

PHE ASSIGNMENT

(1a) Briefly describe Taekwondo game.

Taekwondo can be defined as the art of the feet and hands or the art of punching and kicking. It is a KOREAN martial art.

(b) Mention the basic skills in Taekwondo.

(i) Hand technique.

(ii) Foot technique.

(iii) Stance.

(c) State the rules and regulations of boxing game.

(1) Fighters may not hit below the belt.

(2) You cannot strike with your head or elbows.

(3) You cannot strike with an open glove.

(2a) Highlight 5 basic skills of boxing.

(1) The jab

(2) The cross

(3) Upper cut punches

(b) Name the four basic strokes of swimming.

(i) Back stroke

(ii) Front crawl

(iii) Breast stroke

(iv) Butterfly stroke

(c) The fastest and most efficient of the swimming strokes is **Front Crawl** or **Free Style**.

(d) What are the Equipments used in swimming?

(i) Swimming Pool

(ii) Ear protector

(iii) Tubes

(iv) Life Jackets

(v) Swimming Goggle

(vi) Cap

(vii) Floaters

(viii) Swimming suit or Trunk

(3) Write short notes on Gymnastic

Gymnastic is one of the oldest Olympic sports. It is a sport that develops the body strength and ability to move and bend easily. It involves basic motor skills e.g. turning, rolling, leaping, jumping, trembling etc. it also involves exercising on bars, rings, beams, floor and vaulting horse.