**OKE-BOLA COMPREHENSIVE HIGH SCHOOL**

SUBJECT: Physical and Health Education

CLASS: JSS1

**OBJECTIVES**

1. During puberty, nipples start to \_\_\_\_\_\_\_

(a.)wet (b.)enlarge (c.)cry (d.)dry

2. Athletes consist of \_\_ and \_\_

(a.)Run and jump event (b.)Track and field event (c.)Track and running event(d.)Athlete and sport event

3. Eating a food that contains adequate proportions of nutrients is\_\_\_

(a.)Good eating (b.)Balanced food (c.)Balanced diet (d.)Diet food

4. The ability to maintain an upright body position is known as \_\_\_

(a.) Posture (b.) Standing (c.) Body conditioning (d.) Standard

5. The disease that are not infectious are known as \_\_\_\_\_

(a.)Communicable diseases (b.)Non-communicable diseases (c.)Water borne diseases (d.)Airborne diseases

**SECTION B**

1a. List 3 objectives of Physical education.

b. Mention the 3 stages of sprint starts.

c. Mention 3 skills and techniques of table tennis.