

THE LEADERSHIP ACADEMY, OWO.

PHYSICAL AND HEALTH EDUCATION

ASSIGNMENT

CLASS : JSS 1

REVISION QUESTIONS

1. What is posture?
 - b. Mention three types of posture
- 2a. Explain the meaning of postural defects
 - b. List three postural defects
3. State FOUR causes of postural defects
4. List 10 issues and challenges in physical and health education