

## Physical Education Grade 8 Tutorial1

1. Define physical education.
2. Give the advantages of physical education .
3. Define warming up.
4. What are the benefits of a good warm up?
5. Define cooling down.
6. What are the benefits of a good cooling down?
7. List types of stretching exercises.
8. What are the safety considerations to be taken during physical education classes?
9. What are the protective equipment to be used while playing football?
10. Name the protective equipment to be used in the games listed below:

GAMES	PROTECTIVE EQUIPMENT
Swimming	
Cricket	
Athletic activities	