

# HEALTH & PHYSICAL EDUCATION WORKSHEET

**GRADE  
08**

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(National School)

**ZONAL EDUCATION OFFICE ~ KALMUNAI**



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- 

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

.....  
 .....  
 .....

02. What are the secondary needs of human?

.....  
 .....

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

.....

04. List a person's abilities and achievements.

Ability	Achievement



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

.....  
 .....  
 .....  
 .....



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

.....  
 .....  
 .....  
 .....



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

.....  
.....  
.....  
.....



08. How can you enhance self-esteem?

.....  
.....  
.....

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

.....  
.....

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

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

.....  
.....  
.....

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

.....  
.....  
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.....



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

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.....  
.....



01. Write 04 occasions that marching squad will parade.

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.....  
.....



02. Write 04 advantages of correct posture.

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.....  
.....  
.....

03. What is correct turning?

.....  
.....

04. Write the turning postures?

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.....



05. Explain right turn.

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06. Explain left turn.

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.....

07. Explain about turn.

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08. Explain "Mark time".

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09. Explain halt from "Mark time".

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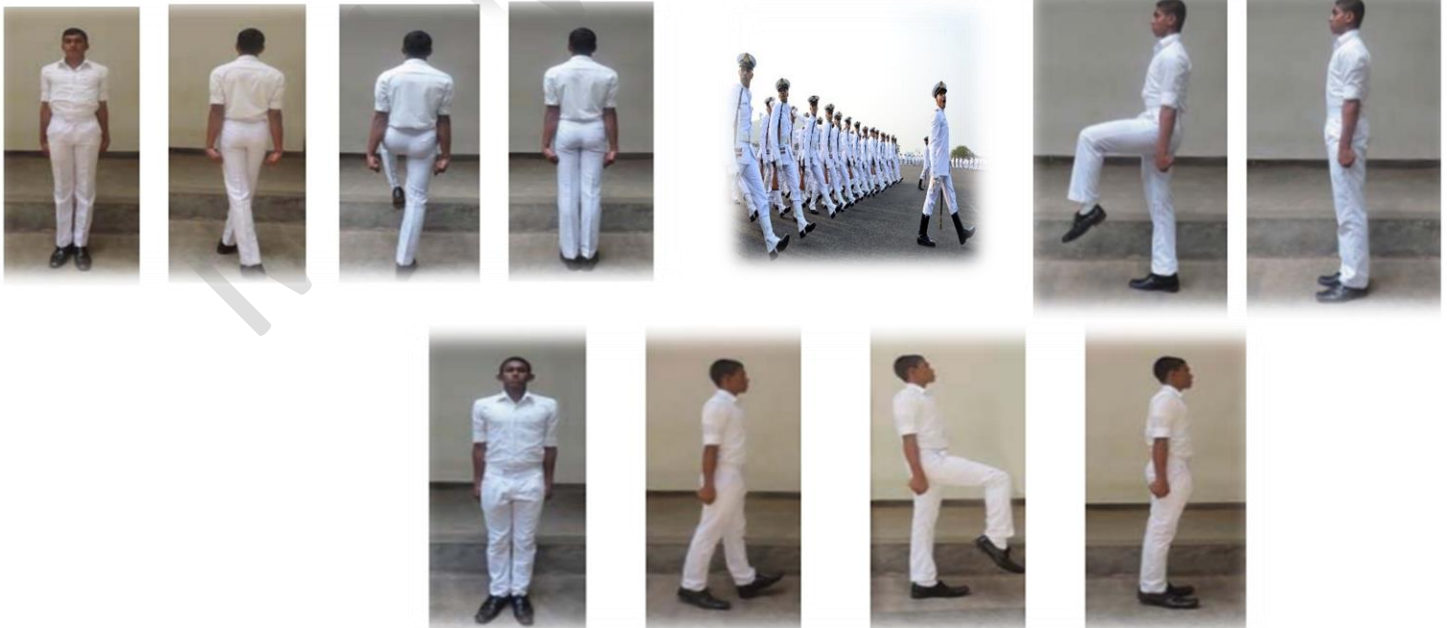
10. What you mean by correct forward Marching?

.....  
.....  
.....

11. Write the types of Marching.

.....  
.....

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



01. What is the National game of Sri Lanka?

.....

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

.....

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

.....

04. Write the skills of Volleyball?

.....

.....

.....

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

.....

06. Draw the volleyball with measurement



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

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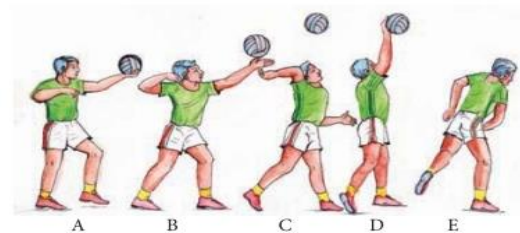
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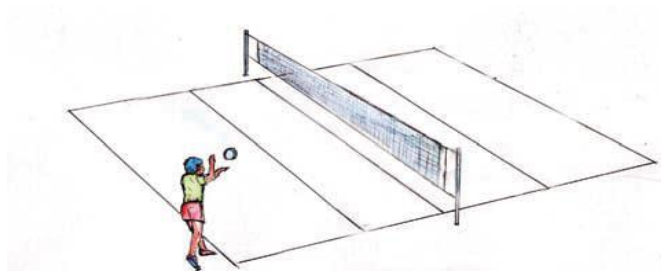
08. What are the techniques of over arm service?

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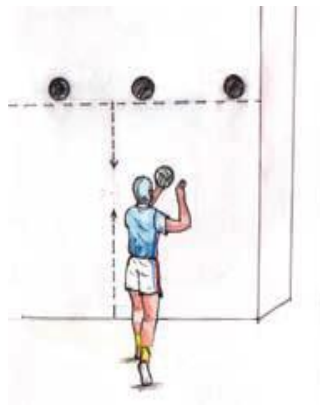


09. Write 02 activities for practicing the over arm pass.

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.....  
.....



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.....



10. Write the 3 stages of Volley pass technique?

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FIGURE 3.5

**11. Write 02 activities for practicing the Volley pass.**

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

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M.H.M Musthanzir

- 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?

.....

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

.....

03. Draw the netball court with measurement.



04. Write the skills of netball?

.....

.....

.....



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

.....

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

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

.....

.....



08. Write 04 single handed passing methods?

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.....



09. Write 04 two-handed passing methods?

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.....

.....



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

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.....

.....

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

03. Explain the method standing start with examples.

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.....

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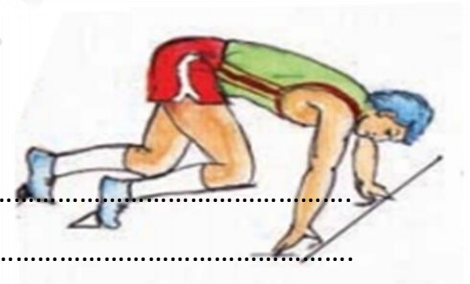
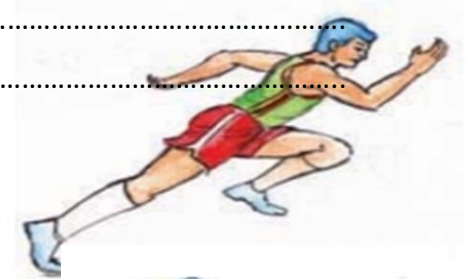


Figure 5.4



04. Explain Crouch method start with examples.

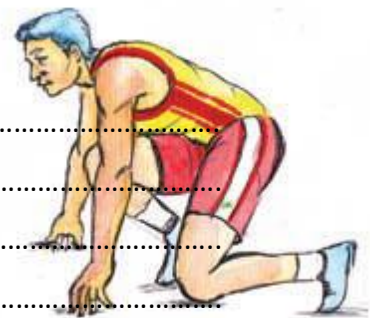
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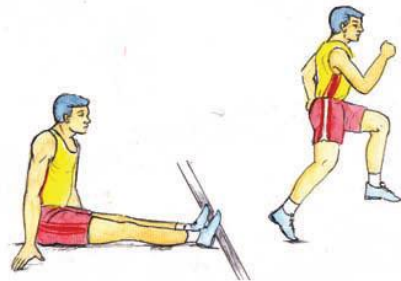


05. Write 04 mistakes made in the start in running?

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.....  
.....

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

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.....



## 06 Let us make our school environment healthy

01. What is the meaning of health promotion?

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.....

02. What is the meaning of School health promotion?

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

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

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05. Write 04 themes for health promotion?

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

.....  
.....  
.....  
.....

07. Write 04 health related policies.

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.....  
.....

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

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09. How is the school environment divided into?

.....  
.....  
.....

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

.....  
.....  
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.....

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

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.....  
.....

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

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.....  
.....





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

.....  
.....  
.....  
.....

14. Write 04 facilities provided by the health services.

.....  
.....  
.....  
.....

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

.....  
.....  
.....



Figure 6.11 -Proper waste disposing



**07 Let us play lead-up games**

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

.....  
.....

**02. Write 03 advantages of lead-up games?**

.....  
.....  
.....



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

.....  
.....  
.....  
.....

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

.....  
.....  
.....

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

.....  
.....  
.....  
.....

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

.....  
.....  
.....  
.....



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

.....  
.....

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

.....

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

.....  
.....  
.....



01. Who name the game as football? When?

.....

02. Write the skills of football?

.....  
.....  
.....  
.....

03. When was football introduced in Sri Lanka?

.....

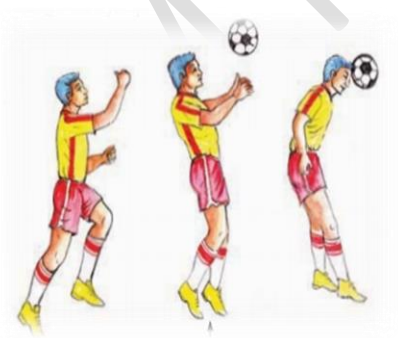
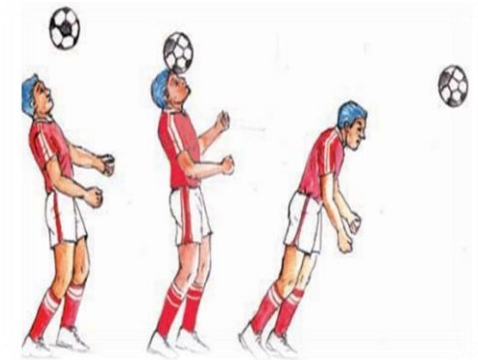
04. Write 03 different ways of heading the ball.

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.....  
.....

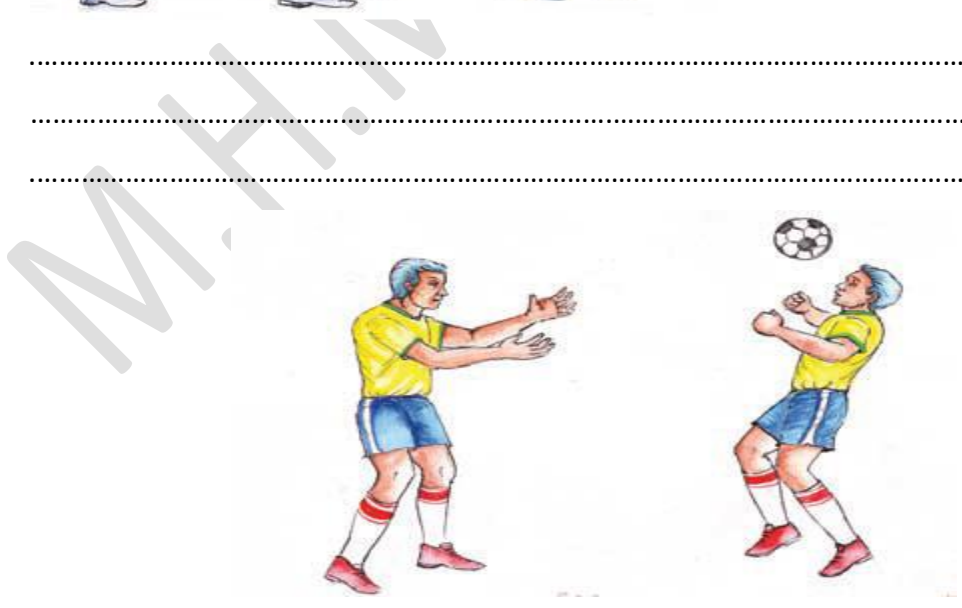
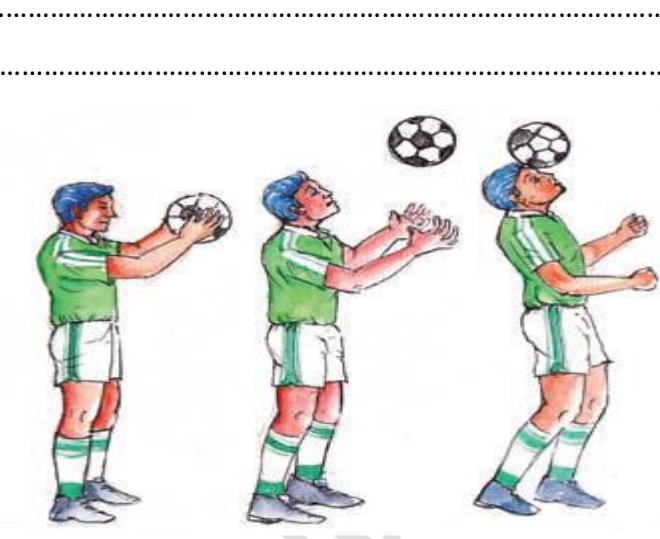
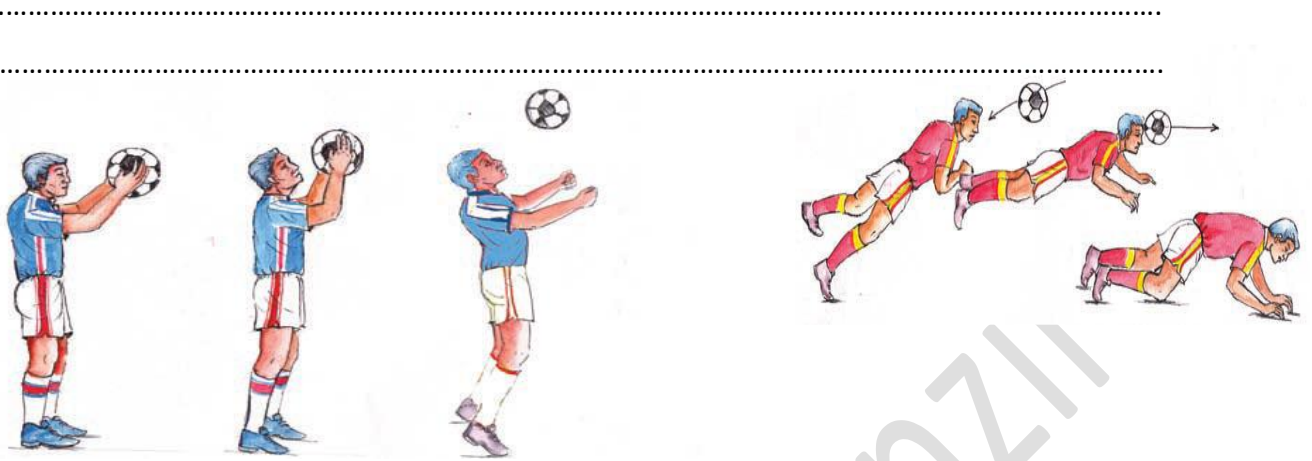


05. Write 03 factors that should be taken into consideration when heading the ball in football?

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.....  
.....



06. Write 02 activities for practicing heading the ball.

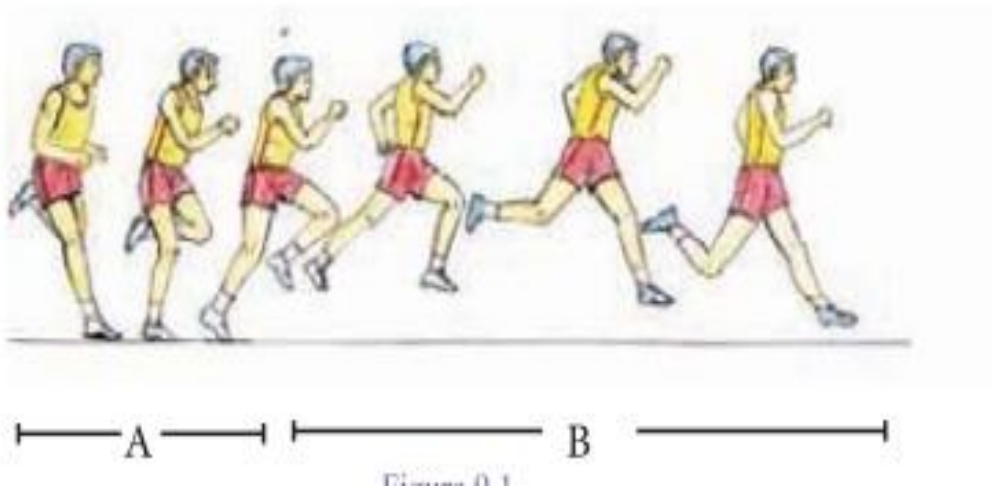


01. List the athletic events.

02. What are the 2 phases in running?

.....

.....



### 03. What are the running drills?

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.....  
.....

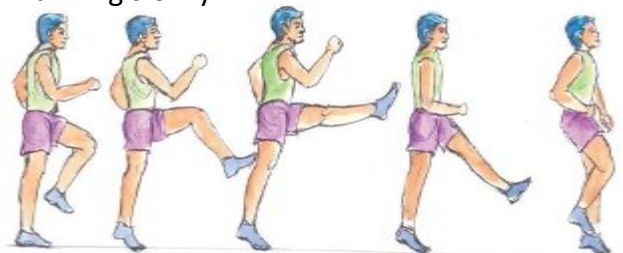


#### Running Drill - A

- 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° 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.



01. List the jumping events.

02. Write the techniques in long jump.

.....  
 .....  
 .....



03. Write the 04 phases of long jump.

.....  
 .....  
 .....  
 .....



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

05. Write 02 rules in long jump.

.....  
 .....





06. Write 02 long jump practice activities.



.....  
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.....  
.....



01. Write 04 functional systems of the body.

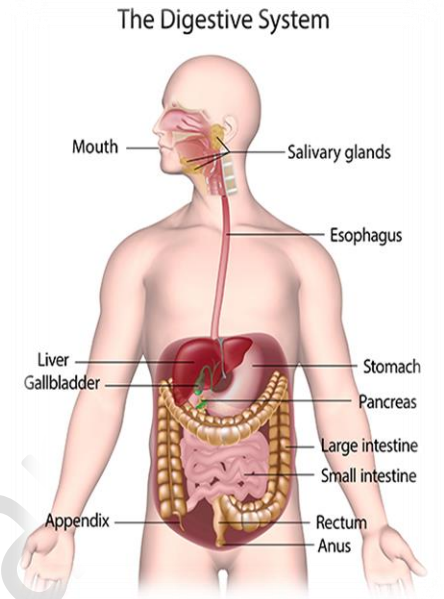
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02. Draw the Male reproductive system and name them.



03. Draw the female reproductive system and name them.

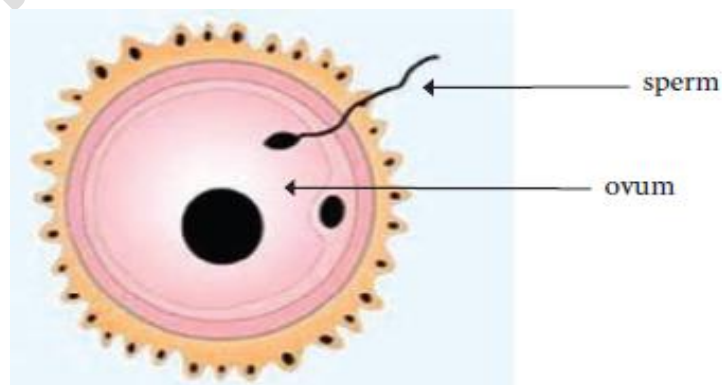
- The female reproductive organs are situated in the pelvis. It consists of two ovaries, two fallopian tubes which open into the uterus, the uterus which is a muscular organ, the uterine cervix and the vagina.

#### 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 menopause.

#### 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 travel 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.



06. What is reproductive health?

.....  
.....

07. Write 04 factors that affect reproductive health?

.....  
.....  
.....  
.....



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

.....  
.....  
.....  
.....

09. Write 04 sexually transmitted diseases?

.....  
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.....  
.....



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

.....  
.....  
.....  
.....

11. Write 04 negative impact of sexually transmitted diseases?

.....  
.....  
.....  
.....



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

.....  
.....  
.....

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

.....  
.....  
.....  
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14. Write 04 healthy behaviors to maintain reproductive health.

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15. Write 04 examples for social norms.

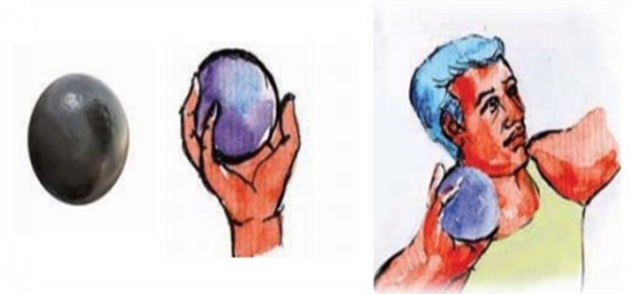
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**12 Let us practice throwing events**

**01. Write the throwing events.**

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.....  
.....  
.....



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

.....  
.....  
.....  
.....  
.....

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

.....  
.....  
.....

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

M.H.M Musthanzir

05. Write 02 simple activities to practice shot put.

.....  
.....



.....  
.....  
.....



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

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.....

.....





07. Explain gripping method of the javelin.



Figure 12.14



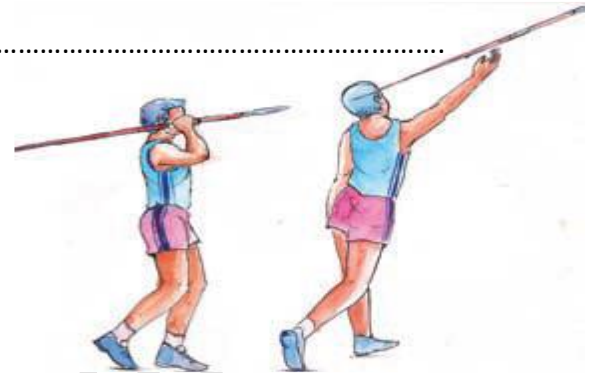
Figure 12.15



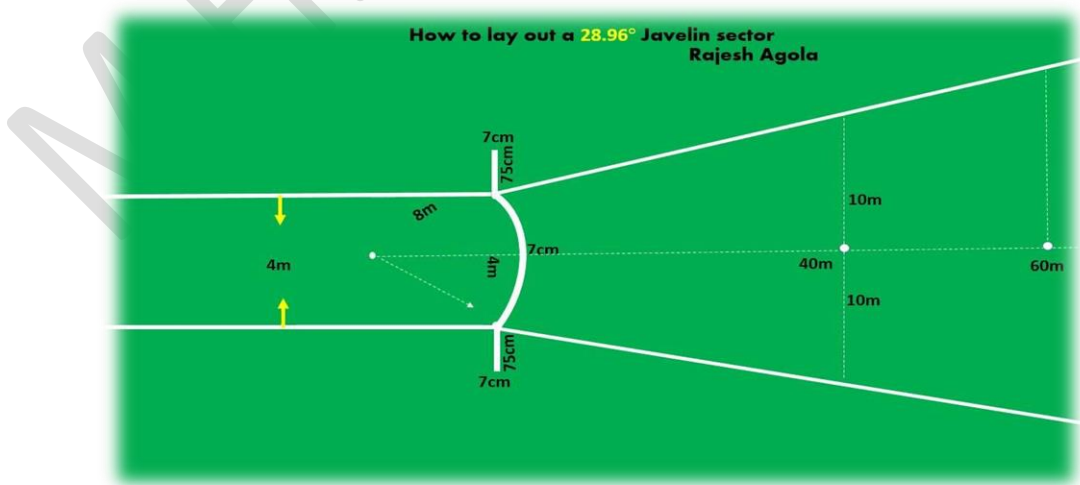
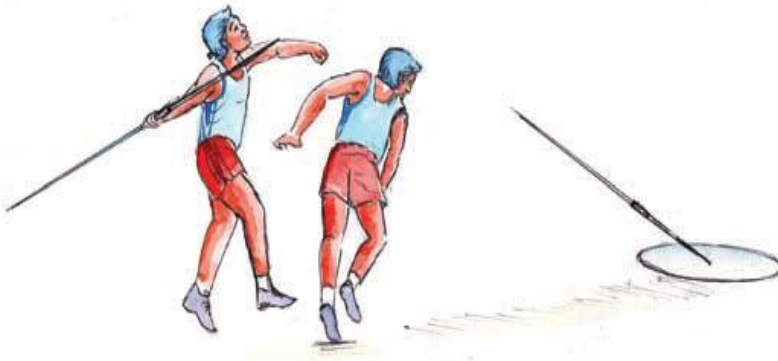
Figure 12.16

08. Write 02 simple activities to practice javelin throw.

.....  
.....



.....  
.....



01. Why were rules and regulations imposed in games?

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.....  
.....



02. Write some special features of traditional games.

.....  
.....  
.....  
.....

03. Write 04 sportsmanship skills.

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.....  
.....  
.....



04. Write 04 ethics in sports.

.....  
.....  
.....  
.....

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

.....  
.....  
.....  
.....



01. Write 04 functions food?

.....

.....

.....

.....



02. What is the meaning of balance diet?

.....

03. Which types of food give energy?

.....

04. Which types of food gives growth?

.....

05. Which types of food gives immunity?

.....



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

.....

.....

.....

.....

07. Write 04 points to remember when presenting food?

.....

.....

.....

.....



Figure 14.2 - Foods for lunch



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

.....

.....

.....

.....

09. Write 03 ways to preserve excess food.

.....

.....

.....

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

.....

.....

.....

.....



11. Write 04 factors to consider when selecting food?

.....

.....

.....

.....

12. Write 04 preservation methods with foods.

Preservation method	Food

13. Write 04 traditional eating habits.

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.....

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.....

14. Write 04 nutritional snacks.

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.....



**15 Let us develop health related fitness**

**01. What you mean by physical fitness?**

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**02. Write the types of physical fitness factors.**

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.....

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

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.....  
.....  
.....  
.....



**04. What you mean by cardiovascular endurance.**

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.....  
.....

**05. Write 04 exercises to develop cardiovascular endurance.**

.....  
.....  
.....  
.....



**06. Write 04 benefits of developing cardiovascular endurance.**

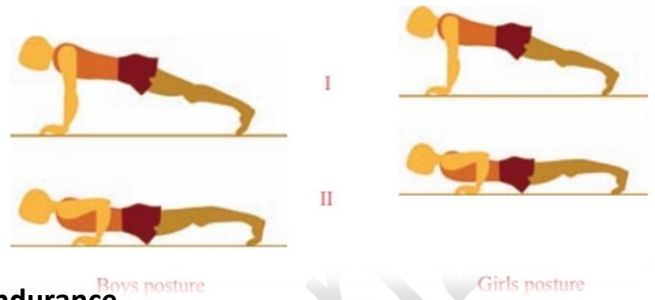
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07. What you mean by Muscular endurance.

.....  
.....

**Procedure**



08. Write 04 exercises to develop muscular endurance.

.....  
.....  
.....  
.....



09. Write 03 benefits of developing muscular endurance.

.....  
.....  
.....

10. What you mean by muscular strength.

.....  
.....



11. Write 04 exercises to develop muscular strength.

.....  
.....  
.....  
.....



12. Write 04 benefits of developing muscular strength.

.....  
.....  
.....  
.....

13. What you mean by flexibility.

.....  
.....

14. Give 04 exercises to develop flexibility.

.....  
.....  
.....  
.....



15. Write 04 benefits of developing flexibility.

.....  
.....  
.....  
.....



16. Write the 02 components of the body composition.

.....  
.....

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

.....  
.....  
.....



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

.....

.....

.....

.....

**19. What is body composition?**

.....



M.H.M.

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

.....  
.....

02 write 04 attributes of a social skills.

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.....  
.....  
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03. What is effective communication.

.....

04. Give 04 characteristics of a good communicator.

.....  
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.....  
.....  
.....

05. What is the emotional balance?

.....  
.....  
.....

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

.....  
.....  
.....  
.....



07. How can you Express negative emotions.

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.....



08. What is empathy?

.....  
.....

09. What is comply with social norms?

.....  
.....

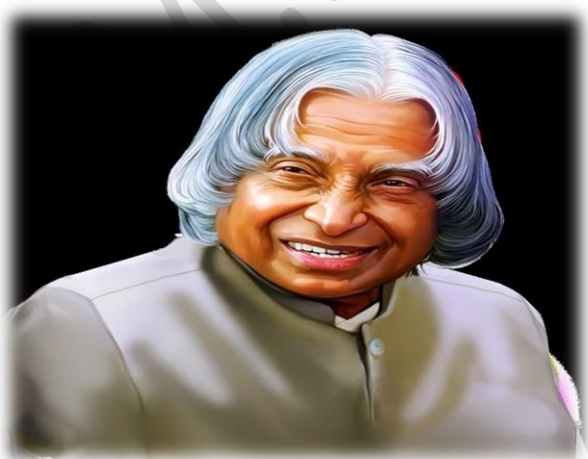
10. Write 04 factors that determine a team to work effectively.

.....  
.....  
.....  
.....



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

.....  
.....  
.....  
.....



# 17 Let us face environmental challenges successfully

01. What is the meaning of environmental challenges?

.....

02. Write 04 environmental challenges?

.....  
.....  
.....  
.....

03. Where do accidents take place?

.....  
.....  
.....  
.....

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

.....  
.....  
.....  
.....

05. Write 04 steps to prevent accidents?

.....  
.....  
.....  
.....

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

.....  
.....  
.....  
.....



07. Write 04 disasters we face?

.....  
.....  
.....  
.....



08. Write 04 harmful effects of natural disasters?

.....  
.....  
.....  
.....

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

.....  
.....  
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.....  
.....

10. What is abuse?

.....

11. Define 'coercion'?

.....  
.....

12. What are the acts of child abuse?

.....  
.....  
.....  
.....



13. Write 04 steps to prevent abuse and coercion?

.....

.....

.....

.....

14. Write 04 harmful effects of abuse?

.....

.....

.....

.....



15. Write 04 harmful effects of using narcotics?

.....

.....

.....

.....

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

.....

.....

.....

.....

16. Write the types of 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?

.....

.....

.....

.....



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

.....

.....

.....

.....

21. Write 04 skills needed to overcome environmental challenges?

.....

.....

.....

.....



# 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?

.....  
.....  
.....



## 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,

- .....
- .....
- .....
- .....



### 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,

- .....
- .....
- .....
- .....

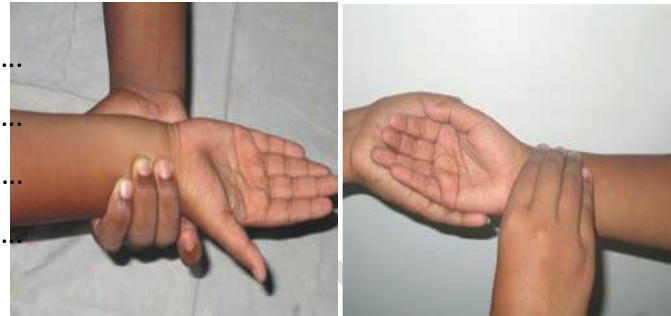




### C -Circulation

- 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,

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### 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.

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## 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 breathe 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.



➤ **Qualities of a person who provides first aid**

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➤ **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. Electrocutation**

- 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 include covering it with a thick cloth, spraying 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.



## 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 Health Worksheet 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....