



**PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL**

**SUBJECT :- HEALTH AND PHYSICAL EDUCATION**

**WEEK :- 11th**

**GRADE :- 08**

**CREATED BY :- ZONAL EDUCATION OFFICE ,EMBILIPITIYA**

Session 13

### Let us develop sportsmanship

Sports originated through daily activities and religious rituals. As these developed the need for rules and regulations was clear. There for importance of rules and regulations in sports is apparent For a sportsman to have the ideal character you should develop the following qualities.

- Inter personal relationships
- Team spirit
- Accepting victory and defect

### Ethics in sports

Moral principles and values that govern a person s conduct are referred to as ethics.

- Respecting the opponents
- Respecting the spectators
- Respecting teachers and coaches

### Questions

1. What are the reasons for form rules and regulations for sports?
2. Write a short note about origin and development of rules and regulations.
3. What are the benefits you gain by abiding rules regulations and ethics.

