

## Grade 8 – Health and Physical Education

### Lesson-8

#### Game of football

Week 5<sup>th</sup>

Football is a very interesting & exciting game. There are many skills related to football. Some of them are kicking the ball, heading the ball, throw –in, goal defending.

A football team consist 15 players. For a game, there should be 11 players in a team & one of them plays as the goal keeper.

There are 2 method of hitting the ball in Football. They are,

1. Kicking the ball
2. Heading the ball

There are 3 ways of heading the ball. They are,

1. Heading in a Standing position.
2. Heading with a jump
3. Heading with a dive

#### Questions

1. What's the world popular game?
2. Write the ways of kicking in football?
3. Illustrate the one of an activity using for heading the ball explain in briefly?