance from a given mark. Following proper technique and form are important for maximizing the distance of your jump. The phases of long jump are approach run, take-off, flight and landing.

CHAPTER REVIEW QUESTION

I. Read the following statement carefully and write 'true' if the statement is correct or 'False' if it incorrect

1. Triple jump is similar with long jump.
2. Running is foot racing over a variety of distance .

II. Choose the correct answer for the following questions

2. Athletics contains
 - A. Running, B. Jumping C. Throwing D. All of the above
3. Which one the following throwing event need spear?
 - A. Shot put B. Javelin C. Hammer D. Discuss

III Give short answers for the following question

1. Write the benefit of distance running

CHAPTER

5

GYMNASTICS

INTRODUCTION

Gymnastics is now an extremely popular sport all over the world, and it is only growing in popularity. Countries have youth program that get youth involved at a young age everywhere. Most students in the school can perform a variety of every day motor skills and many specific

sport skills, for example, catch, hit, jump, acrobatics and other activities are

the major gymnastics activities are the major gymnast activities performed performed by students.

You have learned different gymnastics activities in your lower grades. In this chapter, you will learn about basic rules of gymnastics, advanced floor gymnastics and apparatus gymnastics.

Learning out comes- At the end of this chapter, students will be able to:

- Perform some of basic and apparatus gymnastics
- Understand Benefits of gymnastics activities
- Understand the basic rule basic and apparatus gymnastics

5.1 INTRODUCTION TO FLOOR EXERCISE

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

- understand about floor gymnastics

Start up question

- What are the materials need for floor gymnastics?

Floor exercise, gymnastics event in which movements are performed on the floor in an area 12 meters (40 feet) square. This area is covered by some type of cloth or mat, usually with some cushioning. No other apparatus is used. floor exercises, such as head stand and roll as well as head spring. In gymnastics, the floor is a specially prepared exercise surface, which is considered as an apparatus. It is used by both male and female gymnasts. The events in gymnastics which are performed on floor are called floor exercises. In this section you will learn about:

- Diving roll
- Hand spring
- Hand stand and roll

5.2 BASIC RULES OF GYMNASTICS

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

- understand the basic rules of gymnastics

Start up question

- What are the basic rules of gymnastics?

Gymnastics is a sport where physical agility, coordination, athleticism and determination are displayed. It is a sport in which athletes carry out trick and flips at different event in various discipline.

The basic rules of gymnastic are important as a general rule. Major gymnastics rules are:

1. **Have fun** Gymnastics is an extremely enjoyable sport that also requires a strong physical demand. Having fun will lead to be more confident which is important to perform better.
2. **understanding the scoring rule** Fraction of a point is deducted because of errors, such as falling. To minimize different fouls and fails understanding scoring rules is important
3. **Appropriate sort wearing** Do not wear too loose or too tight clothes
4. **spot rules**
 - Spotter is not permitted during training, but during competition, spotting rules are a bit stricter.
5. **Respect Teammates and opponents** it's natural that every one needs to win, but you have to be supportive of the other people against you.
6. **Wearing jewelry** is not allowed both in competition and practice

7. **Be confident** Confidence is important in learning new skills and it helps you complete performance effectively.
8. **Avoid Deductions** There are a number of things you don't want to do when you are executing tricks. Some examples of deductions are: -
 - Taking steps after landing dismount
 - Swinging arms after landing leads to Loss of balance
 - Incomplete splits
9. **Stay in bounds** When you are on the floor When you perform floor routines, stay within the lines.
10. **Respect the judges** During competition and training, it is important to respecting coaches, teachers and judges.

Activity 5.2

1. List 5 rules that you must not commit during gymnastics training and competitions.
2. Why is confidence important in gymnastics?

5.3 BENEFITS OF GYMNASTICS ACTIVITIES

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

- understand the benefits of gymnastics activities

Start up question

- What are the benefits of gymnastics?

There are many benefits of participating in Gymnastics for people of all ages - take a look at our list of them below!

1. Disease Prevention
2. Increased Flexibility
3. Improves Motor Skill Development and Accelerates Learning.
4. Improves Concentration.
5. Discipline
6. Improves Strength
7. Healthy Lifestyle Choices
8. Time Management

5.4 BASIC GYMNASTICS

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

- Describe the techniques of diving
- perform forward diving properly
- describe the techniques of hand stand and roll
- perform hand stand and roll properly
- perform cartwheels properly

5.4.1 DIVING ROLL

A dive roll (or forward roll) is an acrobatic stunt that begins with a horizontal forward diving motion and results in a somersault. Before you are going to perform dive roll, warm your body and stretch your body very well.

Procedures for diving roll

- Place your hands flat on the floor
- Tuck your head and lean forward and align the back of your head with your hands.

- Push forward with your legs until you begin to roll,
- Then, tuck your body and keep your back rounded.
- Complete the technique on your rear end or roll up onto your feet.



Figure 5.1 Dive-roll

5.4.2 CARTWHEEL

A cartwheel is a sideways rotary movement of the body. It is performed by bringing the hands to the floor one at a time while the body inverts. The legs travel over the body trunk while one or both hands are on the floor and then the feet return to the floor one at a time, ending with the athlete standing upright.

Step to perform cartwheel

- One moves sideways in a straight line,
- Keeping the back straight,
- Butt and core tight and head in; places the hand of the same side on the ground,
- Followed by the other hand; Kicks the legs over the body and brings them down as the hands and body come up to a standing position.



Figure 5.2 cartwheel

5.4.3 HAND STAND AND ROLL

Handstand and roll is a combination of hand stand and roll gymnastic so a handstand is the act of supporting the body in a stable, and inverted vertical position by balancing on the hands.

To apply hand stand and roll gymnastics, you need to have strong arms and shoulders to hold your body up in handstand. You also use the muscles in your shoulders to help you keep your balance

In handstand and roll gymnastics;

- The body is held straight with arms and legs are fully extended, with
- Hands spaced approximately shoulder-width apart and the legs together,
- Roll onto your shoulders and upper back by avoiding contact with the top of the head.

Safety measures

- Practice on an incline mat or grassy hill for gravity assistance.
- protect your neck and back, and make “falling” much more comfortable.



Figure 5.3 Hand stand and roll

5.4.4 HEADSPRING

Is a move in which the gymnast places both hands on the mat with the top of the mat about 6 inch(0.1524Meter) in front, pushes off with hands while flexing the legs over the head, and lands on the feet.

step to perform headspring

- Run and hop
- Plant your hands on the ground and kick your legs up.
- Close your legs and keep your body straight.
- Push yourself forward and land on your feet.

Safety measures for Headspring

- Place Safety Mats
- A forward moving element from feet to hands and head to feet.
- The arms are bent and the element is performed by closing the heels and straightening the arms.
- Practice from simple to complex
- Never perform a front headspring on rocky and uncomfortable area.



Figure 5.4 headspring

5.5 APPARATUS GYMNASTICS

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

- Identify grasping techniques for parallel bar
- Perform swinging in parallel bar

Start up question

- What are the physical demands of gymnastics?

Each gymnastics apparatus effectively serves as a medium on which gymnasts demonstrate their strength coordination and agility. The term apparatus is describes by the events themselves. The term apparatus, therefore, has two meanings in gymnastics: it refers to the individual events and the equipment that makes these events possible.

The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups. artistic gymnastics is divided into women s and mens gymnas Wics Women compeWe on four events: vault, uneven bars, balance beam and floor exercise, while men compete on six events: floor exercise, pommel horse, still rings, vault,parallel bars and high bar.

5.5.1 GRASPING TECHNIQUES OF PARALLEL BAR

Procedures to grasp the parallel bar

- Do appropriate warming up 5 to 10 minutes.
- Before starting practicing, check the place and equipment you are doing on
- Start at one of the parallel bars.
- Grasp each bar with a neutral grip, while hanging from the bar.
- Lift both legs off the ground until you are in an L-sit position.
- Keeping that position.
- Lift one hand off the bar.
- Move forward.
- Grasping the bar again followed quickly by the other hand on the parallel bar.
- Dismount by the edge of parallel bar.
- Stop performing when you are tired.
- Do proper Cooling down for 5 to 10 minutes.



Fig. 5.5.grasping techniques of parallel bar

5.5.2 PROCEDURE TO SWINGING BY TWO HANDS ON PARALLEL BAR

- Do appropriate warming up for 5 to 10 minutes
- Before starting practicing, check the place and equipment you are doing on
- Start in support on parallel bars
- Begin with low swings under the bars and
- Increase the height of their swing gradually
- The front swing should be slightly arched until the bottom of the swing
- The backs swing should be performed with a straight body
- Your body become slightly arched
- Dismount by the edge of parallel bar
- Do proper cooling down for 5 to 10 minutes



Figure 5.6. swinging by two hands on parallel bar

5.5.3 DISMOUNTING FROM PARALLEL BAR

Step to dismounting from parallel bar

- In the front swing, the gymnast turns their hips in front of the base bar and directs their feet over it. The swing should be in a diagonal over the dismounting bar.
- At the same time, the body should transfer onto the single bar as well.
- When the body reaches over the bar, the gymnast should remain on one arm laterally.
- At the highest point of the front swing (which should be over the horizontal), the body should be over the single bar, on one arm.
- The twisting motion over the holding arm continues with another half turn before landing.
- By the landing, the gymnast should have completed a half turn.

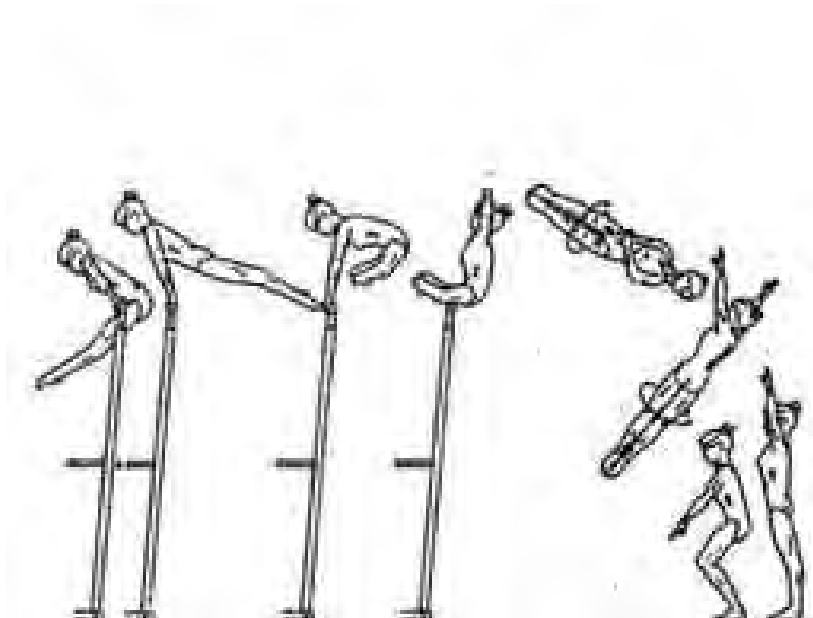


Fig 5.7. Dismounting from parallel bar

SUMMMARY

- Gymnastics is an extremity enjoyable sport that also requires a strong physical demand. During gymnastic competition and practice there are different rules which are necessary for any gymnasts. Some of the basic rules of gymnastics are; have fun, no jewelry, understand rules, spotting, appropriate sport wearing etc. Men perform on two bars executing a series of swings, balances, and releases that require great strength and coordination. From many apparatus gymnastics parallel bar is the one which is appropriate for this grade level.

CHAPTER REVIEW QUESTIONS

I. Write true for the correct statement and false for incorrect statement

1. It is possible to wear any clothes during gymnastic competitions.
2. Apparatus gymnastics describes individual events and the equipment.
3. Gymnastics is an extremity stressful sport.

II. Give short answers for the following questions

1. What is floor gymnastic?
2. What are the two main categories of artistic gymnastics?