



Health and physical education

1ST UNIT : LET US BUILD A HEALTHY FAMILY ENVIRONMENT

Health promotion : The process of enabling people to improve their health by gaining control over factors affecting the health.

- ❖ Features of good physical environment
 - Fresh air
 - Clean water
 - Healthy food
 - Sanitary facilities
 - Clean environment
 - Sufficient space
 - Tranquility
- ❖ Features of mental environment
 - Love
 - Protection
 - Relaxation
- ❖ Features of social environment
 - Existence of good inter personal relationships.
 - Fulfillment of duties and responsibilities by the people.
 - Effective communication.
 - Respect the law.
 - Respecting others and unity.
- ❖ Features of spiritual environment
 - Engaging in religious activities.
 - Developing skills and knowledge.
 - Helping needy.
 - Showing kindness to animals.

Work sheet

Write the answers for the following questions.

1. What is “health promotion”?

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2. Give 05 features of physical environment?

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3. Write 03 features of mental environment?

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4. Give 03 features of social environment?

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5. Write 03 features of spiritual environment?

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6. Write some steps to promote family health?

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7. What is 3R concept?

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8. Write 05 factors as a student to maintain a healthy family environment?

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02ND UNIT : let us experience love and protection

WORK SHEET

Write the answers for all questions.

1. What is meant by human need?

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2. Write 03 basic human needs?

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3. Write 02 types of people give love for us?

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4. Who are family members?

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5. Who are outsiders?

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6. Write 02 types of families?

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7. Give some examples of outsiders apart from your family?

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8. Explain who are peer groups?

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9. Give 05 duties and responsibilities to be followed by your to receive love and protection?

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10. Write 04 harmful effects of not receiving love and protection?

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3rd unit : let us engage in folk games

Work sheet

Answer all the questions.

1. What is folk games?

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2. Write 03 benefits of folk game?

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3. Write some common features of folk game?

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4. Folk games can be divided into 02 main groups .what are they?

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5. Fill the tables given below

OUTDOOR FOLK GAMES

Requiring sports equipment	Not requiring sports equipment
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INDOOR FOLK GAMES

Requiring sports equipment	Not requiring sports equipment
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6. Write 03 folk games played during new year season?

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work sheet

1. Write 05 skills in netball?

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2. What are the activities can be done to improve the footwork in netball?

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3. List some activities to be followed to develop skills in netball?

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