

THE LEADERSHIP ACADEMY, OWO.
PHYSICAL AND HEALTH EDUCATION

ASSIGNMENT

CLASS : JSS2

REVISION QUESTIONS

- 1 . Briefly describe Taekwondo game
 - b. Mention the basic skills in Taekwondo
 - c. State the rules and regulations of boxing game
2. Highlight 5 basic skills of boxing
 - b. Name the four basic strokes of swimming
 - c. The fastest and most efficient of the swimming strokes is _____
 - d. What are the Equipments used in swimming
3. Write short notes on gymnastic a