Date: 30th May, 2023

Class: Jss2

Physical Health Education

From Your Notebook Answer The Following Questions

1. List And Explain 3 Skills In Table Tennis.

2. List Two Rules And Regulations In Tennis.

With The Use Of Internet Answer The Following Questions

3. List 3 Tennis Players In Nigeria.

4. List 2 Benefits Of Table Tennis.

ANSWERS:

1. THE DRIVE:

This involves rack swinging process. There are two types of drive they are forehand drive and backhand drive.

ii. THE CHOP:

The player sends the ball through the baseline and follow through.

iii. THE SMASH:

This is an offensive over head skill that involves hitting the ball to the opponent.

1. If service is faulty, the server is allowed one or more service from the same side.

ii. The server losses a point if he\she does not wait for the ball from the first service of the serve to bounce.

iii. If a player strikes the ball before it has crossed the net, he losses a point.

1. Cecilia Nmadozie

ii. Tony Omoh

iii. Nduka Odizor

1. Relieves stress and also improves mental health.

ii. Improves concentration.