



## PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

**SUBJECT: - HEALTH AND PHYSICAL EDUCATION**

**WEEK :- 6 th**

**GRADE :- 08**

**CREATED BY: – ZONAL EDUCATION OFFICE,  
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### Lesson-09

Let us improve running exercises.

Running takes place in our day to day life.

E.g.: We run to protect from heavy shower.

Running is a highly competitive event in athletics. There are varied distances of running events. It is important to follow correct techniques when running by engaging in exercises done for all parts of the body including hands and legs.

➤ Running consists of two phases

1. Support phase.
2. Flight phase.

Running drills have been introduced in various ways through a variety of sources.

1. Running Drill- A
2. Running Drill- B
3. Running Drill- C

### Questions

1. Name 5 running events.
2. Create a minor game including running.
3. Write two advantages of running drills.
4. Watch running competitions as much as possible.