



## Department of Education - Sabaragamuwa Province

Subject –Health & Physical Education

Week - 01

Grade - 08

Prepared by-

In grade 7 we have studied the way which health can be promoted in the family - the place where we spend lot of time at the day.

- It is the school where we spend more time after the school.

Questions.

- (1) What is a health promoting school?
- (2) How can you contribute for school health promotion?

- We are currently living in a period where we all should follow good health habits. Therefore write several health policies that you can implement at your schools.