

Grade 8

**HEALTH AND  
PHYSICAL  
EDUCATION**

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# Unit 07

**Let us play lead-up  
games**

- 1) Mention 5 categories of games.
- 2) What do you meant by lead-up games?
- 3) Explain the importance of lead-up games
- 4) Write 5 special features of lead-up games.
- 5) Name 5 aspects of physical, mental and social fitness each that can be developed by engaging in playing lead-up games.
- 6) According the use of equipment lead-up games can be divided into 2 categories.  
What are they?

- 7) Mention a lead-up game that is played without equipment.
- 8) Describe the turning about and running.
- 9) What are the rules of turning about and running?
- 10) Mention 3 lead-up games that is played with an equipment.
- 11) Describe them.
- 12) Write the rules of each game.