

## 1. Contact Sports

In contact sports, people do not have body contact with teammates or opponents.

## Non-contact sports

While in non-contact sport, people do not have body contact with teammates or opponents.

## 2. Freestyle Stroke

Back stroke

Breast stroke

Butterfly stroke.

## 3. The stance

The grip

The movement. This is the moving of people involved in the match.

The throw

## 4. It can save a person's life

It relieves pain

It can prevent infection.

It keeps children safe.



5. Recreation is any activity done for pleasure while Leisure is a free time when one is doing nothing

6. Pommel horse  
Still rings  
Vaults  
High bars

7. Surfing  
Waterskiing  
Kayaking

8. Langa game  
Abula game  
Ayo game  
Dambe Boxing

9. Lifestyle. This is how people live  
Hereditry  
Environmnet

10. It gives us energy  
It is one of the basic necessities of life  
It contains nutrients