

## Grade 8

### Health and physical Education

Let us develop a healthy school environment

- 1) What do you mean by health promotion
- 2) What do you mean by school health promotion
- 3) What are the methods of health promotion
- 4) What do you mean by health principles
- 5) What are the things that you have to consider when making health principles.
- 6) Which methods should be followed when making principles
- 7) What should be considered when activating health principles
- 8) Explain separately about how you are going to promote the healthy school environment under following topics
  - i) physical environment
  - ii) psycho social environment
- 9) What are the steps that can be done by you to promote school health