



## JSS 1 ASSIGNMENTS

### **BUSINESS STUDIES**

Make notes on the following topics:

- i. Departments in an office organization
- ii. Production
- iii. Factors of production,

Read and understand for presentation on first week of resumption.

### **PHE**

Instruction: study and answer the questions.

### **SKILLS AND TECHNIQUES**

These are skills required in executing meaningful soccer artistry:

Kicking  
Passing  
Dribbling  
Goal-keeping  
Feinting (faking)  
Heading  
Throw-in  
Tackling  
Trapping (Ball control)

Kicking or Shooting: This is the ability to 'fire' shots at the target with the aim of getting the ball into the net.

Types of Kicks

Low kick  
Volley kick  
Half volley kick  
Back-heel kick  
Lob kick

Passing: Types of Passes are:

Short passes  
Long passes  
Diagonal passes



Square passes  
Through passes  
Chip passes.

**Dribbling:** It is a series of short kicks made by a player with either one or both feet in moving the ball or getting away from an opponent.

**Goal-keeper:** It forms the last line of defence as well as the organizer of an attack. This is a combination of flexibility and reaction time to ball.

**Feinting (Faking):** It is a sudden or 'false' movement by the player to draw the attention of the opponent away from the position where the real attack is directed.

**Heading:** This is the ability to make contact with the ball any part of the head. Heading techniques are as follows:

Heading from a standing position.

Flying heading.

Heading the ball with a jump.

Side header.

Forehead.

**Throw-in:** This is the act of putting the ball in play from the touchline (Sideliner). The thrower stands behind the touchline. The ball is held behind the head with both hands before throwing.

**Tackling:** This is done by using the legs only to get ball possession fairly and nicely without inflicting injury on the opponent.

**Trapping (Ball Control)**

Trapping can be done in the following ways:

the sole of the foot

the inside of the foot

the instep

the lower part of the body

the upper part of the body.

**Scoring a Goal**

For a goal to be scored in soccer, the whole of the ball must cross over the goal line between the posts and under the crossbar. If a defending player deflected the ball and it passes over the line into the goal post, a goal is scored. A goal cannot be scored from an indirect free kick unless the ball touches or hits a second player of either team other than the kicker before passing into the goal post.

**Throw-in**

If the ball goes out of play by rolling over the touch-line, either on the ground or in the air, it is thrown in from the point where it crossed the line. The following points govern the operation of throw-in in game situation.

The throw-in is taken by an opponent of the player who last played or last touched the ball



before it went out of play.

At the point of delivering the ball, the thrower must face the field of play.

At the moment of delivering the ball, part of each foot must be on the ground, either on or outside the touchline.

The thrower must use both hands.

Throwing is invalid if the thrower raises his heels so that part of his foot is in the field of play without being in contact with the touch-line.

The thrower must deliver the ball from behind and over his head.

The thrower must not play the ball until it has been touched or played by another player.

A player cannot be offside direct from throw-in

The ball must be thrown not dropped.

If the ball is improperly thrown-in, the throw-in is re-taken by a player of the opposing team

If the ball touches the ground before entering the field of play, the throw must be re-taken.

#### Corner Kick

A corner kick is awarded to the attacking team when the ball passes over the goal line either on the ground or in the air (except when it goes into the goal posts) having been played by the defending team.

Rules governing the operation:

The corner is taken at the side where the ball rolled over the touch-line.

The ball is placed inside the quarter circle if it is wholly within or overlaps any part of it.

A goal may be scored directly from a corner kick.

Player of the opposing team must not approach within 9.15m (10yards) of the ball until it is played or kicked or moved.

The player taking the corner kick must not play the ball a second time until it has been touched or played by another player.

#### Offside

Offside is not an offence in itself for a player to be in an vintage position – 'offside'. A player is adjudged offside if he is nearer to his opponents' goal line than both the ball and the second last opponent. However, a player shall be penalized for being in an offside position by the referee if:

interfering with play or with an opponent

gaining an advantage by being ahead of his opponent's half.

A player is not in an offside position if:

He is in his own half of the field of play.

He is level with the second last opponent.

He is level with at least two opponents.

#### Offences: Direct Free Kick and Indirect Free Kick

##### Direct free kick offences

There are ten (10) specific for which a player is penalized by the referee by awarding a direct free kick to the opposing side. A direct free kick is awarded if a player commits any of the following offences in a way considered by the referee to be carelessness, reckless and involving excessive force:

Charge an opponent;

Pushes an attempt to trip an opponent;

Trips or attempt to trip an opponent;



Jumps at an opponent;

Strikes an opponent;

Kicks an opponent;

When tackling an opponent makes contact with the opponent before contact is made with the ball;

If a player spits at an opponent;

If a player holds an opponent and

If a player handle the ball deliberately.

Indirect Free kick offence

The following offences are awarded against the offending side:

playing in a manner considered by the referee to be dangerous.

when not playing the ball impeding the progress of an opponent.

preventing the goalkeeper from releasing the ball from his hands.

If a player 'handled the ball' deliberately or struck or propelled the ball with his hand or arm.

If a player tripped the opponent with the use of his legs.

if a player jumped at his opponent.

if a player impeded the progress of an opponent when not attempting to play the ball.

Misconduct

This is the situation when spectators and players alike violate the existing rules of the game. The referee must caution a player with a show of yellow card if:

he enters or re-enters the field of play without the permission of the referee;

he continuously infringes the laws of the game;

he delays the re-start of play.

he fails to respect the required distance when play is re-start with a corner kick of referee-kick;

he knows, by word or action, dissent;

he is guilty of unsportsmanlike conduct.

he deliberately leaves the field of play without referee's permission.

The referee shows a 'Red card' and sends the player out of the field of play if:

he is guilty of violent conduct;

he is guilty of using offensive, insulting or abusive language;

he denies the opposing team a goal bound or an obvious goal-scoring opportunity by handling the ball;

he denies an obvious goal-scoring opportunity by an offence punishable by a free kick or penalty kick;

he spits at anyone; and

he receives a second caution – yellow card – in the same match.

Team Formation (Tactical Formation)

A team comprise twenty-three (23) players a followed by F.I.F.A However, eleven players are expected to be on the field of play with three substitutes allowed during a game. The twenty out of the twenty-three player are field players while two players are goal keepers. Furthermore, a standby goalkeeper can be allowed according to FIFA rules.



Tactical formation is the style of play or game plan a team adopt to use in a game setting or competition.

The formation is as follows:

4 – 2 – 4 formation

4 – 3 – 3 formation

2 – 3 – 5 formation

4 – 2 – 3 – 1 formation

5 – 3 – 2 formation

The player's position:

The Goal keeper No 1 ( The right half back No 6

The right full back No 2 ( The outside right No 7

The left full back No 3 ( The inside right No 8

The left half back No 4 ( The centre forward No 9

The centre half back No 5 ( The inside left No 10

The outside left No 11

Official and their duties

Centre Referee

Football match is controlled by a centre referee who has full authority to enforce the laws of the game in connection with the match.

The referee should have:

The good whistles

Two reliable stop-watches

2 coins

A notebook

A yellow and a Red card

A pencil.

Power and duties

The referee performs the following:

enforces the laws of the game;

controls the match in cooperation with the assistant referee and where applicable, with the fourth official;

stops, suspends or terminates the match at his discretion for any violation of the laws;

stops, suspends or terminates the match if there is any form of interference;

punishes the more serious offence when a player commits more than one offence at the same time;

provides the governing body with a match report; and

acts as timekeeper and keeps a record of the match.

Assistant Referee (Linesman)

The two assistant referees appointed by the governing body are to assist the centre referee in discharging his duties. They are to indicate:

when the whole of the ball has passed out of the field of play

when a substitution is requested.

when misconduct or other incident occur out of the view of the referee.

when a player may be penalized for being in an offside position.



### Football Governing Bodies

FIFA - Federation of International Football Association

CAF - Confederation of African Football

NFA - Nigeria Football Association

UEFA - European Football Association.

### Laws of the Game

Federation of International Football Association (FIFA) has classified Laws of Soccer into Seventeen (17) and these laws must be adhered to strictly in soccer matches.

Laws:

The field of play.

The ball.

The number of players.

The player's equipment.

The referee.

The assistant referee.

The duration of the match.

The start and restart of play.

The ball in and out of play.

The method of scoring.

Offside.

Fouls and misconduct.

Free-kicks.

The penalty kick.

The throw-in.

The goal kick.

The corner corner kick.

### Revision Question

Draw a standard pitch with its measurement.

State the required officials in the game of soccer.

(i) State 4 functions of N.F.A.

(ii) What is the meaning of FIFA?

(iii) Mention 4 of the functions of the above association.

Describe in your own way and words the nature of soccer.

List 5 fundamental skills of soccer.

What do you understand by "infringement" in soccer?

Mention 4 major facilities used in a soccer game.

Mention 3 rules that govern the operation of throw-in.

List 4 specific offences for which a player can be penalized for the award of direct free kick.

What is offside in soccer?GYMNASTIC

### BRIEF HISTORY OF GYMNASTICS

The origin of gymnastics is difficult to establish but records through research indicate that Gymnastics was practiced in India, China and Egypt around 3000 B.C. However, it was believed to have originated from ancient Greece but was not well-documented. But the modern Gymnastics, with rules and regulations, originated from Germany and was



invented by John Basedow in 1723. The first book to be written on Gymnastics was written by Johann Guttmuth in 1793. The title of the book was *Gymnastics for the youth* and Guttmuth was later called the father of Gymnastics because of his achievement. The game suffered a serious set-back with the loss of ancient Olympic Games. However, the game was revived in Germany by Friedrich Ludwig Jahn in 1811. He invented gymnastics apparatus like parallel bars, side horse, and horizontal bar and founded gym clubs known as Turnvereine.

In 1888, the amateur gymnastics association was established in Great Britain (AGA) while the international body is called Federation International de Gymnastique (FIG) with its headquarters in Switzerland. Gymnastics became an Olympic game in the 1896 Olympic Games held in Athens while the women's events were introduced in the 1928 Olympic Games held in Amsterdam.

#### Origin of the Game in Nigeria

The introduction of the game of gymnastics to Nigeria was dated back to the introduction of western education through the Christian missionaries, American Peace Corps (men and women) and the army. However, gymnastics as a sport did not receive enough boost like other sports such as soccer and Athletics due to its nature and uniqueness. In 1975, the Gymnastics Association of Nigeria (GAN) was established.

Therefore, gymnastics as a game is defined as a competitive sport which tests an athlete's strength, rhythm, balance, flexibility and agility.

#### Classification of Gymnastics

Gymnastics can be classified into two aspects:

Floor or ground exercises.

Apparatus work.

#### Floor (ground) exercises

These are activities performed or carried out without the use of apparatus (equipment) in performing them. Floor exercises can be sub-divided into two parts:

Stunts

Tumbling

#### Stunts Activities

Stunts are free movement exercises carried out on the floor or ground without the use of apparatus. Stunts are sub-divided into two.

Individual stunts: these are gymnastic floor exercises performed by an individual without the use of apparatus. Examples are:

Crab position

Crab walk

Duck walk

Bear walk

Dog walk

Rabbit jump

Frog jump

Cat crawl



“v” seat

Seal walk etc.

Group stunts: these are floor exercises that require the composition or combination of two or more individuals to perform without the use of gymnastic apparatus. Examples are:

Leap frog

Duck fight

Partner pull

Knee and shoulder balance

Cock fighting

Wheel barrow etc.

Tumbling activities:

These are the acrobatic branches of gymnastics. They require skillful links of three, four or more people, who tumble together with other elements of movement.

Examples are:

Forward roll

Backward roll

Supported hand stand

Supported head stand etc.

Typical examples are the acrobatic displays of Celestine Babayaro and Julius Aghahowa of super Eagles of Nigeria.

Apparatus work/vaults

These are exercises performed on or with apparatus.

They are of various types and the activities can be classified as follow:

Activities on ropes

Crossed legs method

Stand on the rope

Using hands only

Heave vault using one rope

Climbing an inclined rope

Using two ropes

Activities on beams

Lateral swinging with hand shifting

Heave vault

Gate vault

Face vault

Oblique back vault

Activities on vaults

Thief vault

Side vault

Thief vault

In the vault, the gymnastics takes off one foot while the other leg is kept straight in front.

The take-off leg is then bent at the knee to keep the foot clear of the vault and stretched forward and upward to the high position.

The body then leans backward and the hands are placed on the box after the legs have passed over the top.





### Side vault

The gymnast mounts the horse from right side (angles).

The gymnast then grasps the handle and bends the hips and the whole body to the other side over the horse. He thereafter, straightens the body and stands with a free arm.

Other vaults activities include

Through vault

Reverse astride vault

Over swing vault

Neck spring vault

Horizontal astride vault.

**\*Qualities of a Gymnast\***

A good gymnast must possess the following qualities so as to perform excellently well in any gymnastic competition.

Sound health

Muscular strength

Flexibility

Calculated speed

Balance

Muscular power (Agility)

Co-ordination.

Importance of Gymnastics

It enhances better balance.

It increases a person's sense of coordination

It increases movements at the joints.

It enhances flexibility.

It increases alertness, daring and precision.

It enhances self-confidence and self-control.

**\*Common injuries in\* \*Gymnastics\***

Muscle tear

Sprain

Strain

Dislocation

Muscle cramp (pull)

Wound

Safety in Gymnastics

Safety precautions must be taken to reduce the risk of accidents.

These safety measures can be conveniently grouped under three headings:

Apparatus

The ability of the performer

The spotter or stander-in.

**\*Facilities and equipment\***

Gymnasium (hall)



Buck  
Horizontal bars  
Spring box  
Rope  
Parallel bar  
Mattresses or mats  
Side horse  
Trampoline  
Balance beam.

#### Safety rules in gymnastics

Inspect each apparatus before use.

Keep all mattresses or mats clean.

Avoid using street shoes or walking shoes on mats.

Ensure the playing area is free from dangerous objects.

Ensure that a spotter or supervisor is provided to offer assistance.

There should not be horseplay or rough-play around the apparatus area.

Apparatus should not be overcrowded.

First aid box must be provided.

#### Spotter

A spotter is an experienced skilled gymnast who can successfully spot and support a gymnast.

#### Functions of a spotter

He supports the performer

He prevents the performer from sustaining unwarranted injuries.

He assists the performer the sensation of a movement.

He corrects a wrong execution of skill

He fosters gymnast confidence in the art of performing

#### The officials

TR Referee

Judges (4)

Mat chairman

Time-keeper

The clerks

Scorers

The announcers.

#### \*Revision question\*

1. State the difference between floor work and apparatus work.

2. Mention five (5) safety rules in gymnastics

3. List any 4 items of equipment used in gymnastics.

(i) who is a spotter

(ii) Itemize 3 of its duties

4. Safety is the first precaution to accident in sports. 5. List 2 major areas where safety must be of paramount importance in gymnastics.



6. Mention 4 injuries common in gymnastics events
7. Explain 3 importance of gymnastics to human coordination.

[03/03, 5:00 pm] Dapas: \*FOOD, NUTRITION AND HEALTH  
FOOD\*

This is anything which, when taken into the body serves to nourish or build up the tissues or to supply body heat.

Classification of Food

Carbohydrate

It is made up of carbon, hydrogen and oxygen. It consists of three levels of sugar. (i) Monosaccharides (ii) Disaccharides (iii) Polysaccharides. Examples of Carbohydrates: Bread, Rice, Yam, Cereals, etc.

**Function:**

It gives or supplies energy.

**Protein:**

This can be derived from animal and plant sources. Examples are vegetables, meat, fish, chickens, kidney, liver, etc. Protein can be sourced from animal and plant. The end product of protein digestion is amino-acid.

**Function:**

(i) It helps in growth. (ii) It builds and repairs all our body tissues. (iii) It helps to build the white blood cells.

Fats and Oil

Fats are derived from animal and vegetable sources. Animal sources like beef, port, egg and diary products, while plant sources are peanut oil, soyabean oil, etc. The end product of fat in digestion are fatty acid and glycerine.

Functions: (i) They form cushion to the organs (ii) they supply energy (iii) Help in the regulation of body temperature.

Minerals

Minerals are inorganic food nutrients which are essential for good health and for the appropriate functioning of the body. They are used by the body's nervous system to transport messages and are essentials for strong bones and teeth. They assist the human body to maintain balance. Examples: Calcium, Potassium, Slat, Iodine, etc.

Vitamins

Vitamins are organic components which are found in foods and serve as catalyst and for the regulation of body processes. They are essential to the maintenance of good health.

Classification of Vitamins

Vitamin A Vitamin C Vitamin E

Vitamin B Vitamin B Vitamin D

Vitamin K1 Vitamin B12 Complex.

For further information see Book Three – Nutrition in Sports.

Importance of Food

It nourishes the body.

It provides energy for performance.

It helps us grow in height and weight.

It helps to repair the body tissues.



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It maintains the water balance of the body.  
It helps to eliminate hunger.  
It aids recovery from illness.  
It fosters resistance against diseases.  
It is used for entertainment.

### Revision Questions

1. What is Food?
2. State 4 classification of food and give 2 examples of each classification.
3. List 6 importance of food.