**PATFIN HIGH SCHOOL, AKESAN, LAGOS STATE**

**SECOND TERM EXAMINATION [2018/2019]**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION CLASS: J. S. S. 2**

**SECTION A OBJECTIVES**

**Instruction: answer all questions in this section. DURATION: 1 hour 30 mins**

1. All these are types of pollution EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pollution.
2. Noise b) Water c) Land d) Man
3. All the following are causes of pollution EXCEPT \_\_\_\_\_\_\_\_\_\_\_ .
4. Carbon monoxide from cars and lorries b) Noise from radio speakers c) Rain water d) Burning of refuse
5. School health programme help to promote \_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Duty environment b) Good health habits c) Bad health habits d) Undesirable health habits
7. Which of the officials count the scores in the game of table tennis?
8. Umpire b) Linesman c) Referee d) Recorder
9. The following are components of school health programme EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. School health education b) School community relationship c) School health services d) School scout relationship
11. The following EXCEPT \_\_\_\_\_\_\_\_\_\_\_ are skills needed in tennis.
12. The kick b) The serve c) The grip d) The smash
13. The table tennis game is started with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
14. Service b) Centre pass c) Bully d) Jumping
15. Contaminants causes instability and harm to the \_\_\_\_\_\_\_\_\_ system.
16. Chemical b) Physical c) Biological d) All of the above
17. Presence of overhead power lines, motor way bill boards, scared land forms is called \_\_\_\_\_ pollution.
18. Visual b) Air c) Land d) Noise
19. Which of the following equipment is used to play tennis?
20. Wicket b) Ball c) Missile d) Racket
21. The official who decides primarily the result of each rally in tennis is \_\_\_\_\_\_\_\_\_\_.
22. Referee b) Scorer c) Umpire d) Linesman
23. In table tennis, the choice of service is decided by \_\_\_\_\_\_\_\_\_\_\_\_\_.
24. Referee b) Linesman c) Umpire d) Tossing of a coin
25. \_\_\_\_\_ health programme is defined as helps to schools to improve the health of the children.
26. Home b) School c) Classroom d) All
27. Sewage is used to describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ waste.
28. Soft b) Solid c) Hard d) Liquid
29. Table Tennis was popularly called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
30. Ping Pang b) Ping Pong c) Peng Pong d) Ping Ping

**SECTION B SUB-OBJECTIVES**

**FILL IN THE GAPS WITH THE APPROPRIATE ANSWER**

1. A school health programme has been conveniently divided into\_\_\_\_\_\_\_\_\_\_\_\_ parts.
2. The acronym FRESH stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. There are \_\_\_\_\_\_\_\_\_\_\_\_ grip and \_\_\_\_\_\_\_\_\_\_ grip in table tennis.
4. The Nigeria Table Tennis Federation was formed in the year \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Tennis was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the year \_\_\_\_\_\_\_\_\_\_\_\_\_.

**SECTION C THEORY**

**ANSWER FOUR (4) QUESTIONS ONLY.**

1. a) What is Environmental pollution?
2. State three (3) types of environmental pollution.

2 a) Define School Health Programme.

b) List the components of school health programme.

3 a) State four equipment used in playing lawn tennis.

b) Write out the officials in table tennis and give two functions each of two of the officials.

4 a) List 3 effects of pollution on the environment and personal health.

b) State 4 ways to prevent environmental pollution.

c) List 3 Pollutants you know.

5 a) List 5 ways to achieve healthful living/ healthful school environment.

6 a) What is FRESH?

b) List its components and explain two.