

Rhema Ejiroghene Jss1 Governor PHE Mid Term Assignment.

1. Write between contact sports and non contact sports (4 each)

Contact sports

i.) Contact sports are more prone to injuries because they involve deliberate and forceful impact between players.

ii. Contact sports are those activities which the competitors come directly involved with the use of body.

iii. Contact sports are sports that allow for partial or full body close interaction between two or more opponents without contradicting the context of fair play.

iv. They are sports that emphasize full body contact as they can not be undertaken without physical contact which is allowed by the rule of the sports.

Non contact sports

i.) Non contact are sports in which the individual does not come in contact with the use of body.

ii.) Non contact sports are those sports where participants should have no possible means of impact such as sprinting, swimming, darts, snookers where players use separate lanes or turns of play.

iii.) Non contact sports are those who not only forbid contact between competitors but set up regulation in such way that players don't even have a chance of sharing the same physical space with one another.

iv.)

2.)

i.) Freestyle stroke

ii.) Back stroke

iii.) Breast stroke

iv.) Butterfly stroke

3.) state 4 skills in judo and explain one

i The stance

ii The Grip

iii The movement

iv. The throw

### 3b) Explain Grip

Grip: In judo this Grip is referred to as hiki-te or pulling hand. The pairing grip on the collar is situated below the collarbone near the top of the pec muscle. The collar grip is known in judo as the tsurite, or lifting hand.

### 4.) State 4 reasons why first aid treatment is important?

- i It can save a person's life
- ii it relieves pain
- iii. It helps to relieve peace of mind.
- IV. It keeps children safe.

### 5.) Differentiate between recreation and leisure?

Recreation is an activity that everyone engages in to gain satisfaction eg walking swimming meditation while leisure refers to the free time that people can spend away from their everyday activities eg work and domestic task to rest relax and enjoy life.

### 6.) List 4 gymnastics activities

- i Forward roll
- li Backwardroll
- lii Cartwheel
- IV Squat hand balance

### 7.) List three aquatic sports activities

- I swimming
- li Water polo
- lii surfing

### 8.) List 4 pre colonial sport in Nigeria

- I wrestling
- li Hunting
- lii Running
- lv. Jumping

9. List three determinants of health and explain two

i. The social and economic environment

ii. The physical environment

iii. The individual's characteristics and behavior

10. State three reasons why food is important

i. It makes the body healthy and active

ii. It gives energy to the body

iii. It gives nutrients to the body for growth and development