



## **Health and Physical Education**



# **Implementation of the recovery plan to address the learning loss due to Covid 19 pandemic**

**Grade 08**

**2021.10.25 to 2022.03.31**

**Health and Physical Education Unit  
Faculty Science and Technology  
National Institute of Education  
Sri Lanka  
[www.nie.lk](http://www.nie.lk)**

## **Introduction**

The recovery plan for Health and Physical Education is introduced by considering the time allocated for Grades 6-11, as per the circular No. ED 01/12/06/15/01 issued by the Ministry of Education regarding the coverage Learning loss due to the COVID 19 pandemic. The work is planned as follows

This is a 100 day special programme that will be implemented from 25<sup>th</sup> October 2021 to 31<sup>st</sup> March 2022 to cover the learning loss resulted by Covid 19 pandemic during the years 2020 and 2021

The number of periods allocated in the recovery plan for each grade is decided considering the total number of periods allocated for Health and Physical Education. Hence the number of the periods will be 40 for 6-9 grades and 60 for 10-11 grades

All the 40 recommended Competency levels for Grade 06 have been selected from the same grade as per the syllabus. For the other grades, 50 periods are suggested from the competency levels relevant to the syllabus of the same grade and 50 periods of the syllabus relevant to the previous grade.

This plan will guide the teachers to conduct the teaching learning process successfully to achieve the objectives of the subject, Health and physical education.

D.N. Kodithuwakku  
Head  
Health and PE Unit  
National Institute of Education  
Maharagama

**Suggested Health and Physical Educaion syllabus summery for Grade 8**

<b>Grade 07</b>			<b>Grade 08</b>		
<b>Competency</b>	<b>Competency Level</b>	<b>Period/s</b>	<b>Competency</b>	<b>Competency Level</b>	<b>Period/s</b>
<b>5.0 Applies specific abilities developed through athletics to the tasks of life</b>	5.1. Utilizes basic integrated abilities of running for the day today activities	01	<b>1.0 Contributes to the building up of a Healthy Society</b>	1.1 Contributes to health promotion of the school	02
	5.2 Utilizes integrated abilities of jumping for the day to day activities	01			
	5.3 Utilizes the basic integrated abilities of throwing for the day to day activities	01			
<b>6. 0 Acts socially in conformity with rules, regulations and ethics of sports</b>	6.1. Exhibits conformity with rules by participating in sports	01	<b>3.0 Demonstrates correct posture to ensure a healthy life.</b>	3.1 Exhibits the correct postures in turning.	01
<b>7.0 Consumes food suitable for a Healthy life</b>	7.1 Maintains good health through consuming nutritious food	02	<b>4.0 Spends leisure effectively through the involvement in sports and out- door</b>	4.2 Plays volleyball using over hand service and setting correctly	01
				4.3 Plays Netball using	01

			<b>activities</b>	throwing and catching skills correctly. 4.4 Engages in football games by executing the correct skills of heading	01
<b>8.0 Adapts an efficient life style maintaining the uniqueness of one's body</b>	8.1. Leads an efficient life maintaining the health of the systems	02	<b>5.0 Applies specific abilities developed through athletics to the tasks of life</b>	5.1 Utilizes running for the tasks of life 5.2 Utilizes correct starting techniques in running 5.4 Utilizes throwing for the day to day situations	01 01 01
<b>9.0 Acts to maintain fitness to lead a healthy life</b>	9.1. Explores the factors of physical fitness 9.2 Engages in routine activities to develop fitness 9.3 Acts to maintain physical fitness while being aware of the relevant factors 9.4 Develops interpersonal relationships within the family while maintaining emotional balance	01 02 03 02	<b>6.0 Acts socially in conformity with rules, regulations and ethics of sports</b>	6.1 Engages in sports activities by demonstrating qualities of sportsmanship	01

<b>10.0 Leads a happy life successfully facing the issues of daily life</b>	10.1 Maintains reproductive health for one's wellbeing	02	<b>7.0 Consumes food suitable for a Healthy life</b>	7.1 Maintains good health through consuming nutritious food	02
	10.2 Acts to prevent non-contagious diseases for the sake of wellbeing	02			02
			<b>8.0 Adapts an efficient life style maintaining the uniqueness of one's body</b>	8.1. Leads an efficient life maintaining the health of the systems	01
				8.2 Leads a happy life maintaining the wonder of the reproductive system.	02
			<b>9.0 Acts to maintain fitness to lead a healthy life</b>	9.1 Explores the factors of physical fitness	02
				9.2 Builds up interpersonal relationships develops psycho - social skills	01
			<b>10.0 Leads a happy life successfully facing the issues of daily life</b>	10.2 Faces environmental challenges of daily life with confidence to lead a happy life	02
<b>Total</b>		<b>20</b>			<b>20</b>

**Suggested Health & Physical Education syllabus for grade 08 (Essential competencies from grade 07)**

Competency	Competency Level	Subject Content	Learning Outcome	Period/ s
<b>5.0 Applies specific abilities developed through athletics to the tasks of life</b>	5.1. Utilizes basic integrated abilities of running for the day today activities	<ul style="list-style-type: none"> <li>• Drills that can be used for running practices</li> <li>• Walking exercises</li> <li>• Skipping exercises</li> <li>• Running drills</li> </ul>	<ul style="list-style-type: none"> <li>• Engages in activities to improve running skills</li> <li>• Utilizes running skills in day to day activities</li> </ul>	01
	5.2 Utilizes integrated abilities of jumping for the day to day activities	<ul style="list-style-type: none"> <li>• Drills to improve Jumping skills                             <ul style="list-style-type: none"> <li>• on one foot</li> <li>• On both feet</li> <li>• Taking off on one foot and landing on both feet</li> </ul> </li> <li>• Jumping over equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Engages in various jumping activities</li> <li>• Utilizes jumping skills in day to day activities</li> </ul>	01
	5.3 Utilizes the basic integrated abilities of throwing for the day to day activities	<ul style="list-style-type: none"> <li>• Drills to improve throwing skills</li> <li>• Throwing equipment of different weights</li> <li>• Throwing in different directions</li> </ul>	<ul style="list-style-type: none"> <li>• Engages in various throwing activities</li> <li>• Utilizes throwing skills in day to day activities</li> <li>• Acts according to rules and</li> </ul>	01

		<ul style="list-style-type: none"> <li>• Throwing while running</li> <li>• Throwing at targets</li> </ul>	regulations.	
<b>6.0 Acts socially in conformity with rules, regulations and ethics of sports</b>	6.1 Exhibits conformity with rules by participating in sports	<ul style="list-style-type: none"> <li>• Rules and regulations of sports and social relationships</li> <li>• Importance of adherence to rules and ethics <ul style="list-style-type: none"> <li>• To one's own self</li> <li>• To one's family</li> <li>• To one's School</li> <li>• To society</li> </ul> </li> <li>• One's social contribution and responsibility with regard to rules and regulations in sports and ethics.</li> <li>• Respecting Judgment <ul style="list-style-type: none"> <li>• Conforming with rules and regulations</li> <li>• Encouraging others to conform to rules and regulations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Expresses the need for rules and regulations along with discipline</li> <li>• Accepts the necessity of respecting judgments and gives opinion in that regard</li> <li>• Exhibits preparedness to work conforming with rules and regulations</li> </ul>	01

<p><b>7.0 Consumes food suitable for a Healthy life</b></p>	<p>7.1 Maintains good health through consuming nutritious food</p>	<ul style="list-style-type: none"> <li>• What a meal should contain             <ul style="list-style-type: none"> <li>• Macro nutrients (main nutrients)                 <ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Fats and Lipids</li> <li>• Proteins</li> </ul> </li> <li>• Micro nutrients.                 <ul style="list-style-type: none"> <li>• Vitamins</li> <li>• Minerals</li> </ul> </li> <li>• Water</li> </ul> </li> <li>• Food Pyramid</li> <li>• Preparation of a Healthy meal</li> <li>• Identifying food that is not nutritious</li> <li>• The importance of the traditional diet</li> <li>• One's contribution to nutritious food</li> <li>• Home gardens and school gardens</li> </ul>	<ul style="list-style-type: none"> <li>• Lists the nutrients that should be contained in a meal</li> <li>• Categorizes nutrients into macro and micro nutrients</li>   <li>• Appreciates the traditional diet</li> <li>• Explains one's preference to nutritious food</li> <li>• Exhibits preparedness to consume nutritious food.</li> </ul>	<p>02</p>
<p><b>8.0 Adapts an efficient life style maintaining the uniqueness of one's body</b></p>	<p>8.1. Leads an efficient life maintaining the health of the systems</p>	<ul style="list-style-type: none"> <li>• Wonder of the systems             <ul style="list-style-type: none"> <li>• Digestive system</li> <li>• Respiratory system</li> <li>• Circulatory system</li> <li>• Excretory system</li> </ul> </li> <li>• Structure of the systems and their functions</li> </ul>	<ul style="list-style-type: none"> <li>• Explains the functions of the digestive respiratory, circulatory and excretory systems</li> <li>• Explains the obstacles to the maintenance of the systems</li> <li>• Lists the action to be taken to</li> </ul>	<p>02</p>



		<ul style="list-style-type: none"> <li>• Importance of maintaining the uniqueness of the systems</li> <li>• Obstacles to the wonder of the systems</li> <li>• The action to be taken to maintain the systems</li> </ul>	maintain the systems	
<b>9.0 Acts to maintain fitness to lead a healthy life</b>	9.1. Explores the factors of physical fitness	<ul style="list-style-type: none"> <li>• Fitness factors <ul style="list-style-type: none"> <li>• Endurance</li> <li>• Flexibility</li> <li>• Strength</li> <li>• Speed</li> <li>• Co-ordination</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Explains the factors that influence physical fitness</li> </ul>	01
	9.2 Engages in routine activities to develop fitness	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> </ul>	<ul style="list-style-type: none"> <li>• Engages in physical fitness activities</li> </ul>	02
	9.3 Acts to maintain physical fitness while being aware of the relevant factors	<ul style="list-style-type: none"> <li>• Fitness tests <ul style="list-style-type: none"> <li>• Endurance</li> <li>• Flexibility</li> <li>• Co ordination</li> <li>• Strength</li> <li>• Speed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Engages in physical fitness tests</li> </ul>	03
	9.4 Develops interpersonal relationships within the family while maintaining	<ul style="list-style-type: none"> <li>• Maintaining emotional balance within the family</li> </ul>	<ul style="list-style-type: none"> <li>• Expresses the importance of maintaining emotional balance</li> </ul>	02

	emotional balance	<ul style="list-style-type: none"> <li>• Attention to fulfillment of needs <ul style="list-style-type: none"> <li>• Basic needs</li> <li>• Self esteem</li> <li>• Cordial interpersonal relationships</li> <li>• Working in groups</li> <li>• Equity</li> <li>• Coping with stress</li> <li>• Creation of opportunity</li> <li>• Mental and physical relief</li> <li>• Fairness</li> </ul> </li> <li>• Importance of emotional management within the family</li> <li>• Taking correct decisions</li> <li>• Understanding others' ideas and emotions</li> <li>• Respecting the ideas of others</li> <li>• Results of good management practices <ul style="list-style-type: none"> <li>• Peace</li> <li>• Happiness</li> <li>• Morality</li> </ul> </li> </ul>		
--	-------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--

<b>10.0 Leads a happy life successfully facing the issues of daily life</b>	10.1 Maintains reproductive health for one's wellbeing	<ul style="list-style-type: none"> <li>• Structure and functions of the reproductive system</li> <li>• Main changes during adolescence             <ul style="list-style-type: none"> <li>• Physical changes</li> <li>• Mental changes</li> <li>• Social changes</li> </ul> </li> <li>• Facing these challenges successfully</li> <li>• Understanding life as it is</li> <li>• Personal hygiene related to the reproductive system</li> <li>• Factors that affect reproductive health             <ul style="list-style-type: none"> <li>• Health behavior</li> <li>• Hormones</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lists the changes that occur during adolescence</li> <li>• Explains the importance of preparedness to face the changes successfully</li> <li>• Explains the factors influencing reproductive health</li> </ul>	02
	10.2 Acts to prevent non-contagious diseases for the sake of wellbeing	<ul style="list-style-type: none"> <li>• Introduction of communicable and non-communicable diseases             <ul style="list-style-type: none"> <li>• Main Non- communicable diseases</li> <li>• Reasons for contagious diseases</li> <li>• Main Non – contagious diseases</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Obtains basic knowledge on the main non-communicable diseases</li> <li>• Defines communicable and non-communicable diseases</li> <li>• Acts to avert communicable and non-communicable diseases. ‘</li> </ul>	02

		<ul style="list-style-type: none"> <li>• Diabetes</li> <li>• Hypertension</li> <li>• Cancer</li> <li>• Paralysis (Strokes)</li> <li>• Heart diseases</li> <li>• Mental diseases</li> <li>• Other non- communicable diseases <ul style="list-style-type: none"> <li>• Thalassemia –a genetic disorder</li> <li>• Kidney diseases</li> </ul> </li> <li>• Factors that influence non – communicable diseases <ul style="list-style-type: none"> <li>• Factors that can be avoided <ul style="list-style-type: none"> <li>• Life style diet/smoking/alcohol/physical activity</li> </ul> </li> <li>• Factors that cannot be avoided <ul style="list-style-type: none"> <li>• Genetic</li> <li>• Age</li> </ul> </li> </ul> </li> <li>• Importance of preventing non – communicable diseases</li> <li>• Social and economic influence</li> <li>• One’s contribution to the</li> </ul>		
--	--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--

		prevention of non-communicable diseases		
--	--	-----------------------------------------	--	--

**Proposed Health & Physical Education syllabus for grade 08 (Essential competencies from grade 08)**

Competency	Competency Level	Subject Content	Learning Outcome	Period/ s
<p><b>1.0 Contributes to the building up of a Healthy Society</b></p>	<p>1.1 Contributes to health promotion of the school</p>	<ul style="list-style-type: none"> <li>• Health promotion concept</li> <li>• Health promotion strategies</li> <li>• Formulation of school health policies</li> <li>• Developing a healthy school environment.</li> <li>• Obtaining community participation</li> <li>• Develop individual skills</li> <li>• Re-organizing of Services</li> </ul>	<ul style="list-style-type: none"> <li>• Explains the health promotion concept.</li> <li>• Describes the health promotion strategies with examples.</li> </ul>	<p>02</p>
<p><b>3.0 Demonstrates correct posture to ensure a healthy life.</b></p>	<p>3.1 Exhibits the correct postures in turning.</p>	<ul style="list-style-type: none"> <li>• Methods of improving posture in turning.                             <ul style="list-style-type: none"> <li>• Left turn</li> <li>• Right turn</li> <li>• About turn</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates correct posture in turning to the left.</li> <li>• Demonstrates correct posture in turning to the right.</li> <li>• Demonstrates correct posture in turning back.</li> <li>• Enjoys while engaging in activities</li> </ul>	<p>01</p>

<b>4.0 Spends leisure effectively through the involvement in sports and out- door activities</b>	4.2 Plays volleyball using over hand service and setting correctly	<ul style="list-style-type: none"> <li>• Skills in volleyball <ul style="list-style-type: none"> <li>• Over hand services</li> <li>• Setting</li> <li>• Training activities</li> <li>• Rules and regulations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Executes over hand pass and under hand pass correctly.</li> <li>• Acts according to the rules and regulations.</li> <li>• Enjoys while engaging in activities</li> </ul>	01
	4.3 Plays Netball using throwing and catching skills correctly.	<ul style="list-style-type: none"> <li>• Methods of passing in netball</li> <li>• Pass with both hands <ul style="list-style-type: none"> <li>•Chest Pass</li> <li>•Overhead Pass</li> <li>•Bounce pass</li> </ul> </li> <li>• Pass with one hand <ul style="list-style-type: none"> <li>•Under arm Pass</li> <li>•Shoulder pass</li> <li>•Bounce Pass</li> <li>•high shoulder pass</li> </ul> </li> <li>• Training skills</li> <li>• Rules and regulations</li> </ul>	<ul style="list-style-type: none"> <li>• Executes passing and receiving the ball correctly.</li> <li>• Acts according to the rules and regulations.</li> <li>• Enjoys while engaging in activities</li> </ul>	01
	4.4 Engages in football games by executing the correct skills of heading	<ul style="list-style-type: none"> <li>• Skills of football game <ul style="list-style-type: none"> <li>• Hitting the ball</li> <li>• Hitting by head.</li> </ul> </li> <li>• Training activities</li> <li>• Rules and regulations</li> </ul>	<ul style="list-style-type: none"> <li>• Executes heading the ball activities correctly.</li> <li>• Acts according to the rules and regulations</li> <li>• Enjoys while engaging in activities</li> </ul>	01

<b>5.0 Applies specific abilities developed through athletics to the tasks of life</b>	5.1 Utilizes running for the tasks of life	<ul style="list-style-type: none"> <li>• Running Drills <ul style="list-style-type: none"> <li>• A</li> <li>• B</li> <li>• C</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Classifies starting methods of running</li> <li>• Explains the importance of starting methods of running.</li> </ul>	01
	5.2 Utilizes correct starting techniques in running	<ul style="list-style-type: none"> <li>• Starting methods of Running. <ul style="list-style-type: none"> <li>• Standing start</li> <li>• Crouch start <ul style="list-style-type: none"> <li>•Medium start</li> </ul> </li> <li>• Training exercises</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates the medium start correctly</li> </ul>	01
	5.4 Utilizes throwing for the day to day situations	<p>Throwing Events</p> <ul style="list-style-type: none"> <li>• Shot</li> <li>• Discus</li> <li>• Javelin</li> </ul> <ul style="list-style-type: none"> <li>• Shot <ul style="list-style-type: none"> <li>• Grip and retention</li> <li>• Bending arms, legs, trunk and stretching in throwing put shot forward</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Itemizes the events of throwing</li> <li>• Grabs the shot put, disc and javelin correctly</li> <li>• Execute standing throws for shot put, disc and javelin</li> <li>• Acts according to rules and regulations.</li> <li>•</li> </ul>	01
<b>6.0 Acts socially in conformity with rules, regulations and ethics of sports</b>	6.1 Engages in sports activities by demonstrating qualities of sportsmanship	<ul style="list-style-type: none"> <li>• competencies connected to sportsmanship. <ul style="list-style-type: none"> <li>• Leadership</li> <li>• Followership</li> <li>• Team spirit</li> <li>• Inter-personal relationship</li> </ul> </li> <li>• Acceptance of win and loses in a realistic manner</li> </ul>	<ul style="list-style-type: none"> <li>• Explains the competencies related to sportsmanship</li> <li>• Acts on developing the competencies related to sportsmanship</li> <li>• Explains the need of ethics in sports</li> <li>• Acts accordingly for the development of ethics through sports</li> </ul>	01



		<ul style="list-style-type: none"> <li>• Fair competition</li> <li>• Conformity to Ethics of Sports.</li> <li>• Obeying to rules and regulations</li> <li>• Obeying to judgement</li> <li>• Obeying to coach/ teacher</li> <li>• Respecting to team members</li> <li>• Respecting to opponents</li> <li>• Respecting to spectators</li> <li>• Respecting to journalists</li> </ul>		
<b>7.0 Consumes food suitable for a Healthy life</b>	7.1 Maintains good health through consuming nutritious food	<ul style="list-style-type: none"> <li>• Nutritional requirements of the family</li> <li>• Facts to be considered in preparing food menus.</li> <li>• Serving food</li> <li>• Measures to upgrade the nutritional status according to economic status</li> <li>• Facts to be considered in selecting food. <ul style="list-style-type: none"> <li>• Contents</li> <li>• Taste</li> <li>• Colour</li> <li>• Odour</li> <li>• Freshness</li> <li>• External appearance</li> <li>• Nature of packing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Itemizes the nutritional needs of the family. <ul style="list-style-type: none"> <li>• Prepares correct food menus.</li> <li>• Explains the measures to be followed in Serving food.</li> <li>• Explains the facts to be considered in selecting food.</li> </ul> </li> </ul>	02

		<ul style="list-style-type: none"> <li>• Date of manufacture</li> <li>• Expiry date</li> <li>• Conformity to national standards</li> </ul>		
<b>8.0 Adapts an efficient life style maintaining the uniqueness of one's body</b>	8.1. Leads an efficient life maintaining the health of the systems	<ul style="list-style-type: none"> <li>• Wonder of the reproductive system.</li> <li>• Importance of maintaining the wonder of the reproductive system.</li> <li>• Continuity of Life. <ul style="list-style-type: none"> <li>• Menstrual cycle</li> <li>• Conception</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Explains the wonder of the reproductive system.</li> </ul>	01
	8.2 Leads a happy life maintaining the wonder of the reproductive system.	<ul style="list-style-type: none"> <li>• Obstacles to the of the reproductive system. <ul style="list-style-type: none"> <li>• Misconducts and abuse</li> <li>• Adolescent pregnancies</li> <li>• Sexually transmitted diseases</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Explains the factors affecting the reproductive system.</li> </ul>	02
<b>9.0 Acts to maintain fitness to lead a healthy life</b>	9.1. Explores the factors of physical fitness	<ul style="list-style-type: none"> <li>• Physical fitness factors <ul style="list-style-type: none"> <li>• Fitness related to health</li> <li>• Fitness related to skills</li> </ul> </li> <li>• Fitness factors related to health. <ul style="list-style-type: none"> <li>• Cardio pulmonary endurance</li> <li>• Muscle Endurance</li> <li>• Muscles strength</li> <li>• Flexibility</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Classifies body fitness</li> <li>• Explains fitness factors related to health.</li> <li>• Engages in activities to maintain fitness factors related to health.</li> </ul>	02

	9.2 Builds up interpersonal relationships develops psycho - social skills	<ul style="list-style-type: none"> <li>• Body composition</li> <li>• Development activities for Fitness related to health</li> <li>• Psycho - social skills <ul style="list-style-type: none"> <li>• Listening</li> <li>• Managing emotions</li> <li>• Socialization</li> <li>• Empathy</li> <li>• Team skills</li> </ul> </li> <li>• Instances where emotions have to be controlled in school, society and playground.</li> </ul>	<ul style="list-style-type: none"> <li>• Acts supportively within a group and the society.</li> <li>• Accepts the importance of victory and loss in competitive situations.</li> <li>• Acts accordingly to control emotions within a group and the society.</li> <li>• Exhibits empathy</li> </ul>	01
<b>10.0 Leads a happy life successfully facing the issues of daily life</b>	10.2 Faces environmental challenges of daily life with confidence to lead a happy life	<ul style="list-style-type: none"> <li>• Environmental challenges <ul style="list-style-type: none"> <li>• Accidents</li> <li>• Disasters</li> <li>• Alcohol &amp; Drugs</li> <li>• Cigarettes</li> <li>• Diseases</li> </ul> </li> <li>• Factors Important to face the above challenges successfully <ul style="list-style-type: none"> <li>• Identifying</li> <li>• Prevention</li> <li>• Controlling the situation</li> <li>• Minimizing damages</li> <li>• Changing Safety</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lists the environmental challenges</li> <li>• Demonstrate preparedness to face environmental challenges successfully.</li> <li>• Explains the importance of facing challenges successfully</li> <li>• Acts by identifying the differences in the society</li> </ul>	02