

Grade 8

**HEALTH AND
PHYSICAL
EDUCATION**

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Unit 08

Let us play football

- 1) Write down seven skills of football.
- 2) How many players are there in a football team?
- 3) How many players are there for a game of football?
- 4) Introduce the skill of heading the ball.
- 5) What are the three methods of heading the ball?
- 6) Describe the heading in standing position.
- 7) Write four activities to practise heading the ball.
- 8) State factors that should be taken into consideration when heading the ball in football.