**OKE-BOLA COMPREHENSIVE HIGH SCHOOL**

SUBJECT: Physical and Health Education

CLASS: JSS2

**OBJECTIVES**

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

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

2. The game of volleyball starts with\_\_\_\_\_\_

(a.)Service (b.)Jumping (c.)Digging (d.)Volleying

3. The following are racket games except\_\_\_\_

(a.)Tennis (b.)Table tennis (c.)Badminton (d.)Hockey

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

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

5. The transition age from childhood to adulthood is \_\_\_

(a.)Puberty (b.)Adolescence (c.)Adulthood (d.)Ageing

**SECTION B**

1a. What is Puberty?

b. List 3 causes of Death.

c. What is Posture?