

THIRD TERM E-LEARNING NOTE

SUBJECT: PHYSICAL & HEALTH EDUCATION

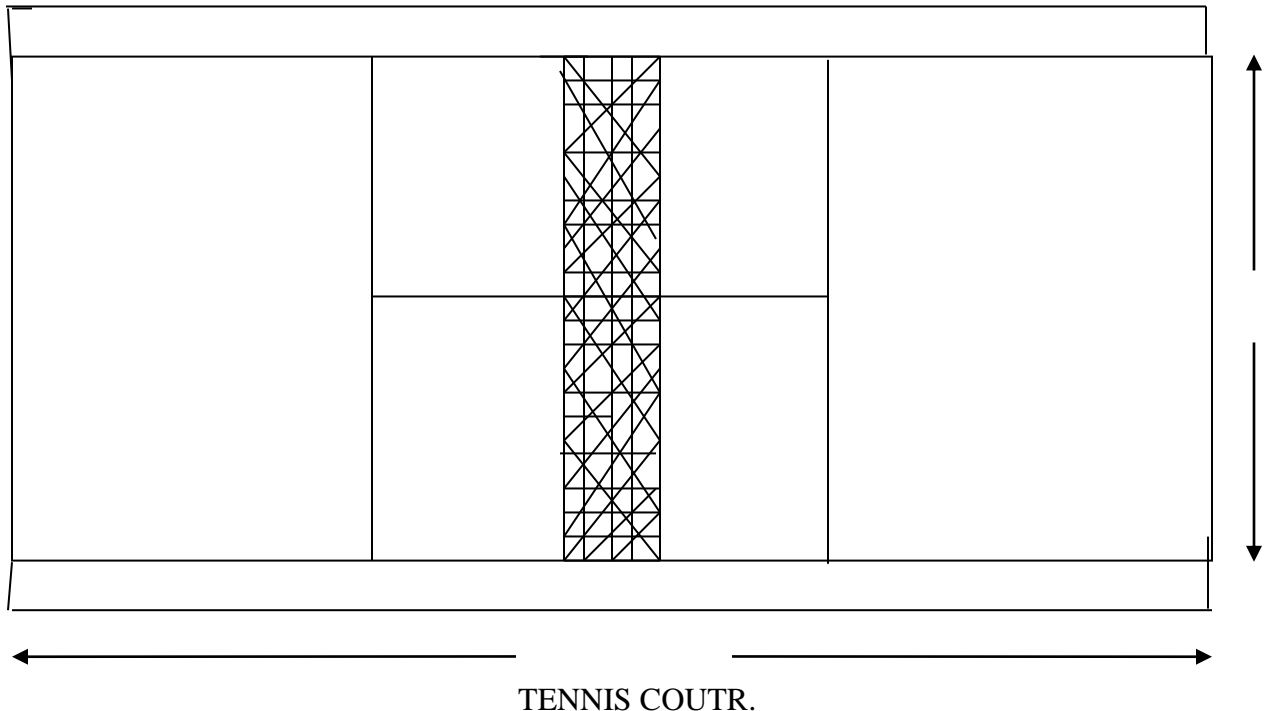
CLASS: JSS3

| WEEKS | TOPICS |
|-------|---|
| 1 | REVISION |
| 2 | TENNIS |
| 3 | PRACTICAL DEMONSTRATION. |
| 4 | FAMILY LIFE EDUCATION. |
| 5 | EFFECTS OF INTERNAL & EXTERNAL FACTORS ON PHYSICAL EDUCATION. |
| 6 | CRICKET |
| 7 | REVISION. |

WEEK 1
REVISION.

WEEK 2
TENNIS.

TENNIS: The game of tennis is said to have developed from handball. Hand ball originated from Ireland .tennis was formally called lawn tennis when the playing area was done on lawns only. The modern game of tennis was introduced in 1873 by Major Walter Clopton Wingfield, a British army officer. Mary Outerbridge introduced the game into United States in 1874 after watching the game. The United States lawn tennis association was formed in 1881. Tennis is both an individual and dual game and a life time sport for all sexes. The game is started with a serve from the right side of the imaginary extension. The game was introduced by missionaries in Nigeria. The Nigerian Tennis Federation was founded in 1905.



SKILLS OF TENNIS.

- 1) THE GRIP
- 2) THE SERVICE
- 3) THE DRIVE----forehand & backhand
- 4) THE SMASH
- 5) THE VOLLEY---forehand & backhand.
- 6) THE LOB
- 7) THE FOOTWORK.

OFFICIALS OF TENNIS.

- 1) THE REFEREE—He is in control of the tournament.
- 2) THE UMPIRE---He is the official in charge of the match, He is responsible for the calling of scores.
- 3) THE JUDGE---He assist the umpire.
- 4) THE LINESMEN—They assist the umpire...