

Grade 8

**HEALTH AND
PHYSICAL
EDUCATION**

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Unit 06

**Let's make our school
environment healthy**

- 1) What is health promotional school?
- 2) What do you meant by health promotion?
- 3) How can help school children to promote the health of the school and the society?
- 4) What are the characteristics of school physical environment?
- 5) What are the characteristics of a healthy psychological and social environment?
- 6) Write 5 themes for health promotion.
- 7) Write 5 developing policies to promote health.
- 8) Write 10 life skills which are important for maintaining health.

9) Write down the public services which help to promote health in the school. Write down examples.

(i) People

(ii) Institutions

(iii) Programmes

10) Mention 5 facilities that provided by the health services.

11) As a student, what are your responsibilities regarding promoting health in your school?