Physical Education and Health

Class Seven



National Curriculum and Textbook Board, Bangladesh

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Physical Education and Health

Class Seven

Revised for the year 2026

National Curriculum and Textbook Board, Bangladesh

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Preface

The importance of formal education is diversified. The prime goal of modern education is not to impart knowledge only but to build a prosperous nation by developing skilled human resources. At the same time, education is the best means of developing a society free from superstitions and adhering to science and facts. To stand as a developed nation in the science and technology-driven world of the 21st century, we need to ensure quality education. A well-planned education is essential for enabling our new generation to face the challenges of the age and to motivate them with the strength of patriotism, values, and ethics. In this context, the government is determined to ensure education as per the demand of the age.

Education is the backbone of a nation and a curriculum provides the essence of formal education. Again, the most important tool for implementing a curriculum is the textbook. The National Curriculum 2012 has been adopted to achieve the goals of the National Education Policy 2010. In light of this, the National Curriculum and Textbook Board (NCTB) has been persistently working on developing, printing, and distributing quality textbooks. This organization also reviews and revises the curriculum, textbook, and assessment methods according to needs and realities.

Secondary education is a vital stage in our education system. This textbook is catered to the age, aptitude, and endless inquisitiveness of the students at this level, as well as to achieve the aims and objectives of the curriculum. It is believed that the book written and meticulously edited by experienced and skilled teachers and experts will be conducive to a joyful experience for the students. It is hoped that the book will play a significant role in promoting creative and aesthetic spirits among students along with subject knowledge and skills.

The subject "Physical Education and Health" has been developed based on the philosophy of sound health and a fresh mind. It is, basically, a practical-oriented subject. So it has been tried to co-orient between both the theoretical part and the practical part for learning practically and also for life-oriented and realistic education. The student will achieve a clear idea about their health care, knowledge of nutrition, personal security, and reproductive health. Learners will be conscious of the dreadfulness of drug addiction, and AIDS and thereby they will be free from all these. Besides, they will be able to develop themselves to be a healthy and active citizen by learning the rules and regulations of different kinds of physical exercises and games.

It may be mentioned here that due to the changing situation in 2024 and as per the needs, the textbook has been reviewed and revised for the academic year 2026. It is mentionable here that the last version of the textbook developed according to the curriculum 2012 has been taken as the basis. Meticulous attention has been paid to the textbook to make it more learner-friendly and error-free. However, any suggestions for further improvement of this book will be appreciated.

Finally, I would like to thank all of those who have contributed to the book as writers, editors, reviewers, illustrators and graphic designers.

October 2025

Professor Robiul Kabir Chowdhury
Chairman (Additional Charge)
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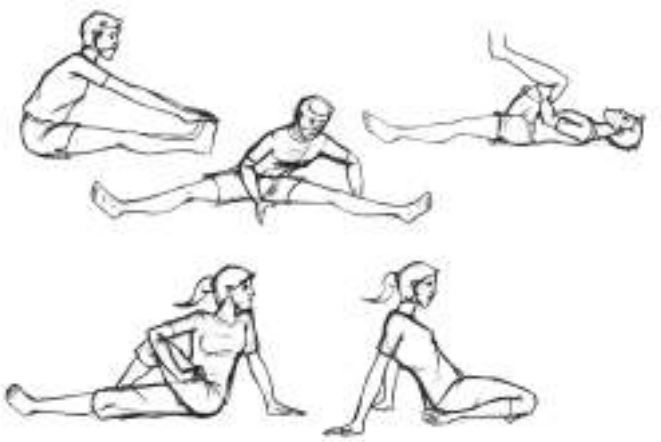
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Chapter One

Physical Exercise and Healthy Life

There is a close relationship between body and mind. Because of this relationship the mental, social and moral development of a person is connected to his physical development. Physical well-being, mental recreation, sense of discipline and ability to have leadership can be achived through physical exercise and sports. It is possible to lead a healthy life by developing physical and mental growth and achieving physical fitness.



Different types of physical exercise

At the end of this chapter, we will be able to:

1. describe the rules and regulations of daily assembly at the school maintaining the sequence.
2. describe the primary health care for healthy life.
3. analyse the impact of physical exercise for building a strong body structure.
4. explain the bad effects of excessive physical exercise.
5. describe the procedures of exercise with and without equipments.
6. be inspired to maintain regularity in day to day life.
7. practise brotochari dance.
8. exercise with equipments following the rules.

Lesson-1: The Rules to be Followed for Daily Assembly :

The students of the school will attend everyday gathering in front of the school or in open space of the school. They will stand according to their own houses or classes. The headmaster, class teacher, physical education teacher and the students conducting the assembly will take positions in their respective places. The students who are short in height, will stand in front and the taller ones will stand behind them gradually.

Sequential activities of Daily Assembly -

1. **Hoisting of national flag:** Everybody will be at 'attention' position during the hoisting of national flag. Nobody will move. The headmaster or a senior teacher will hoist the flag.
2. **Saluting the national flag:** When the conducting student of the assembly will announce, 'Show respect to the national flag', all the students will salute the flag by raising right hands to the forehead together. They will put down the hands together with the command of 'put down your hands'.
3. **Recitation from the holy scripture:** A student will recite a selected part from the holy scripture of his own religion. Other students will listen attentively. At this time, all the students will be 'stand at ease' position.
4. **Taking oath :** The students will be at 'attention position' at the time of taking oath . They will raise right hands up to the shoulder. The palms will remain opened, but the fingers will be joined together. A student will read the oath aloud and all the students will follow him reciting the oath. After the end of the oath taking, all the students will put down the hands together with the command of 'Put down the hands' .
5. **National anthem:** All the teachers and the students will be at 'attention position' and will sing the national anthem at chorus.
6. **The speech of the Head Master**: The headmaster or in his absence any senior teacher will deliver the concluding speech.
7. **Physical Exercise:** After the speech, physical teacher will command the students to take part in physical exercises only for five minutes. The exercise will be simple so that the uniforms of the students do not get dirty.
8. The students will go to their respective classes at the end of the assembly. They will follow their class teachers or class captains in a disciplined way.

Work -1: Demonstrate the positions of the teachers and students in a practical session in the field.

Lesson -2: Concept of Primary Health Care

In order to lead a healthy life, it is necessary to observe some essential health rules for maintaining personal health. These rules are related to primary health care. The knowledge acquired to maintain good health needs to be applied in the different fields of life to improve the standard of life. Besides, awareness is also to be built up to acquire good health. An individual person will have to follow the rules of health care if he intends to keep a good health. The rules related to primary health care are stated below –

1. **Physical cleanliness:** We should keep ourselves clean physically for preventing us from the attack of diseases. Germs find an easy way to enter the body if anyone remains unclean or dirty. Rules regarding the maintenance of cleanliness should be followed.

The rules are –

1.1 Taking bath regularly: Body becomes dirty during the participation in various physical activities, games and sports. Germs of diseases enter the body when it becomes dirty. In order to make the body clean, it is necessary to take bath regularly. It is good to use soap during bath so as to remove the dirt and offensive smell of sweating easily.

1.2 Cleaning teeth and mouth: Teeth and mouth should be cleaned properly after rising from sleep in the morning and after taking meal. If teeth are not brushed, the mouth smells bad and teeth are damaged as the food particles are stored at the gaps of teeth. Teeth should also be cleaned before going to bed at night.

1.3 Caring the hair: It is not only for beauty but for cleanliness also, proper care of hair should be taken. It is good to comb hair regularly after taking bath. This makes the root of hair strong. At least twice a week, the hair should be washed with shampoo or soap.

1.4 Paring nails: Finger nails should be pared when it grows a little. If nails are not pared, dirt gathers inside the nails and it enters the body during the time of taking meals. This causes various stomach diseases.

1.5 Cleaning hands: We hold things and work with hands. The hands become dirty. It is not desirable to take food with the dirty hands. Hands should be washed properly before and after taking food every time.

1.6 Defecation: It is good to defecate after leaving the bed in the morning. The pressure for defecation should never be suppressed. Fruits and vegetables should be included in daily diet chart. The intake of a lot of vegetables will remove constipation and will ease the defecation. An adult person should drink around 10/12 glasses of water everyday. Thus the impurities are washed away from the body with the sweating and urination.

2. Cleanliness of household: A good number of windows and doors should be fixed in a room so that adequate light and air can be passed through the room. The dwelling houses and its adjacent areas should be made clean always. The cemented floor of the room should be wiped and swept in every morning and evening. The unfinished floor should be smeared with liquid mud at regular intervals. If it is a building, necessary repair works are to be done regularly.

3. Consumption of food: In order to maintain our health, we need to take food daily in time. While taking the food in time, we are to follow certain health rules. These are –

3.1 Food should be taken at particular time.

3.2 Rotten and stale food must not be eaten. The food which can be digested easily, should be taken.

3.3 Food should be eaten slowly after proper chewing.

3.4 Required quantity of food should be taken. Overeating should be avoided.

3.5 It is to be habituated to take all types of food.

3.6 More vegetables should be preferred in the menu of the daily meal.

4. Dresses: Dress enhances the grace of body and it protects body from cold and heat during different seasons. It is good to dry away the washed clothes in the sun everyday. It is unhygienic to wear clothes smeared with sweating or use them for more than two or three days.

5. Sports and exercises: Playing games and exercises make the body healthy and strong. So, one should practice games and sports and take physical exercises everyday. But it should be kept in mind that excess of anything is not good. According to physical capability one has to play and take exercises. This practice of exercises will make the body fit and the organs will be strong.

6. Rest and sleep: The cells of the body start decaying and get weakened when physical labour and exercises are taken. Rest and sleep are necessary to bring back the cells in previous stage. A healthy person should sleep for 7 to 8 hours a day. In this way the cells become reinvigorated and the cells of the brain are compensated for the loss of energy.

7. Habits : Man is the slave of habit. But there are some habits which must be given up by us. It takes time to rectify the bad habits. So, one should remain alert that one will not be accustomed to bad habits. In order to build good habits, the principles stated below should be followed:

7.1 not to remain awaken at night for long

7.2 not to sleep even after the sunrise

7.3 to eat moderate healthy food in time

7.4 not to defecate here and there

7.5 not to waste time unnecessarily

Work – 1: Make a list of the works to be done for maintaining physical cleanliness of the body.

Lesson -3: The Impact of Exercise in Physical Fitness

The regular movement of the organs of the body for maintaining physical and mental health is known as exercise. Exercise makes the body and mind strong and keeps one self-disciplined. As a result, strength and endurance increase. Heart becomes strong. Power of digestion and immunity are improved. It is necessary to select the exercise as per strength and capability of the body. Moderate exercise is helpful for the development of the body. There should not be any haste during exercise. Intermission is required while one is engaged in exercise. This rest in between the exercises adds new strength for doing more exercises. Irregular and untimely exercise is not desirable. Balanced programme of physical training is necessary for harmonious growth of children's organs. The growth of bones, muscles and other important organs take place by practicing moderate exercise. The programme of exercise will be gradually harder from the simple one for the older people. In this way, the continuity of the practices of exercise should be maintained. There will be no long intervals in the practice of physical exercises. In order to perform the exercises, the serial should be maintained for different limbs of the body. For example, the exercise will be started from the upper portion of the body and it will go down gradually. For a healthy life physical exercise is indispensable. Physical exercise, games and sports are more important especially for the students. Because the physique of the students develops rapidly at this stage. As a result the structure of the body and the limbs become firm.

Work – 1: Describe the role of physical exercise for maintaining proper physical fitness.

Lesson - 4: Bad Effects of Excessive Physical Exercise

There is a limitation of performing all the activities during our life. Any excess out of this limitation is not good. As for example, taking too much food is harmful for health. Similarly, excessive physical exercise is also harmful for health. Further, to perform physical exercise at any time is not proper. One should take physical exercise in a fixed time either in the morning or in the evening. It is also harmful for health to take exercise immediately after taking food. The exercise should be selected according to age and sex such as:

1. It will be injurious rather than the development of the limbs of the children's body if they practice the exercise of lifting heavy objects.
2. The children will get tired if the exercise continues for more than 30 to 40 minutes.
3. If the exercises are taken inconsistently such as starting the exercise from hands, then lying flat and further increasing power and strength etc. will not be congenial to health. Rather it will be harmful for the body.
4. Physical exercise must be avoided with full stomach. If it is done immediately after taking food, abdominal pain and vomiting may occur.
5. The body may become fatigued if the exercise is done without break.
6. The body should be warmed up before doing any exercise, otherwise there may be muscle pull and accidents may occur.
7. At first, the exercises should be started with the easy ones and gradually it should be harder. Otherwise the inner parts of the body will get tired.
8. The exercise should not be done with empty stomach in the morning. The exercise with empty stomach may lead to vomiting and pain in abdomen.

So, one should select the proper exercise considering the effects of excessive exercises as mentioned above. By keeping in mind these principles of exercises, the desired physical fitness can be achieved.

Work – 1: Prepare a list as to when and how to perform physical exercises.

Work – 2: Write down the bad effects of excessive exercises and discuss it in groups.

Lesson 5: Physical Exercise without Equipments

Many of us have got an idea that exercises cannot be performed without equipments. This concept is not correct. Various kinds of exercises can be performed without equipments. The exercise without equipments is called 'Free Hand Exercise'. Jumping, running, rolling, headstands, PT etc. are included among the exercises without equipments. Few examples of such exercises are given below:

1. Breathing: Breathing is essentially required for taking part in games and sports. Success cannot be achieved in games and sports without proper breathing and physical tolerance. If there is no power in breathing, there will be no energy in body. As a result, no games can be practiced properly. For example, if we walk or run inconsistently the breathing power does not increase. For increasing the breathing power, the physical exercises stated below should be practiced.

1.1 To run for one hour slowly without any break.

1.2 To walk fast at a stretch will help to increase the power of breathing.

1.3 To run on an uneven field will increase the breathing power. But the duration of running should be fixed considering age and capability of the players.

1.4 In this way, the breathing power of the players will be increased through various types of exercises.

2. The exercise of wrist and waist: The power of wrist is more needed for the games which are played with hands, such as tennis, table tennis, badminton, cricket, hockey etc. The cricket ball can be sent to any direction by the twist of the wrist immediately after the ball touches the cricket bat. During the badminton game, the smashing becomes successful if the wrist becomes powerful. The exercise of wrist can be done by moving the hands to different directions. The push up exercise increases the power of wrist. The lifting up and down of the body through these push up exercises makes the hand strong. The chin up and push up also help to increase the power of wrist. For doing the exercises of waist, the body has to be moved in different ways i.e to the right and to the left direction. The strength of waist increases by lifting the body up and down carrying somebody on back. In this way through different kinds of exercises, the power of wrist and waist increases.

3. Exercise by sitting with folded elbow: One will sit by keeping the legs straightened forward on the ground. Two hands will lay at the two sides of the

body on the ground. After that the body will be lifted upwards and downwards putting the weight of the body on the hands. At this time, two legs will be joined together and will remain straight.

Work – 1: What do you understand by the exercises without equipments? Explain.
Work – 2: Demonstrate two of these exercises without equipments.

Lesson – 6: Exercise with Equipments

The exercise which is done with equipment is called exercise with equipment. Equipments can be of many types. But the equipments of exercise are different from those of sports. They are skipping rope, Roman ring , frisbee etc.

6.1 Skipping: The exercise which is done with the help of skipping rope is called skipping. Skipping can be done in many ways.

a) 8 to10 students will run forward and come back in one line continuing the skipping.

b) Skipping can be done in a standing position. Every student will skipping for five minutes standing in their own positions.

c) Six skipping ropes with a gap of 10 feet each will be held by six pair of students. The first rope will be held at the height of 2 feet, the next one at the height of 3 feet. In this way, the skipping ropes will be held. The students will stand in a file. They will cross the ropes by running one after another. The first one will cross by jumping over the rope. The second one will pass under the next rope. In this way the ropes should be crossed by the students continuously without any pause.

The student crossing the skipping ropes in a shorter time will be applauded.This exercise will help increasing the flexibility of the body.

6.2 Roman ring: Two rings will remain hung with two long ropes. This is called Roman ring. Various types of exercises can be done holding this ring. In the rural schools, the Roman ring can be fixed with locally available materials. Two bamboo poles are to be fixed on the ground at a distance of 6 feet with a crossbar in between these two poles. Two iron rings with long ropes are to be hung from the crossbar. The height of the ring will be 5-6 feet from the ground.

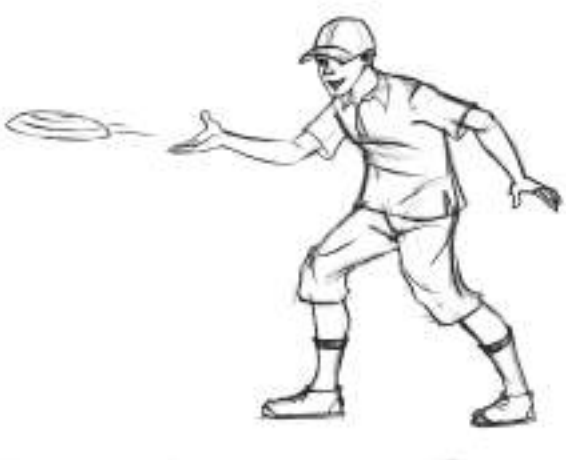
Techniques of the exercise in the roman ring-

a) The students will hold the rings with two hands and swing in different manners .

b) After holding the ring, the body will be raised and the legs will be straightened forward to make the body a 'L' position.

c) After holding the ring tightly, the legs will go upward in a vertical position. The head will go down making a hand stand position

6.3 Frisbee: It is a round disk of synthetic plastic like a plate. Since it is made of rubber it is light in weight. The children enjoy this game a lot. One will throw it away to a distance and other one will catch it before falling on the ground and throw away again from his end. In this way two to four students can play frisbee by throwing the disc to one another. This game of throwing the disc is called frisbee. The power of wrist is increased through this game.



frisbee

Lesson - 7: *Brotochari* Dance

With a view to building a beautiful body through different kinds of physical training and mental recreation, folk dances based on certain folk tales of any region are introduced. These dances depict the cast-creeds , customs of that regions . As a result students get a lot of recreation and on the other hand they get acquainted with the cultures of different areas. Thus the folkdances which are performed with the folksongs of different regions, are termed as *brotochari* dance. Some Brotochari dances are (i) Stick dance (ii) Jhumoor dance (iii) Lari dance.

The Jhumoor dance is one kind of the Brotochari dances. The style and techniques of Jhumoor dance are described below -

The *Jhumoor* dance

Techniques of *Jhumoor* Dance-

a) The students will stand in two lines. In one line, the number of students will be more than the other. The smaller one will stand at the left side of the bigger one.

b) On having the first signal, all of the students will take a small jump and will stand closing the feet together and keeping two hands at the waist with the eyesight in front.

c) On the second signal, the two lines will move continuously forward making two circles to their left. The smaller circle will be inside the bigger one.

d) After the third signal, students will stop moving and will stand in a circle belong each other. While taking their own position, they will start marking the time on the spot following the rhythm of the drum. They will make a distance between them spreading their two hands sideways.

e) On having the fourth signal, they will stop the movement of the feet and at the same time two hands will come close at the sides of the body.

f) On the fifth signal, they will take steps from one to seven to the left side of the circle with two hands on their waist. On counting the numbers of one-two-three, the two hands will come forward and will go down. In this way, the exercise will be done.

g) Immediately after the sixth signal, the left hand will come round the left side of the head and will take one to seven steps. On counting the numbers again, the hands will come down.

h) On having the seventh signal, the right hand will come round the right side of the head and will take one to seven steps. At every time, the hands will come down with the counting of numbers of one-two-three.

i) On the last signal (i.e. eighth), two hands will come over the head and one to seven steps are to be taken. In this way, the dance will continue with the rhythmic beating of the drum.

Song of the *Jhumoor* Dance

Aga dale bosha kokil
Majh dale bashare-
Bhangilo birihir dal
Jibone nei asha re.
Okale pushilam pakhi
Ghirto modhu diare-
Shukale palailen pakhi
darun shel diare.
Okale pushilam pakhi
Khud kura diare-
Shukale palailen pakhi
Darun shel diare.

The musical note of *madal* for *Jhumoor* dance.

Dhatin tatak tindha dhatin dhatin tatak thi
Dhatin tatak tindha dhatin dhatin tatak thi
Dhatin tatak tindha dhatin thi, thi, thi

Work – 1: How many exercises can be practiced with skipping rope? Demonstrate them one by one.

Work – 2: What is frisbee? Show the techniques of frisbee

Lesson – 8: Educational Gymnastics

Though modern gymnastics was introduced in Germany, its goal was only to build strong body. Harmonious development of body and mind was the main aim of modern gymnastics and this development is made through physical exercises which are called educational gymnastics.

The Aims of This Gymnastics are as Follows:

1. Children can acquire physical, mental and social qualities gradually by practicing educational gymnastics.
2. The moral qualities of the children are taught invariably in schools.
3. As the exercises of educational gymnastics are taken considering age, sex, capability and mental temperament of the students, its impact is observed in practical life.

A few examples of educational gymnastics are given below:

a. Front roll : Sit down by folding knees and keeping the body weight on the feet and two palms. Then raise your waist and roll forward placing the shoulder and head through two hands. After that stand straight immediately on your feet. Make sure that the head will not touch ground or mat. Only the neck and the back portion of the head will be in touch with the mat.



Front roll

b. **Back roll:** Stand straight keeping your body back towards the mat. Then bring your body down gradually and at the very moment your hip touches the ground or mat, put your two palms on two sides of mat straight along with your shoulders and roll backwards. To lift the upper part of the body from the waist push the ground with the palms. When the feet touches the ground, stand erect.



Back roll

c. **Side roll:** Like front roll, stand at one end of the mat. Bend the body on one side by putting weight on the shoulder and turn the body. At the time of turning, place one hand on the mat and bring the legs close to your head so that you do not get hurt. Now roll on your shoulder on one side and stand up.

Work – 1: What do you mean by educational gymnastics? Describe.

Work – 2: Demonstrate the techniques of front roll.

Exercise

Multiple Choice Questions

1. How many hours does a healthy man need to sleep every day?

a.2 to 3 b. 7 to 8

c. 8 to 10 d. 10 to 12

2. The body cells lose their ability to work because of -

a. playing football b. driving a car c. listening to music sitting in a car

Which one is correct?

a. i & ii b. 1 & iii

c. ii & iii d. i, ii, & iii

Read the following stem and answer questions 3 and 4

Waking up from sleep Raju went out to the playground with his football. But finding none in the ground, he ran alone for an hour ceaselessly. Afterwards, he returned home and got himself washed. He then had his breakfast.

3. What type of exercise did Raju take?

a. moderate exercise b. irregular exercise

c. systematic excrcise d. exercise without equiqment

4. Which of the following may occur to Raju if he takes this exercise regularly with equipment?

a.Good habits will be developed b. Heart will get fresh

c. Digestion power will increase d. Organs will be damaged

5. The purpose of wearing time befitting dress for the body is to have -

a. comfort b. weather suiting c. germ free

Which is correct?

a. i & ii b. i & iii

c. ii & iii d. i, ii, & iii

6. How long should a child take physical exercise?

a. 10 miniutes b. 20 miniutes
c. 25 miniutes d. 35 miniutes

7. Which one is physical exercise without equipment?

a. skipping rope b. frisbee
c. head stand d. Roman ring

8. Which of the following exercise helps increase the power of the wrist?


a.


b.


c.


d.

9. In which of the following games shown in picture (a) can competence be achieved?

a. hand ball b. volleyball
c. cricket d. basketball

10. Which problem may occur if exercise is done without warm up?

a. the growth of limbs and organs may be hampered
b. one may feel fatigued
c. muscle pull may happen
d. internal organs may be inactive

Chapter Two

Scouting and Girl Guiding

Scouting and Girl Guiding is a non-political and social service oriented youth movement. Lieutenant General Robert Stephenson Smith Lord Baden Powell of the then British army introduced scouting in educational institutions in 1907 and in 1910 he introduced the idea of Girl Guiding. Before starting the activities of scouting in the educational institutions, he published some books or booklets considering the demant of the boys and girls who can take part in scouting according to their age groups. He introduced 'Scouting for boys' for scouts and 'Girl Guiding', 'The Blue Bird Book', for girl guides movement in 1908. The activities of scouting and girl guiding are also introduced in Bangladesh keeping consistency with the international scout movement. The activities of scouting and girl guiding started in Bangladesh in 1972 after the independence of the country through liberation war. As a supporting force, the scouting and girl guiding activities help to acquire the qualities to serve distressed humanity, to develop moral and ethical values, physical and mental development, religious tolerance etc. Bangladesh has in the meantime been able to draw attention of all concerned as a proud partner of this global initiative.



Scout and Girl Guide

At the end of this chapter, we will be able to-

1. explain the other programmes of scouting and girl guiding along with achieving different badges as recognition of the scouting activities.
2. be motivated to lead a disciplined life by performing the activities of scouting and girl guiding.

3. the application of first aid and have take the necessary steps in time.

4. apply the primary care of first aid in time of accidents, occurred in daily life.

Lesson - 1: The Brief History and Programme of Scouting and Girl Guiding

Lord Baden Powell was the founder of the scouting movement. He was born in 1857 in England. He spread this movement all over the world observing the development of qualities amongst the English boys in building their character through scouting activities. World Scout Association was formed in 1920. The head office of the World Scout Association is situated in Geneva, the capital of Switzerland. Scout is a universal non-political and social service oriented youth movement. The aim of scout movement is to transform a scout into an ideal human being through the development of his character.

Scouting programmes make a boy self-reliant and inspire him to build a beautiful life. After the partition of India, East Bengal Scout Association was formed in 1948 in Dhaka. On the 9th April of 1972, the scout movement of this country took a new shape after Bangladesh got independence and Bangladesh Boy Scout Association was formed in a general meeting of the scout leaders of the country. World Scout Association recognized Bangladesh Boy Scout Association on the 1st June, 1974 as 105th member in its World Scout Conference. At the fifth council meeting on the 18th June of 1978 Bangladesh Boy Scout Association was re-named as Bangladesh Scout. Its head office is at Kakrail, Dhaka, the capital of Bangladesh. The National Training Centre is situated at Mouchak near the district town of Gazipur.

Robert Stephenson Smith Lord Baden Powell was also the founder of Girl Guide. He introduced a separate programme for the girls and named it guiding. After that he gave the responsibility to his sister Agnes to lead this movement forward. Agnes made this movement popular by bearing her responsibility properly.

The guiding helps the girls

a) develop their personality.

b) increase sense of social consciousness.

c) teach how to become responsible citizen.

d) teach how to render service to the community.

e) make friendship with the World Youth Community of different countries.

After the independence of Bangladesh, the National Assembly passed an act in 1972, recognizing the Girl Guide Association as a national organization. In 1973, this organization got the full membership of the World Girl Guide Association. The head office of Bangladesh Girl Guide Association is situated at Baily road in Dhaka.

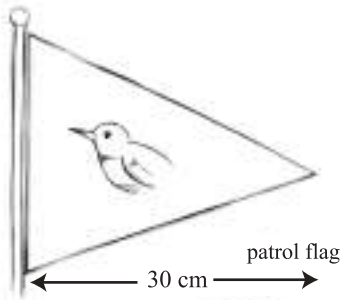
Work – 1: Explain the concept of Scouts and Girl Guide.

Lesson-2 : The Subgrouping (Patrol) and Badge System

All the activities of scouts and guides are conducted in subgrouping (Patrol) system. In this system, a subgroup is formed with 6-8 scouts and guides. In order to conduct the functions of the subgroup smoothly, a skilled, experienced and capable scout or guide is selected from each group to work as a group leader. He / she also carries the group flag and provides appropriate service to the members of his or her subgroup. Other members of the subgroups also have their own responsibilities. Each subgroup has separate name, symbol, code word, and place(es) for conducting activities. Group members know each other's name for the smooth functioning of group activities. Usually the names of other members are written in a note book to remember the names easily.

Subgrouping is the most effective way to raise awareness among children. Lord Baden Powell introduced this first in India. Later that spread among other scout and guide groups in the world. The main objective of the sub grouping is to raise children's awareness about their duties and responsibilities. This helps boys and girls realize that they have certain roles to develop their groups. Each scout and guide can share their opinions with their company through this system. They can also implement their plans or run activities according to the strengths of their subgroup (patrol). It makes them aware of their duties towards own family, society and enhances their self-confidence.

The patrol flag: The patrol flag is triangular in shape with white background. In the middle of the flag, a face of an animal or bird that is fixed for their subgroup is drawn. The pole of the patrol flag is of the same lengths of the scout-stick. The flag is 30 cm x 20 cm in size.



Description of a tenderfoot badge: This badge has four colours– green, yellow, red and white.

Green: Green is the color of our national flag. It also resembles the nature around. This color stands for enthusiasm and liveliness of the young age.



Tenderfoot badge

Yellow: Yellow resembles the golden fibre of Bangladesh.

Red: Red symbolizes the sun of independence that we have earned through a bloody struggle.

The four white sepals: They symbolize the four principles of Baden Powell. They are intelligence, practical work, healthiness and service. White also stands for sacredness and brotherhood. It is believed that the guides will be fresh and sacred and they will be guided by sisterly spirits.

The three leaves: The three yellow petals stand for the three promises of the guides.

The stem: The stem stands for unity. It reminds the scouts and guides to work together.

The waves: The waves stand for affection, sympathy and love.

If clipping a badge in the sharee is problematic, it can be worn at the left collar of the blouse.

No other badge can be used on this (tenderfoot badge), since this badge is earned through enough efforts. Other badges can be used at the bottom of this badge. Tenderfoot badge is called promise badge.

This badge can be worn only after passing the tenderfoot examination and being sworn in. This can be used when one is in full uniform. It is used at the left side of the uniform. However, if anyone wears a tie, it can be used in the middle of the tie.

a) Badges of skills and badges of guide efficiency

The badges of skills are offered as rewards for the skills earned for specific work following specific curriculum. The badges of skills are of four kinds– (i) Membership badge (ii) Standard badge (iii) Progress badge (iv) Service badge.

(1) Membership badge is worn by stitching it in the middle of the left pocket of the scout shirt.

(2) Standard badge is worn by stitching it on the folding of left sleeve in between the shoulder and elbow.

(3) Progress badge is used at the place of the standard badge.

(4) Service badge can be used at the place of progress badge by replacing the latter and stitching it at the same point.

Badges that show skills of the guides

1. Cooking	2. House assisting	3. First aids	4. Gardening
5. Health symbols	6. Home management	7. Guest service	8. Knitting
9. Laundering	10. Crafts	11. Poultry	12. Nurse
13. Sewing	14. Agriculture	15. Sanitation	16. Oral rehydration therapy (ORT)

b) Efficiency badge: Efficiency badges are recognitions for efficiency in different aspects. There are 126 efficiency badges in 13 groups including 3 special badge groups. Efficiency badges are worn stitching on the folding of right sleeve in between the shoulder and elbow of the scout shirt.

Work 1: Teacher will ask students to make a poster presentation of the names of different badges.

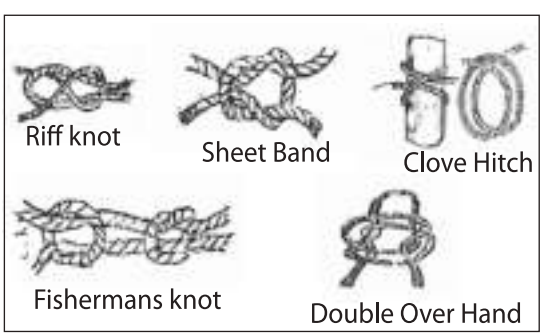
Work 2: Demonstrate how badges are worn.

Lesson 3 : Pioneering, Lashing and Tenderfoot Tnot

A) **Pioneering :** During the time of hiking when scouts and girl guides stay in tents, they have to know and practice different knots of ropes. This is known as pioneering. This includes:

1) Knowing the names of different parts of ropes and identifying them

2) Being able to do the following knots and demonstrate their right uses. The knots are- bowline on the bite, cat's paw, double sheet bend, slippery sheet bend, fireman chair knot etc.



Tenderfoot knot

3) Being able to make a flag stand by knotting four sticks properly

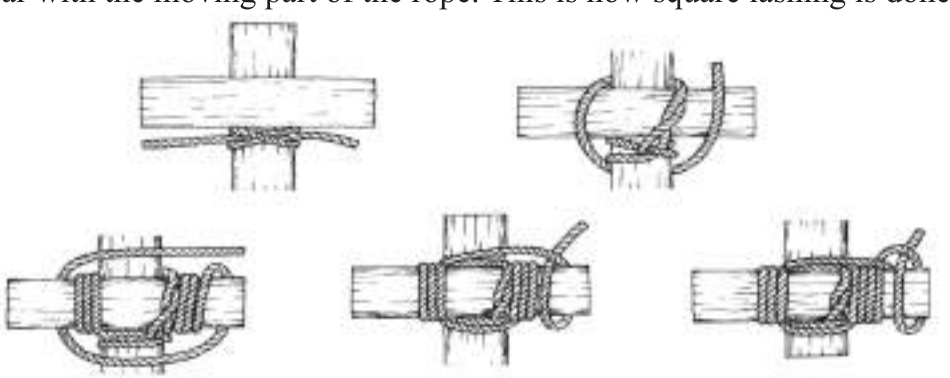
4) Being able to make a sheer leg by appropriate knots

Gadget: The arrangement made with the branches of any tree or bamboos for arranging utensils is called gadget.

B) Lashing: The method of tying two or three pieces of bamboos or woods together with rope is called lashing. Usually lashing is used to construct a make-shift path way over a canal, house and platform to support a tree. Though there are many kinds of lashing at the primary stage in scouting only four kinds of lashing are needed. They are-

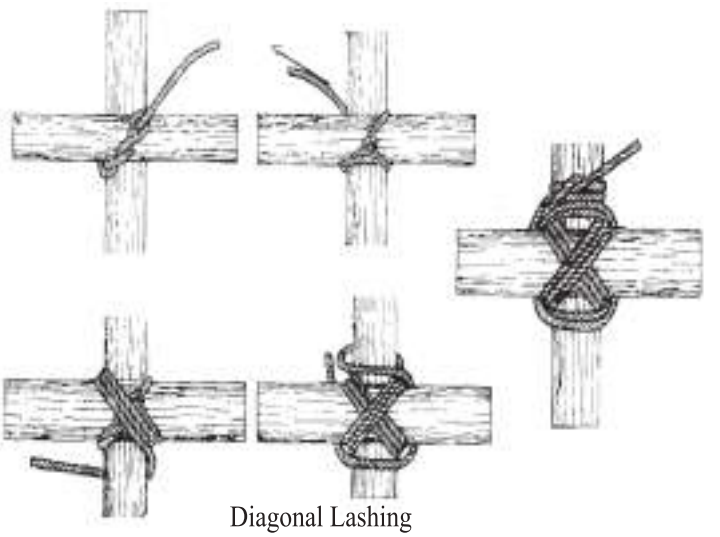
1. Square Lashing
2. Diagonal Lashing
3. Pole and sheer lashing
4. Figure of Eight Lashing.

Square Lashing: When two pieces of bamboo are placed one over another cross wise and it is twisted with rope firmly, it is called square lashing. The bamboo which is set erect on the ground is called the pole and a piece of bamboo which is placed over it cross wise is called the bar. Now a fish hook knot is to be given on the place where the pole and bar meet. The moving part of the rope will be kept over the bar with a twist from behind the pole. In this way with the moving part of the rope, the pole and bar will be twisted around for 8/10 times. During this action, the rope should be under the pole. At first the two tanglings are given, on the upper part, the next ones should be given well in between those two so that gradually there remains no gap between the poles. When the pole and the bar have been tangled for 8/10 times, the moving part of the rope will be tangled firmly with the rope between the gap of the pole and the bar at least for 3/4 times. This tangling is called frapping. The stronger the frapping is, the stronger the lashing will be. After the frapping, lashing will be finished by giving fish hook knot at the bar with the moving part of the rope. This is how square lashing is done.



Square Lashing

Diagonal lashing: A pole is to be placed on another in a diagonal position or like the sign of multiplication (x). After placing the poles as stated above, the bamboo pieces should be brought together and a log pulling knot is to be given. Then the direction of the moving part of the rope should be changed. After changing the direction from outside, two poles would be twined together for 5/7 times.



Diagonal Lashing

After doing this from the side where it has been tangled first and from the opposite side two poles should be twined together for 5/7 times as before. In this way when tangling is done from two sides, the part of the rope which is now at the middle of the pole, should be tangled with the moving part of the rope at least for 3/4 times. The harder the tangles, the stronger the lashing will be. After the frapping, the lashing should be finished with a fish hook knot with the moving part of the rope. This is how a diagonal lashing is tied.

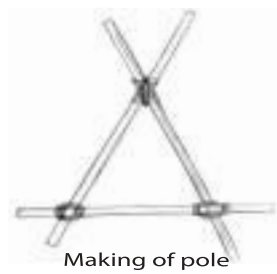
Work -1: Show the tying of Square Lashing and Diagonal Lashing practically.

Lesson–4: Pole and Sheer Lashing and Figure of Eight Lashing

Pole and Sheer Lashing: Pole and sheer lashing is called only sheer lashing by many. The tangle which is to tie two pieces of bamboo or wood, is called pole and sheer lashing. This lashing is used to tie two poles together to be used as legs or to increase its length by tying one bamboo or pole together. When two pieces of bamboo poles are tied together at their upper ends together to be used as legs this is called sheer leg lashing. When one bamboo or pole is tied with another one to increase the length it is called 'pole'. Basically same lashing is used to make sheer leg and pole, though there is

difference, for example, frapping is required to make sheer leg. Frapping is not required to make pole. How the pole and sheer leg are prepared is given below separately.

Making of pole: Two poles are kept together in parallel position. At the height of 20 cm of the upper end of a pole, the lower part of another pole is to be placed. Then the poles which are set side by side, where they meet together, at the height of 4/5 cm, a fish hook knot is to be given. At the upper end, they are to be put together and with the remaining portion of the rope is to be tangled with the loose end of the rope. Then with the moving part of the rope, two poles are to be tangled from the bottom to the upward position. There will be tangling for 8/10 times. After doing that, lashing would be finished when the two poles are tied together with a fish hook knot. It will be better if the lashing is given separately, where two poles meet together, and the tie becomes very strong. So there will be no possibility of slanting of the poles to any direction. This is how pole lashing is done given for making pole.


Making of pole

Making of sheer leg: Two ends of two pieces of bamboo or poles are kept together in parallel position. They are tied together with the fixed end of the rope giving a fish hook knot. After that the excess of the remaining part of the rope will be tangled. Now with the moving part of the rope, two poles are to be tangled together following the direction of the moving part of the rope. It should be noticed that during the tangling, one rope will be attached to the other. One rope will not go upon another.This tangling should be done for 8/10 times. After that the part of the rope between two poles would be tangled with the moving part of the rope at least 4/5 times. This is called frapping. The harder the frapping is the stronger the lashing is. After the frapping, the lashing should be finished with the fish hook knot at the pole it was started with. This is how sheer leg is done.

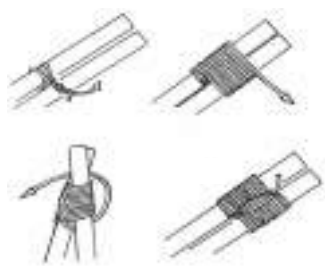

Sheer leg

Figure of eight lashing: The lower parts of the three poles would be placed in a parallel line. They will be placed side by side and very close to each other.

Any two poles will be tied together with fish hook knot so that the uppermost

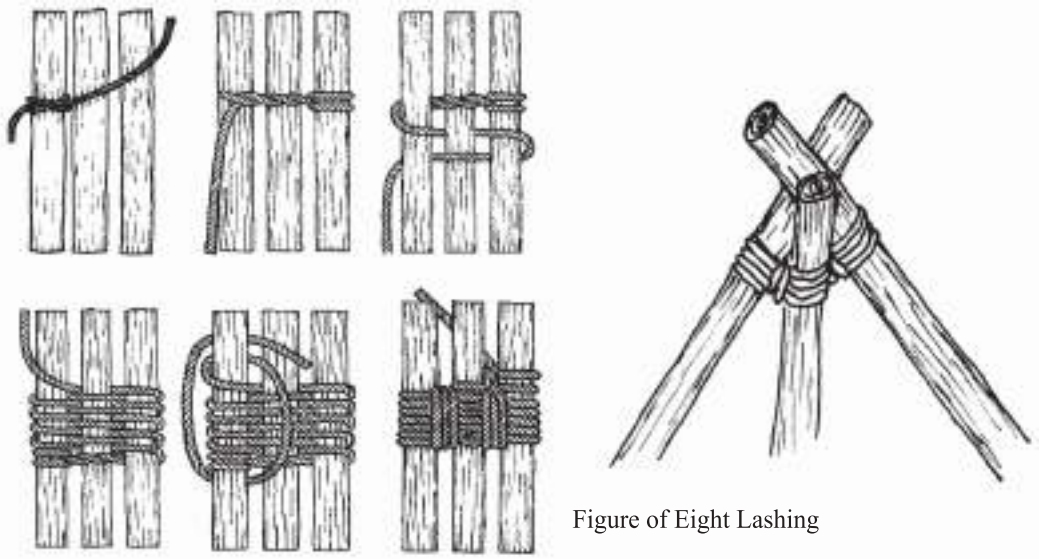


Figure of Eight Lashing

portion will be over the pole after that the excess remaining part of the rope will be taken from bottom by tangling with the moving part of the rope, at least for 5/7 times. Then the pole with which fish hook knot is given first with the rope which is in the middle part of the pole, should be twined together at least for 3/4 times with the moving part of the rope. Next the part of the rope which is in between the two poles is to be twined as before. In this way, tangling of ropes putting one over the other is called frapping. The harder the frapping is the stronger the lashing will be. After frapping, lashing would be completed with fish hook knot. Eight Lashing is used to make a tripod binding three poles or bamboos together.

Work - 1: Demonstrate the making of Pole and Sheer Lashing and Figure of Eight Lashing practically in classroom.

Lesson - 5: First Aid

You have got an idea about first aid in class VI. First aid is a part of medical science. First aid is the primary medical help given to sick persons instantly or to those who fall in accident suddenly. It is usually provided before the doctor comes so that the condition of the patient is not deteriorated or complicated. That is, the measure taken to provide the primary nursing and the arrangement of temporary treatment to such sudden accident. All these primary arrangements are called first aid.

Bleeding: Blood is a liquid substance. Its colour is red. For the presence of colouring agent named hemoglobin, the blood looks red. When wound is caused in a body due to any shock or cut, blood comes out from the body, that is called bleeding. Bleeding may cause for many ways, for example-

1. **Bleeding from mouth:** If bleeding occurs from any part of the mouth, one should suck ice. This will help stopping the bleeding. Then the patient should take rest for moments.
2. **Bleeding from nose:** If bleeding occurs from nose due to any hit, the patient is to lie down on the back. He is to be seated with his head tilted backward at once. The clothings are to be loosened. Cold compress is to be applied on the upper part of the nose and at the back of the neck. The breathing will be done through mouth. Even after the bleeding is stopped, cotton gauze is to be kept inside the nostrils for some more time.

3. **Bleeding from any other part of the body:** If any other part of the body is cut, the place of cut is to be pressed for sometime with clean hand. When the bleeding is stopped, it should be bandaged. Generally, the bleeding occurs from three sources, for example-

   a) Capillary –Blood comes out in a flow continuously.

   b) Vein–Blood comes out profusely.

   c) Artery– Blood comes out in a sudden spurt.

Most of the bleeding in accidents occurs from capillary tubes.

Primary treatment in case of bleeding:

1. The patient should be transferred to such a place where he may sit and lie down. If we do this, bleeding slows down automatically.
2. If the wounded part of the body is raised above the level of heart, bleeding will noticeably slow down.
3. In case of small cut, blood will be coagulated and the bleeding is stopped automatically.
4. Bleeding is stopped very often if the wound is pressed by thumb.
5. The movement of the wounded part of the body should be stopped.
6. Ice should be put on the wound.
7. Direct and indirect pressure should be given to stop the bleeding.

8. The wound should be bandaged with clean cloth or cotton gauze.
9. The patient should be sent to a doctor or to a hospital as soon as possible.
10. If the bleeding is severe, tourniquet should be used. Tourniquet means making the primary fastening strong by entwisting gradually. Firstly the wound is to be bandaged loosely. Then the bandage will be tightened by entering a stick or a wood pencil inside the bandage for entwisting it slowly. Then the bleeding will be stopped.

Electric shock: Now a days electricity has been provided in urban and sub-urban areas and even in the rural households. Due to unplanned and unauthorized connection of electricity in many places accidents may occur at any time. There are two types of electric current – AC and DC. AC current attracts whereas DC current pushes away only. So AC current is very dangerous. If electric current comes in contact with wet cloth or a live tree accident occurs. There is possibility of being electrified if somebody touches these electrified objects.

In case of electrifying: If somebody comes in contact with electric wire, or if somebody is electrified, the main switch is to be turned off at once. If it is not possible the electrified person should be detached by pushing away with the help of a dry piece of wood. If wood is not available then pushes the electrified person by covering hands with a dry cloth. Accident may occur if the electrified person is touched with hands. Water should not be poured down upon the person. If the breathing stops, effort for artificial respiration is to be started. Soon a doctor should be called in.

Sprain: The ligaments of the joints of the bones may be sprained or displaced during movement. As a result, the surrounding tissues are torn out and severe pain is felt. This is called sprain. It is natural to get hurt or sprained sometimes during physical exercise, playing or other activities. The medical treatment is required for these accidents. But sometimes the medical service is not available immediately. So the wounded person needs first aid.

Symptoms:

1. Pain will be felt at the injured part.
2. The joints will be swelled up.
3. The colour of the sprained part will be turned red or blue.
4. The normal movement should be stopped and if there is movement, the pain will increase in the sprained part.

First Aid:

1. Ice or cold compress should immediately be applied at the place of wound.
2. The wounded area must not be moved.
3. The sprained part of the body should be given rest and comfort as much as possible.
4. The sprained part should be plastered.
5. The bandage should be kept wet always. If possible, ice is to be applied.
6. The patient should be laid down comfortably if the muscles get sprained.
7. The patient should be sent to a doctor or hospital as soon as possible.

Biting or stinging: One should be careful about the biting of different animals or insects. There is germ of hydrophobia in saliva of a mad dog. Dogs, wolves, foxes, mongooses and moles – all these animals are carrier of the germs of hydrophobia. After the biting the wounded place will be washed out immediately with carbolic soap or water. The affected person should be sent to hospital soon. The claws of cat are very sharp. Cats carry the germs of diphtheria. The biting or stinging of scorpions, bees and hornets is very dangerous. These insects penetrates venom from their poison sack by stinging. Sometimes the sting remains inside the place of biting. In this case the sting should be taken out giving pressure around the wound. In case of snake biting, the place on the biting should be tied with cloth or rope tightly. As a result the circulation of blood would be stopped and poison cannot be spread out. The blood should be drained out after cutting the wounded place a bit deep (1/2 cm) with a sharp blade. The binding cannot be kept more than 30 minutes, unless the circulation of blood may be stopped. As a result, gangrene may occur at the lower part. The patient should be sent to hospital as soon as possible.

Something falling into the eyes: Eye is the invaluable asset of human body. Different kinds of accidents may occur in the eyes. Dust, chemical substance or any other object can affect the eyes. If something enters the eyes like the above –

1. Eyes cannot be rubbed off.
2. The spurt of water should be applied in the eyes.
3. The patient is to be seated facing the light. Then the eyes would be observed thoroughly opening the eye lids lightly. If there is anything inside the eye, it should be taken out gently with the corner of a wet handkerchief in a light hand.

4. If any chemical substance falls in the eyes, they will be washed away with milk.
5. If the eyes are affected, the patient should be sent to a doctor or hospital as soon as possible.

Something entering into the ears: If insects enter the ears, small quantity of mustard oil or olive oil can be poured down into the ears. Then the insects may die or come out. Apart from that if any object like small marble enters, the patient should be sent to a doctor or to hospital soon without any movement.

The things to do in case of unconsciousness: If there is any functional disorder in the nervous system of human body, the unconsciousness may occur. This stage is called unconsciousness. The patient becomes unconscious due to different causes such as – disease, accident, taking poison and difference of temperature.

1. The patient is to be taken in an open and airy space.
2. The clothes, shoes, socks, artificial teeth should be taken off.
3. The patient is to be laid down on his back and the action is to be taken accordingly observing him carefully.
4. Unnecessary crowd should be removed.
5. If there is any bleeding, it is to be stopped.
6. No stimulating drink or food would be given.
7. If the unconsciousness is caused due to taking poison, the patient should be laid down with the face downward and placing a pillow under his chest. The legs of the patient should be folded from the knees to upward.
8. The spurt of water should be applied on the face of the patient for regaining consciousness. Hot tea or coffee should be given to drink.
9. The patient should be sent to a doctor as soon as possible.

Work 1: Mention the names of some accidents which may occur at home, away from home, or in the play-ground.

Work 2: To describe how the first aid is given if bleeding occurs from somebody's nose due to any hit in the play-ground.

Work 3: Fill in the table below giving the information of the accidents of any of your family members in the last three months. (Group work)

Family members	Types of accident
1. Mother	
2. Father	
3. Sister	
4. Brother	
5. Domestic worker	

Exercise

Multiple Choice Question

1. 'The Blue Bird Book' is written for whom?
   a. Yellow bird b. Girl guide
   c. Boys scout d. Rover scout
2. Where is the headquarters of World Scout located?
   a. London b. Geneva
   c. Dhaka d. New Delhi
3. Who is the founder of Girl Guide?
   a. Lord Baden Powell b. Leady Baden Powell
   c. Agnes d. Henry dunant
4. What are the advantages of sub-grouping?
   i. conducting activities become easier
   ii. identyfying stages of scouting
   iii. raising awareness about scouting

Which one correct?
   a. i & ii b. i & iii
   c. ii & iii d. i, ii & iii

5. Which colour is found at the golden fibre of patrol flag?

a. green b.yellow

c. red d. white

Read the following stem and answer questions 6 and 7.

The scouts of S.R. School took part in annual tent camping, jamboree and other scouting activitics. They are awarded prizes every year. However, the students of G.M. School were inactive during the scouting activities. But being inspired by the success of the S.R.School, the students of G.M. School participated in the scouting activitics very actively.

6. In which area, the students of S.R. School earned skills?

a. first aid b. gadget making

c. tenderfoot badge making d. sanitation

7. In which of the following areas, the students of G.M.School became active?

a. stitching b. farming

c. sanitation d. lashing

8. What is gadget?

a. to know about different knots
b. to use some bamboos with ropes
c. to keep furniture with the help of bamboos
d. to administer the activities of a company

9. What does the white colour of patrol flag indicate?

a. vibration of youth b. golden fibrs

c. the new sunrise d. symbol of brotherhood

10. What is the objective of girl guide?

a. to think oneself great
b. to gain personal profit
c. to prepare oneself to serve others
d. to resolve conflicts among classmates

Chapter Three

Introduction to Health Science and Health Service

Drug addiction is increasing in Bangladesh day by day. The lives of many people along with the adolescent boys and girls are being ruined for taking drugs. The adolescents who take drugs become inattentive to studies and get involved in various criminal activities. Due to taking some harmful substances, the physical and mental health of the people become affected. A negative reaction occurs in their body and thereby their mental health is injured. Those very substances which cause addiction are called drugs.



Various kinds of drugs

At the end of this chapter, we will be able to-

1. know about drugs and the reasons of drug addiction.
2. to explain the consequences of drug taking at the family and social level.
3. to take preventive measures against smoking and drug taking.
4. to lead a disciplined life realizing the consequences of these bad habits.

Lesson – 1: Drug and Drug Addiction

Thus the taking of these substances causes the harmful effect and intoxication on the physical and mental health of the people. These are called drugs such as ganja, heroin etc. Due to taking the drug, they become involved with different anti-social and criminal activities.

The persons who take drug, grow a physical and mental dependence upon it and get addicted. As a result they feel a strong attraction to drugs and the frequency of taking it increases day by day. If for some reasons, they cannot take drugs in time, different withdrawal symptoms are noticed in them. For example-they become short tempered, lose their appetite and become aggressive.

Drug addiction: You may notice many people are smoking around you. To inhale the smoke of bidis, cigarettes and tobacco is called smoking. When these harmful things are taken, the addiction is created resulting in the decrease of consciousness and memory. The drugs which are being used in our country are-cigarettes, bidis, tobacco, cheroots, alcohol, ganja, hashish, charas, hemp-bhang, marijuana, heroin, phensidyl, yaba etc. Sometimes the medicines which are taken to cure diseases, are termed as drugs. Most of these are sleeping pills. It is noticed that strong physical and mental urge is created due to taking drug. Once a person gets addicted, a tremendous reaction is created both in his body and mind. As a result, he takes drug again and again to get rid of this problem. Treatment, both physical and psychological as well as sympathy are necessary for those drug addict persons.

Task – 1: What changes occur in the behavior of a person due to drug taking?

1.

2.

3.

4.

Lesson - 2 The Consequence of Drug in a Person, Family and Society

Now you are to know how the harmful effects of taking drug are reflected on society.

The harmful effects are:

1. Drug harms mental health. For example, it reduces the capability of learning and doing and affects the emotion. It hinders the capability of coping with the pressure and power of decision making. Besides it, increases the mental stress.
2. The drug affects the family and social life in many ways. A drug addict behaves aggressively with other members of the family. The mental peace of family is destroyed.
3. The drug abuse affects the physical fitness dangerously. Drug destroys the neurons of the brain, makes the delicate feelings less powerful and hampers the food habit.
4. Some drugs are increase the occurrence of HIV and Hepatitis B .
5. Due to taking drug, physical and mental dependence is created on them. It is very difficult to get rid of this destructive habit.
6. The complicated diseases which may occur due to taking drug are the cancer of esophagus and trachea, liver cirrhosis and blood pressure.
7. Smoking and drugs of this kind give rise to inflammation in each blood vessel. This decreases the blood flow of different organs, sometimes the flow stops totally, sometimes the blood vessels rapture. This may cause heart attack and brain stroke.
8. Besides those who smoke for a long period suffer from respiratory problems.
9. Drug causes monetary loss. The drug addicts create pressure on family for money to buy it. Sometimes they attack people to snatch away money in the streets and loot the valuable goods. Poverty strikes the family for providing them money for treatment. You have learnt the harmful effects of smoking and taking drugs. These harmful consequences of drugs destroy the families and the society. So, it is not enough to abstain only yourself from abusing drug and smoking, you have to turn away your friends, classmates and the people around you from this destructive situation. You should make everybody aware of the negative sides of this habit and motivate all not to take them.

Work – 1: Write down the four harmful effects of taking drug.

1.

2.

3.

4.

Work -2: Make a list of the harmful effects respectively from the deadliest one to the lesser ones. Display the list on the board under the supervision of the teacher.

Lesson 3: The Influence of the Persons of the Same Age in Case of Drug Addiction

If parents or any other member of the family takes drugs, the children of that family easily get addict to drug. The influence of these persons of the friends of same age group, classmates and companions is the most common sight in the case of drug addiction. During the period of adolescence the boys and girls spend most of the time in schools with friends and companions. If some of them become drug addicts by their instigation or out of curiosity, gradually others get addict to drugs. In order to stay away from this type of bad influence of the friends and companions, one needs to be self-conscious and to have firm determination.

Work- 1: "The drug addict person causes immense loss to a family and society". Is this true? Explain it.

Lesson – 4: Resistance to Drug Addiction

The number of the drug addict is increasing day by day. Now, you are to know how you will protect your own family and the members of the society from drug addicted persons. You can take the following actions in order to get rid of these bad habits:

1. To set up an antidrug organization and club with a view to making aware of the youths and the public of the locality about the drug abuse. To organize the antidrug publicity and rally through these organizations.
2. To ensure the participation of the reputed personalities, journalists, literary figures, teachers, athlets, popular actors, artists, in the antidrug propaganda.
3. To organize functions against drug abuse in different educational institutions.
4. The Imams of the mosques through their *khutbas* at the *Juma* prayers on Fridays and the priests in their prayers done in *mandirs,* churches and at the other national days are to be involved in order to create public awareness against the harmful effects of drugs.
5. The school authority can take steps to declare the school free from smoking and drug.
6. Some pictures and posters, containing the different aspects of the evil consequences of taking drug, and the changes in the behavioral pattern of the drug addict persons, can be displayed in market areas and at some prominent places. The public awareness can be created in this way.

Work – 1 : Prepare three slogans to be used in the anti drug rally.

Lesson-5: To Cope with the Pressure of Taking Drug

You will avoid tactfully the requests and pressure from your friends or classmates to take drug. The remedies to be followed to avoid the pressure and requests of taking drug are -

1. Do not go to those places where the drug is available. The bad people of those areas can create pressure on you to take drugs.
2. Do not take any medicine or tablets given by some of your friends telling you that you would get extra energy by taking those. Rather you will try to let them know the harmful effects of those drugs and try to abstain them from taking those medicines.

3. Do not mix with the persons whoever take drugs in your neighborhood or locality.
4. If any of your friends proposes you to take part in their gossip, while they are sitting in the shops, say no to them politely. They are to be convinced that it is much better to spend that time in studies or in games and sports.
5. From the religious point of view, any type of taking drug along with smoking is prohibited. Abide by this prohibition strictly.
6. Accidents may occur at any time in life. Taking of drug is not the remedy for this. One should be self-confident and determined to avoid this bad habit.
7. Spend the leisure time in playing or participating in cultural activities.
8. Help the elders in doing some household chores. This makes the family bondage strong.
9. The society will be benefitted if you participate in service oriented activities in the society along with your friends together, you will be self-motivated, gratified and this will help you to be free from drug.
10. Play an active role in different programms to raise public awareness to stay away from drugs. *According to Smoking and Tobacco Products Usage (Control) Rules 2015,* smoking is prohibited in educational institutions, libraries, hospitals, clinics, cinema halls, theatres, children parks, public vehicles, play-grounds and restaurants. One who violates this rule will be fined Tk-300 (2013). He will be fined the double amount, if he commits the same crime for the second time or repeatedly.

Work – 1 : Two of your smoker friends are creating pressure on you to start smoking. How will you face this pressure? Explain it.

Exercise

Multiple Choice Question

1. Which of the following is more essential for the remedy from drug addiction?
   (a) to be attentive to study
   (b) to have outings
   (c) to behave well with the addict person
   (d) to get involved in games and sports

2. Which of the following is not drug?
   a. hasish b. marizoona
   c. caffeine d. pathedrine

3. What occurs to the drug addict persons if they cannot take drugs in time?
   (a) to lose appetite (b). to increase appetite
   (c). to avoid friends (d). to hamper appetite

4. What may occur due to taking tobacco and drugs?
   a. flue-cough b. influenga
   c. heart-attack d. diabetes.

Read the following stem and answer questions 5 and 6

Ratul now-a-days returns home late. Coming home, he goes to his room and speaks to none. Besides, he does not eat on time. His parents are very upset with the sudden change of their son.

5. What may be the reason of this change in Ratul?
   a. execessive study load b. adolescence
   c. taking drugs d. being scolded by the teachers

6. To prevent this situation what may play a major role?
   i. family initiative ii. school programme
   iii. friends cooperation

Which one is correct?
   a. i & ii b. ii & iii
   c. i & iii d. i, ii & iii

Read the following stem and answer question no 7

On the wall of P.L School was written 'Addiction to drugs is a fatal disease'.

7. The purpose of the wall writing is–

i. taking drug is harmful to health

ii. raising awareness to combat drug

iii. taking drug is prohibited

Which one is correct?

a. i & ii b. i & iii

c. ii & iii d. i, ii & iii

8. If your friend offers you any tablets without any reasons, you will-

(i) refuse it in the straightway

(ii) regret convincing your friend.

(iii). try to keep away from it.

Which one is correct?

a. i b. i & ii

c. ii & iii d. i, ii & iii

Read the following stem and answer questions 9 and 10

Sourav along with some of his friends work to resist drug addiction in the society. In order to combat drug addition they are taking part in the anti-drug campaign in educational institutions, print media and rallies. They believe the society will be free from drugs one day.

9. What is Sourav trying to create for the drug-addicts?

a. friends firmness b. to raise awareness

c. to create sense of good citizenship d. good relationship and fraternity.

10. The society will be benefited upon the fulfilment of the hopes of Sourav

i. creating an active youth society

ii. by increasing economic growth

iii. gaining own financial profit

Which one is correct?

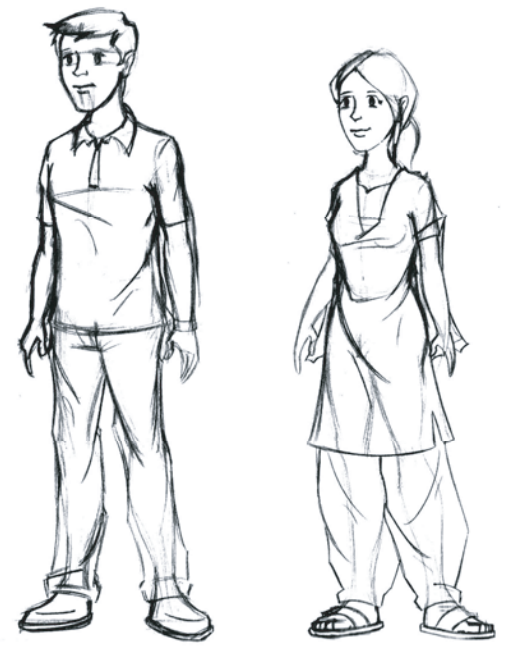
a. i & ii b. ii & iii

c. i & iii d. i, ii & iii

Chapter Four

The Personal Safety of Adolescence

A new born child grows up with affection and love of the parents and the other members of his family. In this way he passes through the childhood and enters his early youth of adolescent period. During this time, his physical and mental development starts occurring. This early youth is called the adolescence of a child. At this stage, the children need nutritious and healthy food along with safe environment. The normal and healthy environment, in which a child grows up with love and affection of all the members of the family, is considered as safe environment.



The boy and girl of adolescence period

At the end of this chapter, we will be able to-

1. explain the necessity of the personal safety of adolescence.
2. describe different aspects of unsafe situation during adolescence.
3. explain the techniques of coping with the mental pressure during adolescence.

Lesson 1: Personal Safety at Adolescence

The children and the teenagers grow up in a safe environment of a family in a healthy way. For this they need nutritious and healthy food. The cooperative mentality of the parents, along with all the family members is necessary to build up a safe environment in the family. At this time the children grow up with affection and love. But in many of the families the children are ill treated. They are scolded, beaten and rebuked. The children cannot tell anybody about these types of physical and mental torture out of fear. Some of the children become victims of sexual oppression. This is observed in the case of child labour. The child marriage, dowry system are the great barriers to personal safety.

Lesson -2: Physical and Mental Oppression at Adolescence

Different aspects of unsafety: If somebody is compelled to do anything against his will and if this causes any physical or mental damage, this can be called oppression. To scold the children of any age badly, any male or female, to shout at them, to insult or to hit and to beat them physically, are all considered as the acts of oppression. Most of the adolescent boys and girls become the victims in our society. If somebody is oppressed physically, it is called physical oppression. The harsh behavior, words etc. afflict the children and hinder their mental development. These are called mental oppression. For example, a domestic child worker is compelled to work more than his capability. He is scolded, even tortured physically or hit with household things if any work is not done by him. As a result the child is injured physically and mentally.

Sexual oppression: Sexual oppression is another aspect which causes incompensable damage to a girl child. If some parts of the body of a girl, especially the covered parts is touched with hand or with any other portion of his body with a wrong intention is called sexual oppression. It is very painful for a girl to come back to a normal life after being victimized sexually. She becomes humiliated personally in her family and society.

Work – 1: The ways to save oneself from the physical and mental oppression. Put tick mark (✓) against the correct answers and cross marks (×) against the wrong answers.

1. To be attentive to one's business.
2. Not to discuss with parents if any problem arises.
3. To protest against the oppression.
4. Not to act without realizing the situation.
5. To attain self-consciousness.
6. The health of the mother and the child are damaged due to immature pregnancy.

Work -2: What is called child marriage and what damages are caused due to it to the lives of the mother and the child. Write down the damages sequentially.

Lesson - 4: Ways and Means of Maintaining the Physical and Mental Health at Adolescence

At adolescence, the boys and the girls grow up fast. Their mental faculty develops with this speedy growth. During this time, it is necessary to create a safe environment for them. So, everybody should be careful about good health. In order to live a healthy life one should take every care of body and at the same time one should follow the health rules. We are to know how we will keep ourselves physically sound i.e. how we will preserve our health. To maintain the good form of the body and its natural growth and to remain free from diseases are termed as preservation of health.

Physical health: A human body starts to attain its growth from his infancy and it continues up to youth i.e. generally up to 25 years of age. During this period, sometimes the growth may occur slowly and sometimes fast. This physical growth remains static from 25 to 40 years of age. After this age, the physical growth does not take place any more, rather it starts decaying. Therefore, a person has to take balanced diet which is appropriate at his age. At the same time he has to follow the rules of hygiene. Then he will be able to keep his physical health in order.

Mental health : If there is mental unrest, one cannot concentrate at one's works. The capability of the body decreases. Again if the body is not fit enough, the mind gets troubled. The power of thinking hampers, the level of intelligence deteriorates. So the mental health should also be kept in order along with physical health. Because there exists a close relationship between body and mind. They are complementary to each other.

The ways and means to maintain the Physical and Mental Health: To live a healthy life, one should try to preserve personal health. In order to attain this, one has to build up healthful habits from the beginning. And that is to maintain the health rules. The rules related to health include the punctuality, cleanliness, regular exercise, rest and sleep, taking adequate quantity of balanced food, participation in sports and recreational activities. The health rules also include remaining in good spirit, not taking any drug, reading books of pleasure, participation in healthy entertainment and cultural activities, following the religious rites etc.

Work 1 : Different occurrences have taken place at your home and school. Mark the occurrences which have created mental pressure on you.

Mention the occurrences	Description in details about the occurrences
1.	1.
2.	2.
3.	3.

Exercise

Multiple Choice Question

1. Why is personal safety needed for the children during adolescence?

a. to protect from physical and mental tortures.

b. to take nutritious and healthy food

c. to live amidst affection and love.

d. to assist the parents in their work.

2. During adolescene, boys and girls need-

i. security ii. health protection

iii. self-awareness

Which one is correct?

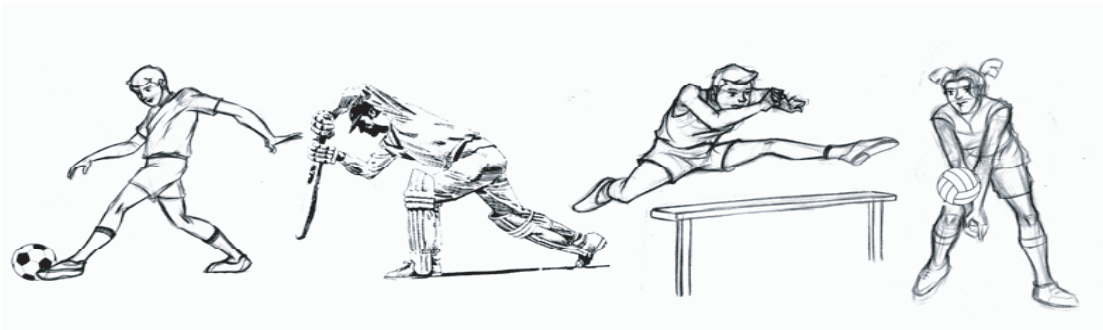
a. i & ii b. ii & iii

c. i & iii d. i, ii & iii

Chapter Five

Sports for Life

A natural and spontaneous expression of human life reveals in games and sports. A child grows in infancy gradually through playful activities. These activities include the free movements of the child. In course of time, he takes part in various kinds of activities relating to games and sports. Active and healthy body is very much essential for performing the activities of games and sports. We know that our body is formed with different kinds of organs. These organs are developed properly and proportionately when these are exercised in a regular and systematic manner. The agility of the different limbs of the body, physical and mental fitness are achieved through physical exercise and games and sports. It is to be noted that the physical growth of the organs of the body accelerates during infancy. As a result, co-ordination between muscles and nerves does not happen sometimes. In order to remove this maladjustment of co-ordination boys and girls are required to take part in games and sports largely. So, everybody should be involved in games and sports for building a beautiful life in future. These activities will help them build a disease free active body.



Football, Cricket, Athletics, Volleyball

At the end of this chapter, we will be able to-

1. clarify the difference between the country games and international games.
2. describe the rules and regulations of the games of *football, cricket, kabadi, volleyball* and athletics.
3. practice the four principal games (*football, cricket, kabadi* and *volleyball*) after following the respective rules of the games.
4. make every learner skilful at least in one game as per his choice and intention and this will be attained through compulsory participation in that game.

Lesson – 1: National and International Games

Many regional games are in vogue in Bangladesh. These are largely played in different parts of the country. The regional games are called country games. Dariabandha, Gollachut, Bouchee, Danguli, Ekkadokka, Hadudu etc. are among those country games. Besides there are other games like football, cricket, hockey, volleyball, basketball, tennis, badminton etc. which are played internationaly. These games did not originate in Bangladesh. So, these are termed as international games.

Kabadi

Kabadi is a popular game of the tropical countries in Asian continent. It is an old and regional game played especially in Indo-Pak Sub-continent. The game was played in different names in various countries of the sub-continent and there was no uniformity of rules for conducting it. In our country, the game is popularly known as *Hadudu* and it would be organized with much festivity. The spectators would enjoy the game thoroughly. The traditional rural game of *hadudu* has now assumed the name of *Kabadi* which is now an international game. With the untiring efforts of India and Bangladesh the game of *Kabadi* was, as a regular event, included in the SAAF Games held at Dhaka in 1985. From then on it has kept its foot into the international arena of sports. The Beijing Asiad in 1990 created the opportunity for the game of *Kabadi* in its competing events.

Kabadi court

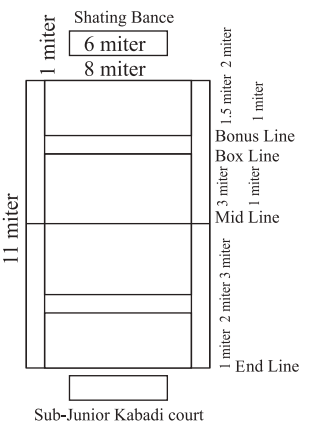
The court will be parallel and soft. It is made up of clay and mat. *Kabadi* court is of three types:

1. Male and junior boys–13 X 10 m
2. Female and junior girls–12 X 8 m
3. Subjunior boys and girls–11 X 8 m

There are 12 players in each team.

They are 7 court players

and 5 are additional players. Here is a description of the court for sub-Junior boys and girls.



Sub-Junior Kabadi court

The length and breadth of the court will be 11 meters and 8 meters respectively for the players whose weight is 50 kg. or less than that and their age will be up to 16 years. The distance from midline to baulk line is 3 meter and it is 1 meter away from baulk line to bonus line. Sitting block is 2 meter away from the end line of the court. The measurement of sitting block is 1 x 6 meter.

Every marking of the court is 5 cm in breadth. Duration of the sub-junior game is 15 minutes + 5 minutes + 15 minutes = 35 minutes. There will be 5 minutes recess between the two halves of the game. The court is divided into two halves. Each half will have two lobbies at its two sides measuring 5.50 meter x 1 meter. When struggle starts during the game, lobby is included in the measurement of the court. A raider utters the word '*kabadi*', '*kabadi*' in one breath continuously. This is called cant. When a raider comes back to his court after touching any number of opponents keeping the cant in him, his team will earn 33 points against the touched opponents. Where as if the raider is caught in the opponents' court his team will loose only one point. After completion of the full time of the play, the team having the maximum number of points will win the game.

Work-1 : Explain the process of loss and defeat in the game of *kabadi*.

Lesson – 2 Football

Football is one of the most popular games played all over the world. In order to follow the same rules and regulations by every football playing country an international organization named 'Federation International De Football Association (FIFA)' was formed in 1904. The FIFA started organizing the World Cup Football competitions since 1930. This World Cup Football competitions is held after every four years. The game of football was included as an event of competition in the 1908 London Olympics. It is very popular in Bangladesh. Bangladesh Football Federation (BFF) was formed in 1972 as the controlling authority of football in the country. This game does not only give recreation but also helps achieving the qualities and values like mutual co-operation, self-confidence, agility, rapidity, leadership, obedience and respectfulness towards laws.

Laws of the game

1. **Playing field:** The measurement of playing field of football in an international game is of two types: (a) 110 yards x 70 yards and (b)120 yards x 80 yards. The height of the goal post from the ground is 8 feet and the distance between the two goal posts is 24 feet. A goal area is marked inside the ground. It is a rectangle measuring 6 yards away from both the goal posts on the goal line and from those two points another two 6 yard lines are drawn inside the field. Further, 18 yards away from both the goal posts on the goal line and from those two points, another 18 -yard-line is drawn inside the field making a rectangle. This is called penalty area. From the midpoint of the two goal posts, a distance of 12 yards is taken in the field for making the penalty spot. Outside the penalty area, an arc of a circle with a radius of 9.15m (10 yards) is to be drawn centering the penalty spot. This is called penalty arc. A flag post with a height of 5 feet is to be fixed at every corner of the field. The tip of the flag post will not be sharp. A small semicircle with a radius of 1 yd. each will be drawn inside the ground at each corner. A corner kick is taken from this semi-circle. The crossbar will not be wide more than 5 inches. The goalpost and the crossbar will be painted white. All the markings in the field will be 5-inch wide.
2. **Ball –** The surface of the ball will be made by skin or things like skin approved by the authority. The size of the ball must be round. For the adults, like circumference of the ball will be 68–70 cm. during the time of competition at school, the managing committee can approve small size ball for the young boys.
3. **Players –** Football is played between two teams. Not more the 11 players in a team will take part in a game. There will be one goal keeper among these players. A game cannot be started if a team has less than 7 players.
4. **Uniforms –** Every player is to wear jersey, shorts, socks, shinguard and footwear. Without these uniforms, no player will be allowed to take part in any game. But in school level tournaments, the laws about wearing uniforms may be relaxed.
5. **Referee –** The game will be conducted by a referee.
6. **Asstt. Referees –** There will be two Asstt. Referees who will assist the referee in conducting the game as per laws. Besides, there will be another

referee called fourth referee who will remain outside the field.

7. **Duration of the game –** The duration of the game is 90 minutes. The game is played having two halves, each half for 45 minutes. The interval between the two halves will not be more than 15 minutes. The time of game can be reduced for the players of the school by the authority.

8. **Start of the game** – Before the start of the game, a toss is held and the team winning the toss must choose the side. The other team will start the game after the blowing of whistle of the referee. It will be started with a kick-off. This kick-off is taken at the very start of the game, after a goal is scored and after halftime. A goal is scored directly from a kick-off.

9. **Ball in and out of the game-** A ball will be declared *out* when it goes out of the field either in the air or in the field by crossing the goal line or side line. If the referee stops the game, the ball will be treated as outside of the field.

10. **Goal** – A goal is scored when the ball crosses the goal line between two goal posts and under the crossbar. This crossing of the ball may be in the air or rolling on the ground.

11. **Off side –** A player of the attacking side will be called off side when there will not be another player than the goal keeper before him.

12. **Fouls and misconduct** – Two types of free kicks are awarded for fouls and misconduct. These are direct and indirect free kicks. Direct free kicks are awarded against the following fouls:

    i. To kick or to try to kick an opponent.

    ii. To kick or to push an opponent from behind.

    iii. To jump over an opponent.

    iv. To attack or to charge an opponent unlawfully.

    v. To strike or to take attempt to strike.

    vi. To push an opponent.

    vii. To tackle an opponent unlawfully.

    viii. To block or to hold an opponent.

    ix. To spit on an opponent.

x. To handle the ball with hands i.e. handball willingly. But this rule will not be applicable for the goalkeeper to catch the ball within his penalty area.

Indirect free kicks are awarded for any one of the following reasons–

i. If the goal keeper after holding the ball keeps it at his control for more than 6 seconds to release.

ii. If the goalkeeper after releasing the ball from his hands holds it again before the ball is touched by any player.

iii. If the goalkeeper holds or touches the ball passed or kicked by any player of his team.

iv. If the goalkeeper holds or touches the ball coming from a *throw in* by any player of his team.

v. To play dangerously.

vi. To obstruct an advancing opponent without playing the ball.

vii. To obstruct the goal keeper from releasing the ball.

13. Freekick: Free kick is of two types – a) Direct free kick, and b) Indirect free kick. A goal is scored from a direct free kick. But no goal is scored from an indirect free kick.

14. Penalty Kick – Referee awards a penalty kick to the offending team when any of the 10 fouls as mentioned in serial no. 12 is committed by the defending team inside their penalty area. It is to be noted that when the penalty kick is taken, no other player except the goalkeeper and the kicker will remain present within the penalty area.

15. Throw-in – When the ball crosses the sideline, the game restarts with a throw-in. The player taking the throw-in will hold the ball with his palms and throw it into the ground. While doing so, his feet will remain on or outside the sideline and his hands will make a swing over his head. No goal will be scored from a throw-in.

16. Goal kick – When the ball passes the goal line with the touch of an opponent, a goal kick is awarded to the defending team. A goal kick is taken from the goal area. Goal is scored directly from a goal kick. The ball coming from a goal kick will be playable when it goes beyond the penalty area.

17. Corner kick - If the ball passes the goal line after the touch of the any defender, the offending team gets a corner kick. Corner kick is made from the corner of the goal line.

Work – 1: Demonstrate the techniques of the penalty kick.

Lesson - 3 : Techniques

1. Kicking:

(a) Low hard kick or strong kick- This kick is taken to send the ball straight to a player at a short distance. The inner portion of the foot will be used to take a hard kick at the mid point of ball which will roll over the ground. The knee of the kicking leg and the waist of the kicker will be leaning over the ball. The other foot will remain 7 /8 inches away almost on the same line of the ball. This kick is also called instep kick. Sometimes using this instep, the ball is sent far away. In that case, the kicker will approach the ball in an angular way and kick the ball at its lower part so that it is lifted up and it goes to his desired place or person.

(b) Volley kick– When the incoming ball drops to the ground and is lifted up, the kicker will take a kick. In this kick, the ball goes high above the players. This is termed as a volley kick.

(c) Half volley kick– The ball drops on the ground and a kick is taken. It is called half volley kick. This kick becomes very strong and goes far away in the ground.

(d) Chip shot– Chip shot can not be called a kick. Because, it is used to send the ball to a close distant teammate over the opponent. This technique is used at a situation when the ball cannot be passed directly to a teammate by rolling it on the ground. This shot may be taken on a standing position or on running a short distance. When taking this shot, the instep of the foot is to be used.

2. Trapping:

a. Sole Trapping - The underside of the foot is called sole. In order to trap the incoming ball with the sole, the front part of the foot is to be raised a little and the heel will remain in touch with the ground. The ball will be thus trapped in this space.

b. Shin trapping – Shin is the front part of the leg below the knee. When the ball drops on the ground and goes upward, it can be trapped by the shin folding the knee and moving forward a little bit. The foot of the trapping shin will be in the backward to give advantage for trapping.

c. Thigh trapping – When (a lofted) ball comes to a player from high above, it is easy to trap with the help of a thigh. As soon as the ball touches the thigh of a player, he will lower down his knee along with the ball and thus the ball will remain under the control of the player.

d. Head trapping – When the ball comes from high above or from any angle, the ball is to be lowered down by making a gentle touch with the forehead. This action will lessen the speed of the ball and the players can control it easily for further action.

3. Heading

At the time of heading the ball, a player is to follow the techniques stated below:

a. The eye sight will be on the ball. Eyes must not be closed.

b. The forehead will be used at the time of heading.

c. The neck will be stiff to hit this.

d. The ball can be sent to any direction by the movement of the head.

e. If the ball is required to send backward, the head of the player will go underneath the ball and heading will be done by the forehead.

4. Goal Keeping

Goal keeping is very important in the game of football. Because, the goal keeper is to save the attack of the opponent from making any goal. Football is generally played with the foot. Nobody can play the ball with hand except the goal keeper. A goal keeper catches the ball with hand and sometimes he saves the ball with foot. So, a goal keeper needs to learn the techniques of catching, holding, kicking the ball when the situation so arises.

Catching techniques of the incoming ball



Catching the low balls



To catch a high above ball

a) Low Ball – To catch a ball, eye is to be kept on it at all circumstances. When a ball comes low, the body of the goal keeper is to keep behind the ball. The knees are to be bent or straightened and the body will lean forward to draw the ball with two hands to his chest.

b) **Ball at waist level** – When a ball comes to waist the goal keeper will catch it keeping his body at the line of the ball. As soon as it is caught, the abdomen will be withdrawn inside to make a curve so that the ball can be rested well inside of it and it cannot go out of the control.

c) Ball of high above – Two open hands are to be placed in front or

above to catch any lofted ball coming from high above. The ball is to be held with two palms and fingers and is to be drawn to the chest.



To catch a waist high ball

5. Ball tackling:

Tackling is a very important technique in the game of football. Tackling is a technique used in both attack and defense. Tackling can be done at various directions- front, back and sideways. While adopting the technique of tackling always the eyesight is to keep on the ball. Time of tackling is very important. The opportune moment of tackling comes, when it is observed that the opponent is remaining in a disadvantaged position. But care is to be taken that tackling should be fair and must not be dangerous.

Work – 1: Explain the techniques of football and show it dividing yourselves into different groups in the field.

Lesson – 4: Cricket

The game of cricket was originated in England. Cricket is a popular game. The word 'cricket' derived from the word 'crease' or 'crig.' The word 'crease' means bend/bond and 'crig' means trunk of a tree. Though the origin of cricket is not known, it is assumed the shepherds used to throw stones, small pieces of solid mud, fruits towards the trunk during their free time. Later another shepherd would stop the stones, solid mud or fruits of the tree with his stick. With the passage of time many changes took in the history of this game and finally cricket came time into being. There are 42 laws in the game of cricket and these are discussed below.

Rules and regulations:

1. **Players–** A team comprises 14 players in the country and 15 players

internationally. There are two teams. A captain leads a team of 11 players.

2. **Change of players-** During the course of game, if any player is injured, falls sick, he can be replaced by a player of his side with the consent of the umpire. But the changed player cannot bat, bowl, or wicket keeping he can take part in fielding only.

3. **Umpire–** Two umpires are engaged for conducting the game. One is reserve umpire and another is TV umpire. The decision of the two umpires in the field is final.

4. **Scorer–** A Scorer is appointed to keep records and proceedings of the game. He will acknowledge the directions of the field umpires through their signals.

5. **Ball–** The weight and size of the ball must be approved by the umpires and the captains of the two teams before starting the game. The ball will be under the control of the umpires during the total time of the game.

6. **Bat–** The length and breadth of the bat will not be more than 38 inches and 4.25 inches respectively.

7. **Pitch–** The length of the pitch is 22 yds and its breadth is 10 feet.

8. **Wicket–** Three wickets with bails are fixed at each end of the pitch. The height of the wickets with bails from the ground is 28.5 inches.

9. **Bowling and popping crease–** There will be a bowling crease with the length of 8 feet 8 inches on the same line of the wickets. The popping crease with a distance of 4 feet in front of the bowling crease will be drawn. It will be parallel to the bowling crease.

10. **Taking care of the pitch–** Before the start of each innings, the pitch is to be rolled for 7 minutes. The grass of the pitch is to be trimmed properly 30 minutes before the game starts.

11. **Innings–** If it is a test match, there will be 2 innings for each team who will play the innings successively. But for a one day match, one innings will be played by each team. The selection of innings will be decided by a toss.

12. **Follow on–** For a test match, if a team bats first and scores 200 runs ahead of the opponent, the first batting side can ask the opponent for a follow on. These follow on runs are 150 runs for 3 or 4 day match, 100 runs for 2 day

match and 75 runs for 1 day match.

13. **Declaration–** The captaining of the batting side can declare the innings at any time whatever the duration of the match is. The exception is one day (limited over) match.

14. **Start of game–** The umpire at the bowling end will call "Play" at the beginning of each innings or at the beginning of a day's play. He will also call "Play" after an interval or any cessation of the game.

15. **Recess –** The recess for lunch and tea is 40 and 20 minutes respectively. There will be a break for 5 minutes for drinks. There will be a 10 minutes recess in between interval.

16. **End of the game–** After each day's play and at the completion of the game, the umpire will call 'Time' and the bails of the two wickets will be withdrawn.

17. **Scoring –** Scoring is done by counting the runs.

18. **Boundary–** The umpires will discuss with both the captains about the boundary issues. Generally the boundary line is drawn from the centre of the pitch with a distance from 55 yards to 90 yds.

19. **Lost ball–** If the ball after boundary or over boundary is not found out, any field man may call it a lost ball. When a lost ball is called, 6 additional runs will be added to total score. But before calling a lost ball, if there are more than 6 runs, all of them will be added.

20. **Result–** The team which earns more runs than the opponent will be declared winner. If the runs are equal for both the teams, the match will be a tie one. And if there remains no other condition, the match will be declared as undecided.

21. **Over–** 6 balls bowled successively will make an over. When ball crosses the boundary line rolling on ground, 4 runs are scored. But if it goes over the ground, 6 runs will be scored for over boundary.

22. **Dead ball–** A ball will be called 'Dead' when –

    i. It is held by the wicket keeper.

    ii. It is returned to the bowler by a field man.

iii. It goes beyond the boundary line.

iv. It gets confined in the dress of a batsman or umpire.

23. **No ball–** If the umpire does not become satisfied with the fairness of the bowling of a ball, he will call 'no ball' and will give signal accordingly.

24. **Wide ball–** According to umpire's view, if the ball goes beyond the reach of the batsman, the umpire will give signal for a 'wide ball'

25. **Bye and leg bye-** If the ball does not touch the bat or the batsman and goes beyond the reach of the wicket keeper or any fielder, the run/runs thus collected will be termed as bye. Further, if the ball touches the body or leg without touching the bat of a batsman and runs are taken, the umpire will give signal for a leg bye.

26. **Appeal–** Umpire will not declare a batsman out if no appeal is asked for by the fielding side.

27. **Batsman out of his ground–** A batsman will be considered as out of his ground if his bat or any part of his body does not remain in contact with the land of the line of popping crease.

28. **Bowled out–** A batsman will be called bowled out if the ball hits the wicket and the bails fall down on the ground.

29. **Timed out–** When a batsman becomes out, the next batsman enters the field within 3 minutes. If he fails to do so and the fielders make an appeal to umpire, the umpire may declare timed out.

30. **Catch out–** If the ball after being played by a batsman is lifted up and a fielder catches it before it touches the ground, the bats man will be considered as 'caught out'. But the fieldsman must remain within the area of boundary line.

31. **Hit wicket-** Except a no ball when a batsman tries to play a ball and the wicket goes down after hitting it with his bat or any part of his body, it will be termed as hit wicket and the batsman will be out.

32. **LBW–** If the umpire feels that the ball when pitched, would break the wicket if it would not be blocked by the leg or any part of the body of the batsman, he will then declare the batsman out LBW.

33. **Run out –** After playing the ball, when two batsmen try to make run and a fielder collects the ball very fast and throws it directly to the wicket to

break it, the batsman will be run out for not reaching the popping crease before breaking of the wicket.

34. Stamped out– In order to play the ball if the batsman goes out of the popping crease and the wicket is broken down by the fielding side, the batsman will be stamped out. This is not applied to no ball and an appeal has to be made.

35. Wicket keeper- Wicket keeper is the key-person of the fielding side. The wicket keeper stays behind the wicket. He catches the ball from behind the wicket.

36. Fieldsman– A fieldsman can stop the ball with any part of his body. But if he stops it willingly by means of other way, e.g.if the ball hits any objects used by the fielders, 5 runs will be added to the run / runs taken by the batsmen.

Work – 1 : Draw a picture of cricket ground showing the positions of the players.
Work – 2 : Show the causes of out for a batsman.

Lesson – 5 : Techniques

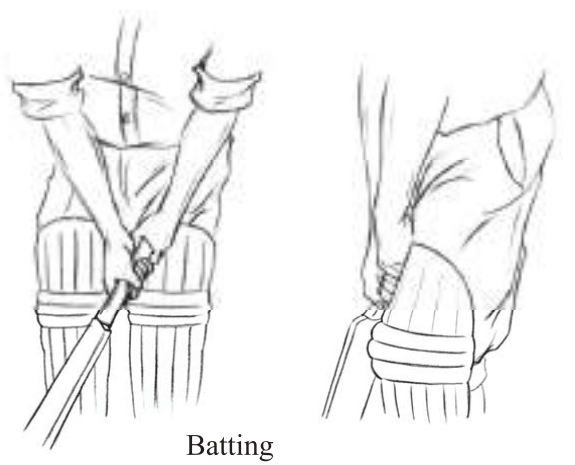
The basic techniques of the game of cricket are classified into four groups. They are – a. batting, b. bowling, c. fielding, and d. wicket keeping.

a. **Batting:** In order to learn the techniques of batting it is required to know about grip stamp, back lift and timing

1. Batting grip : Grip is of two types-'O' 'grip' and 'V' grip

a. 'O' grip: While holding both the hands become round in shape. This is why shot from all sides is not possible

b. **'V' grip:** The handle of the bat is to be held like holding of the handle of an axe. This grip is good for shots from all sides.



Batting

2. **Stance:** Two feet will be placed at the two sides of the popping crease. The eyes will be fixed at the ball. The left and right shoulder will remain towards the bowler.

3. **Back lift:** Back lift is very essential for batting. While lifting up the bat from the behind, eyes will be on ball and the left shoulder and elbow will remain towards the bowler. Bat will be lifted up straight way over the wicket.

4. Timing : The batsman has to do the timing by selecting the ball. This timing is sometimes defensive and sometimes offensive. Defensive timing is of two types:

a. Front foot defence b. Back foot defence

Offensive timing is of two types

a. Vertical shot (Cover drive or straight drive)

b. Horizontal shot (pull shot, hook shot, sweep shot, square cut)

When he plays the ball defensively by retreating back a little, it is called backward defensive stroke. At this time, his right foot goes back and the handle of the bat remains in his front. He stops the ball with the bat by keeping his head inside the crease.

5. Driving the ball hard : The batsman hits the ball very hard with a view to sending the ball far away. He puts forward his left leg to hit the ball. This is called forward drive.

6. The batsman in the similar way puts his foot in the back and drive the ball to a long distance. This is termed as backward drive.

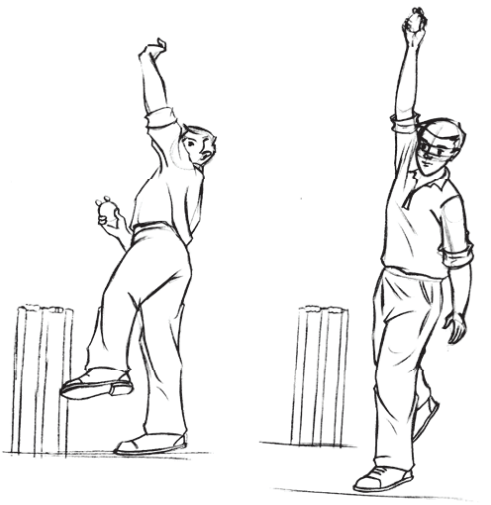
Work –1: Show the techniques of holding the bat.

Work –2: Show the techniques of lifting up of the bat and hitting of the ball.

Lesson – 6 : Bowling, Fielding, Catching, Wicket Keeping

The bowler controls his speed, runs up according to the distance and the target. He is to learn some basic techniques of bowling correctly and he is to practice it diligently. The following is the techniques of bowling.

Bowling



Bowling

i. **Gripping the ball** – While gripping the ball, the tips of the fingers are to be used. The ball will never be held with the palm.

ii. **Approach run with the ball** – The distance of the approach run depends upon the nature of bowling. While taking the approach run, the balance of the body weight will be tilted a little bit forward and the head will remain static.

iii. **Releasing the ball–** As soon as the ball will be released from the bowling hand, a jump will be taken on the left (obviously for a right handed bowler) foot and the body will be turned sideways. His right foot will go forward. The right hand will be close to mouth and the left hand will go upward. The bowler will keep his eye on the batsman.

iv. **Steps of releasing the ball** – The front foot will come parallel to the bowling crease at the time of taking steps to release the ball. His left shoulder will remain towards batsman. The backward section of the body will be curved a little. The bowling hand along with the ball will remain high.

v. Follow through- The right shoulder will remain towards the batsman. The right hand after releasing the ball, will go back by the side of the left leg. The eye will be on the ball after its release.

Types of bowling –

There are different types of bowling. Some of the bowling techniques are stated below:

i. **Fast bowling** – For fast bowling, the distance of approach run becomes long. The bowler is to take from 10 to 15 steps more than the normal run up. Because, good speed is necessary to bowl a fast ball. It requires strength and stamina of a bowler. The fast ball is to pitch at good length i.e. the ball falls on an area of 1.21 meters to 1.22 meters of the popping crease.

ii. **Off break –** For a right handed batsman, the ball is pitched at the right i.e.

off side of the batsman. The ball is turned towards the wicket when it is pitched. This turning of the direction of the ball is made possible with the help of the fingers of the bowler. At the time of the release of the ball, the palm remains upward.

iii. **Leg break-** The bowler will pitch the ball on leg side of the batsman. But the ball will make a turn towards the offside of the batsman. The palm of the hand will go downward while bowling the leg break. Besides this spin, there are other types of bowling like in swing, out swing, bowling googly, yorker etc. You will learn these techniques of bowling in the upper class.

Fielding:

Fielding can be done from any places or positions of the field. It can be divided into two parts.

a. **Denfensive fielding:** The job of the fielders in the defense is to prevent the batsman from not taking two, three and four runs. When the ball reaches the hand of a fielder, he throws it back to the wicket keeper.

b. **Offensive Fielding:** The fielder goes quickly to the ball to catch it and throws it directly to the wicket keeper. This throwing technique is of three types:

i. Under arm throw ii. Over arm throw iii. Shoulder level throw

Catching:

To miss the catch means to miss the match.Therefore, catching the ball is an important part of fielding. To accomplish the task, it is required to keep the eyes on the ball. The two hands will remain in front in line with the eye level and the fingers will be open and extended. The elbows will move forward. As soon as the ball comes to the palms, the open and extended fingers will be instantly closed and it will be drawn to the chest.

There are a few types of catches. They are–

1. slip catch 2. high catch
3. ground catch 2. flat catch

Wicket keeping : Wicketkeeper is the key person of a team. The win of a team largely depends on a wicketkeeper. To be a skilled wicketkeeper, a person has to pay attention to the following four important techniques.

1. Crouch: The wicket keeper will have to sit on his hill. The eyes will remain parallel to the soil. The two hands will touch the soil pairly between the two knees.

2. Glovework: The wicketkeeper will wear gloves in two hands. The gloves will remain open towards the bowler.

3. Position: The wicketkeeper will take his position according to the bowling of the bowler. For example, he will take position near the wicket in the time of spin-ball and take position far from the wicket in the time of fast-ball.

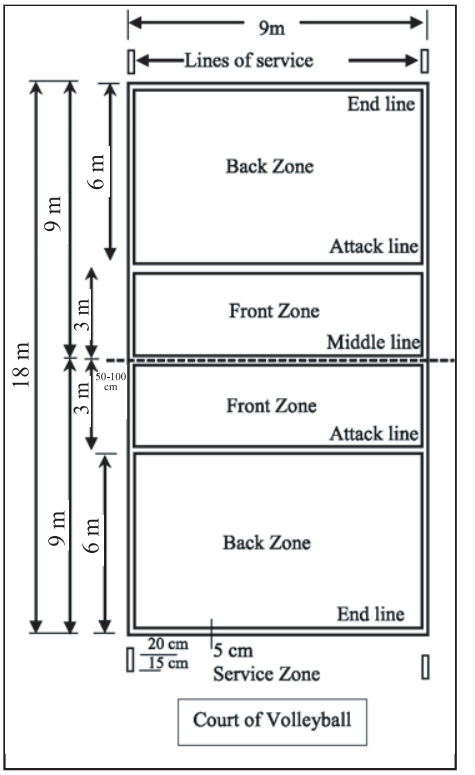
4. Footwork: By watching the motion and direction of the ball, the wicket keeper will change his position according to the necessity. If the ball comes from the right side he will move his right leg. Similarly, he will have to catch the ball moving the left side.

Work – 1: Demonstrate the different steps of bowling actions successively.

Work – 2: Show the positions of wicketkeeper practically in the field.

Lesson-7: Volleyball

The game of volleyball originated in United States of America (USA). William G. Morgan introduced the game in 1895. Previously, the name of the game was mintonet and it was played with an inflated rubber bladder. In 1947 the International Volleyball Federation (FIV) was formed in Paris with only 13 countries. It is now one of the most popular and familiar games in the world. The game is also popular in Bangladesh and is played everywhere. Keeping in line with FIV, Bangladesh Volleyball Federation was established in 1972.



Court of Volleyball

General rules

1. The length and breadth of the volleyball court is 18 meters and 9 meters respectively. Every line of the court is 5 cm wide. The court has two side lines and two end lines. These lines are included in the measurement of the court.
2. The court is divided into two halves by midline. Each half has one attacking line which is 3 meters away from the midline.
3. The area beyond the end line in each half is said as service area.
4. Volleyball net measuring 1 meter × 9.50 meters is fixed at the two round shaped poles. These poles are set at two sides of the court following the midline and it will be around 1 meter away from the court. The height of the poles from the ground will be 2.55 meters. The height of the net from the ground will be 2.43 meters and 2.24 meters for men and women respectively. The white tapes measuring 1 m × 5 cm each are fixed with the net following over the side lines. Two stands are set vertically at the outer edge of the taps. The stands are 1.80 m long and 10 mm broad. These stands are called antenna. The upper portion of the antenna will be 80 cm above the net. The antenna will be painted white and red alternatively.

5. A team is formed with 12 players. Only 6 players take part in the game. Maximum six numbers of players can be substituted.
6. The position of the players at the start of the game will be 3 in the front row and 3 in the back row.
7. The team wining toss will decide to choose either service or court.
8. A player in the service zone will lift the ball in air and hit it with one hand to send the ball to the opponent's court. This is called service. The server can enter the court just after serving the ball.
9. When the receiving team will get the opportunity to serve, the players of that team will rotate anti-clockwise in their court. This is called rotation system.
10. The team which wins 3 sets out of 5 will be declared as winners.
11. During the course of the game, a ball can be touched 3 times at the maximum when sending it to the opponent's court. But if the ball is touched at the time of blocking, this will not be counted as one of the touches of 3 times.
12. A player cannot touch the ball twice successively.
13. The ball can be hit by any part of the body.
14. If the ball touches the net after the service and goes into the opponents court, it will be counted as a fair one.
15. When the ball is in the area of the opponent's court, it cannot be hit over the net.
16. The players of the back court cannot come forward to attack the ball over the net and they will not be allowed to participate in blocking.
17. The team which commits a fault will lose the service and the opponent's team will win the service and a point will be added to their score.
18. The team will win a set when it earns 25 points making a clear difference by 2 points against the opponent. If both the team scores equal points of 24, it will be called deuce and until the difference by 2 points is attained by any team the game will be continued. In this way, the game will be continuing up to fourth set. But the final set will be won by a team when it will earn 15 points making a 2 points lead over the opponent. But if the score is level at 14 points each, the game will be continuing until 2-point lead is earned by a team.

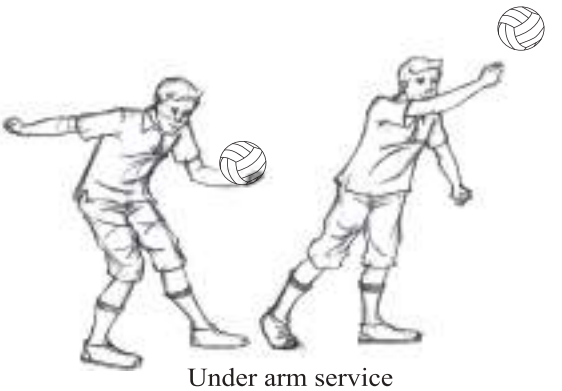
Techniques:

Service – Generally service can be done in two ways-

1. Under arm service –

a. For a right hander, he will put his left foot in front and right foot at the back. He will bend his right knee and will keep his body weight on the right foot.

b. The ball will be placed on the left palm. His right hand will be drawn back and straightened to make a quick swing.



Under arm service

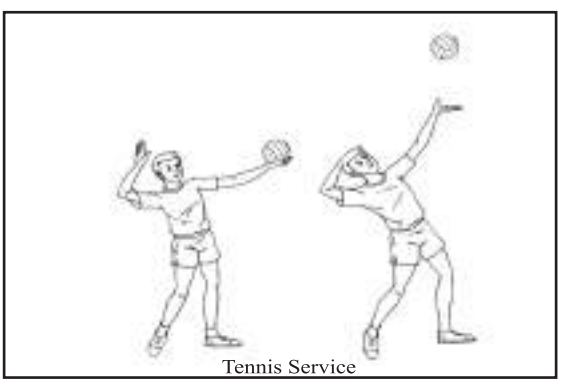
c. The ball will be lifted up a bit in the air and it will be hit with the right palm or its upper part.

d. After hitting the ball, he is to lean forward for a follow through and in doing so, he will take his body weight to his front foot i.e. left foot.

2. Tennis Service: In this service, the ball is to be hit over the shoulder height when it will be high in the air.

a. Before serving the ball, a player will stand in the service zone with his legs apart. He will keep his body weight on his two feet.

b. For a right hander, the ball will be placed in her left palm and it will throw upward at a height of 1 meter in the air.



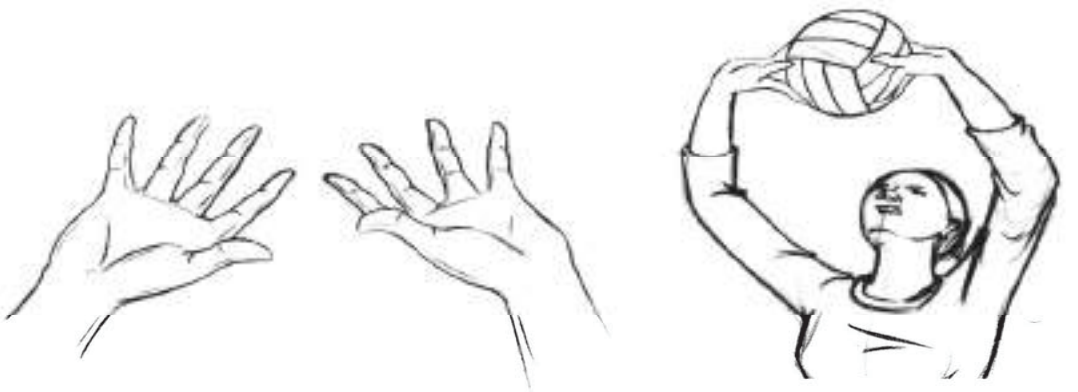
Tennis Service

c. When the ball falls down, the ball will be hit hard with the right hand.

Pass: During the game, passes is generally done in two ways-

i. Upper hand pass – The ball is passed over the head by two hands.

a. While passing, the ball is to be touched with the fingers. The fingers will be spreaded and the ball will touch its knuckles.



Upper pass

b. The elbows will be raised above the shoulders so that the ball can be played in front of the forehead.

c. Knees are to be bent and the weight of the body will be on two feet with equal proportion. He is to lean forward a little to make the pass.

d. The ball will be touched on its back and will be pushed upward for passing and his bent knee will be straightened to get a thrust.

ii. Under arm pass:

a. Excepting the thumb finger, the fingers of one hand will join together and will hold the fingers of the other hand. The two thumb fingers will lay side by side.

b. The hands from the elbow to the wrist will also lay side by side.

c. The waist will go down by bending the knees and will draw the body under the ball.

d. The ball will be pushed upward by the portion of the hand i.e. between elbow and wrist and the body will be straightened.

Work – 1: Demonstrate the techniques of under arm service.

Work – 1: Show the techniques of tennis service.

Lesson – 8: Athletics

Athletics is also called track and field sports. It has three major sections viz. running, jumping and throwing.

400 meter and 800 meter race : 400m. and 800m. race fall in the category of middle distance. These are run in track. The track may be of 200, or 400m. The lanes are 8 in number in a 400m. track. But for the junior group i.e. for school students, the number of lanes is 6. The innermost lane is numbered by 1 and other lanes follow after it. The athlete runs keeping his left side to the track. In 200m, 400m and 800m race staggers are used. Staggers are used with the object of making the distance equal for every runner when they cross the curve of each lane. It is to be kept in mind that short distance race requires maximum physical ability within a shortest possible time. But it is not wise to spend entire energy at a time for a middle distance race. The energy is to be distributed into several parts considering the distance of the race. If the entire energy is spent for covering the first 50% to 75% distance, rest portion of distance cannot be covered with the tired and fatigued body. So, distribution of energy in relation to the total distance is very important. For example, in 400m race, the time is to be taken for running the first 200m. and second 200m. And it is to be observed about the difference of time taken for these two 200m races. The difference between these two must not be more than 2 to 5 seconds. For short distance race, maximum thrust of speed is required at the start. But it will not be the same for the 400m. and 800m. race. The starting speed will be a little less than the short distance race. It is also to be kept in mind that in the last lap of the race, the athletes will not maintain a gap between them more than 2 to 3 meters. The steps of the runners will be bigger than those of the short distance runners.

100 x 4 meter relay race : In every relay race, four runners form a team. In this event, each one is to run a distance of 100m. The technique of this relay race is just like that of 100m. sprint. But for this event, each runner is to give a baton to the next one. Exchange of the baton has several techniques. These are –

a. The baton is to be handed over in running and the runner carrying the baton will extend his hand towards his next runner.
b. The baton receiving runners will make a 'v', with his right thumb finger so as to hold the oncoming baton easily.
c. As soon as the baton touches his 'v', he will hold it and will pass it instantly to his left hand.
d. The speed between the runner will remain same when the baton is exchanged.

Work-1: Demonstrate the techniques of starting and finishing of 400 m. and 800 m. race.

Work -2 : Present a practical demonstration of the exchange of relay baton.

Lesson – 9 (a) : Long Jump

Preparation – The athlete is to prepare himself for the long jump beforehand. He will do certain specific exercises for warming up his body. This will help him to get prior physical and mental preparation.

Rules regarding long jump:

i. The athletes will take the jump from the take-off board by pointing his left or right foot on it as per convenience. In doing so, he is to start running from a distance of about 16 to 20 steps away from the board.
ii. The length and breadth of the take-off board are 1.21-1.22m. and 20cm. respectively. The height of the board is 10cm and it is painted white.
iii. The high speed of the approach run helps the athlete to cross a good distance.
iv. Landing will be on both feet simultaneously.
v. Both the knees will remain folded at the time of landing. But care should be taken so that the chin may not get hurt with the touch of the knee. The head will lean forward to gain maximum distance.
vi. Jumping pit– It is a sandy area where the jumps are accomplished. It is about 1-3 meters away from the take-off board. But the distance from the take-off board to the last end of jumping pit is 10 meters. The breadth and depth of the landing area is 2.75-3.00m. and 30cm. respectively.

Techniques

The techniques of long jump has four parts namely (a) approach run, (b) take – off, (c) flight in the air, and (d) landing in the jumping pit.

a. Approach run - It is very important to take a run with very high speed to accomplish the jump from take-off board. In order to put the foot right on the take-off board, an athlete is required to practice his approach run very hard so that his left and right foot get placed on the marks made on the ground before hand.

b. Take off – The take-off foot will push the take off board very hard with the object of gaining height upward. The knee of the take-off foot will be bent a little at the time of the push. It will be straightened then and there and at the same time the opposite foot will follow this one in front.

c. Flight in the air – With a view to raising the body upward, the knees will be tucked near the chin and will make a hitch kick in the air. The athlete will then land in the pit by making his hands a big swing forward.

d. Landing - As soon as the feet will touch the sand of the pit, the athlete will make a jerk of his body forward so as to cover maximum distance.

9 (b) Shot Put

In ancient time, the cavemen used to throw stones for preying the animals. Later on, this age-old practice turns into an athletic event. A spherical object made with iron / brass is called shot put.

Rules:

i. The weight of the shot put is 7.26kg. for men and for that of women is 4 kg. The diameter of shot put for men and women is 11-13 cm. and 9.5-11cm. respectively.

ii. The diameter of the circle of shot put is 2.135 meter. The extension of the two ends of the diameter is 75cm.

iii. The landing angle of the circle of shot put is 34.92^{o} degrees.

iv. The shot put will be thrown from the circle to a sector measured by 34.92^{o} angle.

v. Every competing athlete will get 3 chances to throw the shot put.

Techniques of throwing:

The techniques of throwing shot put are described below:

1. Holding the shot put –

a. The shot put will not be held with the palm of the hand, rather it will be held by the base of the finger.
b. The thumb and little fingers will give support to the holding of the shot put.

2. Placing the shot put on the shoulder–

a. The shot put is to be placed between the neck and shoulder so that the weight of the shot put can be neutralized.
b. The right elbow, for a right hander, will be raised upward a little.

3. Starting position–

a. The athlete will stand in the rear part of the circle facing opposite direction of the throw.
b. The right leg will be placed in front and his left foot will be drawn back and will be kept near the heel of the right leg.

4. Shifting of position–

a. The upper portion of the body from the waist will lean forward and at the same time, the left leg will go upward very quickly by a swing from behind.
b. The right heel will push hard against the ground instantly and the whole body will be lifted back.
c. In this situation the athlete should not make any jump.

5. The position of the throw–

a) The left knee will not be folded. It will be straightened like a pillar.
b) The right knee will be folded and the upper part of the body from the waist will take a turn at the behind.
c) The eyesight will be at the rear.

6. Art of pushing the shot put–

a. When the shot put will be pushed in the air, the right elbow must not go down.

b. The shot put will be pushed outward with the help the fingers vigorously.

7. Control of follow through–

a. It is natural that after the throw, the body will lean forward instantly. In order to control the velocity of this speed of the body, the behind leg will come in front almost simultaneously in a folded state. Then the balance of the body can be controlled.

Work – 1: Show the techniques of throwing the shot put in the field.

Lesson – 10 : High Jump

In high jump, there will be a landing area measuring 5 m. (length) x 3 m. (breadth) x 60 cm (height). The crossbar will be 4 m long, will weigh 2 kg. and radius will be 29-31 mm. There are several methods for high jump. Three methods are discussed below:-

a. Scissor cut

i. Approach run – The athlete will take a run towards the crossbar by making an angle of 30^{o}-45^{o} degree. He will take 8-9 big steps to complete the approach run. Last 2-3 steps will be faster than the previous ones.

ii. Take-off – He will place his take-off foot around one foot away from the cross bar. His opposite leg will make a hard kick from the ground to raise his body upward.

iii. Clearance of crossbar – The kicking leg will be brought upon the crossbar in a folded position and at the same time, the take-off one will follow the kicking leg. The body of the athlete will be over the crossbar like a sitting position.

iv. Landing–Landing will be done on both feet. But the kicking foot will touch the jumping pit first.

b) Belly roll

i. Approach run – The athlete will approach the crossbar with a 45^{o} angle and in this approach run, he will take 7-8 big steps of which the last 3 steps will be quicker than the others.

ii. Take-off – The take-off foot will be around one foot away from the crossbar. The other foot will make a powerful kick.

iii. Clearance of crossbar – When the waist of the athlete will come over the crossbar, he will roll his body. His belly will be very close to the crossbar at the time of rolling.

iv. Landing – The opposite leg of the take-off foot along with two hands will land on the jumping pit.

c) Fosbery flop

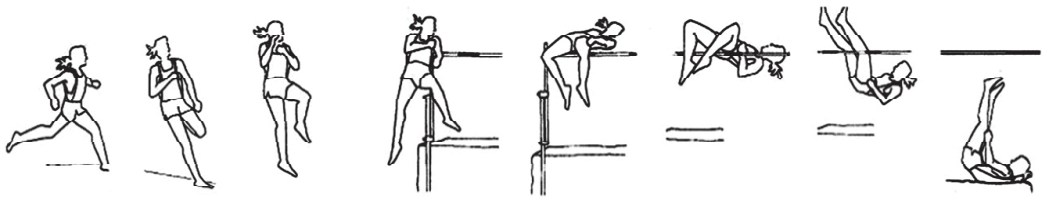
It is a new method followed by an American athlete named Dick Fosbery. He took part in 1968 Mexico Olympics and won a gold medal in high jump following this new method. From then on, this method was introduced after his name. This method has some specialities that the foot which remains away from the crossbar, is used to raise the body upward. The body lays horizontally on the crossbar and the back comes closer to it. The great advantage of this method is that the center of gravity is required to be lifted a little to cross the bar easily. Since the athlete is to land on the back, mat made up with a sponge is essential to practice this method.

i. Approach run – The athlete will take the run with a 90^{o} angle in a semicircular way. He will lower his centre of gravity a little at his last two steps towards the crossbar.

ii. Take-off – The middle portion of the body will be leaned back and the kicking foot will be drawn in front of the centre of gravity. When the centre of gravity will come upon the take-off foot, it will be folded at the knee. The foot will then push the ground very hard to raise the body up. At the same time, the other foot will be down to the shoulder line. As a result, the back of the athlete will come over the crossbar.

iii. Clearance of crossbar - As soon as the body will be raised leaving the ground, the two hands will come close to the body and the head, middle and low portion of the body are to clear the cross bar.

iv. Landing – Landing will be done on the neck and the back of the athlete. In doing so, his hands and legs will go upward.



Fosbery flop

Work – 1 : Describe the different stages of the techniques of Fosbery flop and show them practically.

Exercise

Multiple Choice Question

1. Which one was first introduced in SAF Games held in Bangladesh ?

a. hockey b. basketball

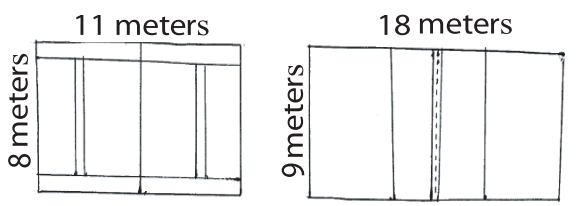
c. *kabadi* d. tennis

2. In rotation system in which game can the players change their position?

a. badminton b. volleyball

c. *hadudu* d. hockey

Look at the two pictures below and answer question 3 and 4.



3. Which word is related to picture 'X' ?

a. rotation b. smash

c. struggle d. off side

4. Which sentence matches with the games in the pictures 'X' and 'Y' ?

a. country game in 'X' and international game in 'Y'

b. international game in 'X' and country game in 'Y'

c. service zone in 'X' and lobby in 'Y'

d. rotation in 'X' and lona in 'Y'

5. Why is stagger used in athletics track ?

a. to speed up the run

b. to reduce the time gap

c. to equalize the run distance of the players

d. to distribute energy in relation to the total distance

6. In long jump competition–

i. to use take-off board to take the jump from the ground

ii. left foot to be placed at the back and then to keep it close to the knee of the right foot.

iii. footsteps have to be fixed beforhand

Which one is correct?

a. i & ii b. i & iii

c. ii & iii d. i,ii, & iii

Read the following pragarph and answer questation 7 and 8

In the inter-house football match Imon the player of frontside pushed aside the defence player Araf. Araf fell on the ground. At this the ball touched Araf's hand and passed through the goal line. An appeal was made to the referre by the players in the front but he refused.

7. Why did the referee refuse the appeal for goal?
   a. Imon was in the off-side before scoring the goal
   b. Imon made foul before scoring the goal
   c. The goal was scored with the touch of Araf 's hand.
   d. Imon entered the penalty area.

8. What decision did the referee take later on ?
   a. Imon was given indirect free kick
   b. Araf was given direct free kick
   c. Imon was given corner kick
   d. Araf was given indirect free kick.

9. How many players are needed to form a team for world cup cricket?
   a. 10 b. 11
   c. 14 d. 15

10. What is the length of landing area in high jump?
   a. 2 meters b. 3 meters
   c. 4 meters d. 5 meters

THE END

2026 Academic Year

Class Seven : Physical Education and Health

বিদ্যা ও জ্ঞান অর্জন মানুষকে দায়িত্বশীল করে।



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