

PHYSICAL AND HEALTH EDUCATION ASSIGNMENT FOR JSS ONE (1)

NO	TOPIC
1	Define contact sport and give four examples of each contact sports
2	What are non contact sport
b	Give three examples
3	State the differences between contact sport and non contact sport in a table form
4	List the basic skills and techniques in the following
i	Wrestling
ii	Judo
iii	Swimming
5	State four benefits of contact sports
6	Outline five safety measures in non-contact sports
7	Define health
8	State four characteristics of a healthy person
9	List and explain any three methods of refuse disposal
10	What is sewage
11	What are the methods of sewage disposal
12	State four source of water supply
13	Define food?
14	What is nutrition
15	Outline six function/importance of food