



## JSS 3 ASSIGNMENTS

### BUSINESS STUDIES

Read and form notes on how a customer can seek redress and make complains

### CREATIVE ART

Read and form notes on how a customer can seek redress and make complains

### ENGLISH LANGUAGE

**Instruction:** Having gone through the procedures and techniques of writing a debate session while in school, write in favour of or against anyone of the following debate topics:

1. National Youth Service Scheme (NYSC) should be scrapped.
2. Intake of alcohol (Beer) should be banned in our society.
3. The girl-child should be educated more instead of the boy-child.
4. Social media should be regulated by the relevant state authorities.
5. Education should be free and compulsory for 18 years old and below.

Note: You are expected to punctuate correctly, use appropriate linkers, and use a variety of simple and compound sentences as well as correct paragraphing style.

### SOCIAL STUDIES

1 a) what is Drug Abuse .b. Mention 4 consequences of drug abuse. c. Give four measures of preventing drug abuse.

2 a) what is corruption? b. Mention 4 causes of corruption. c. Name 4 ways of preventing corruption.

### PHE

Instruction: study and answer the questions.

### BASKETBALL

#### BRIEF HISTORY OF THE GAME

Basketball is one of the few games that originated from America. The game was invented by James Naismith in 1891. Naismith introduced the game when he was the Director of the Young Men's Christian Association, (Y.M.C.A.), at Springfield, Massachusetts.

He started the game of basketball by hanging two peach baskets on the walls of a gymnasium. He tried playing the game with the members of the association; Naismith wrote thirteen rules which include pushing, shouldering, tripping, etc. Most of his original rules are still in operation today.

The International Amateur basketball Federation, (F.I.B.A), was established in 1932. The rules of the game were reviewed in 1934. The game was introduced into the Olympics in 1936 Berlin



Olympic Games. The game of Basketball is a household game in United States of America, (U.S.A.), as of today.

#### Origin of the Game in Nigeria

Just like most other games, the origin of it in Nigeria is not explicit. However, it is generally believed that the game came to Nigeria through the Army and the Americans who worked at various places in Nigeria.

In September 1963, the Nigeria Amateur Basketball Association was founded in Lagos. The Army team was the first team to represent Nigeria during the first All African Games elimination in January 1965. The spread of Basketball in Nigerian schools is credited to the American Peace Corps men and women who served in Nigeria from 1964 – 1967.

As of today, basketball is one of the popular games in Nigerian tertiary institutions and secondary schools and at club levels.

#### Nature of the Game

Basketball is played on a rectangular court of 28m by 15m. It is a team game. It is played by two teams of five players each. The game is started with a centre jump shot between two opposing players, each of whom tries to outwit their opponent.

The purpose of the game is to make more points than the opponent. The score ranges from (1 – 3 points). Three points are scored when a basket is made outside the restricted area. Two points are scored when a basket is made from the restricted area and one point when a basket is made as a foul shot from the free throw line.

The game is divided into two 20 minutes halves of 40 minutes duration and 10 minutes interval.

#### Facilities and Equipment

**Basketball court:** The game is played on a flat hard surface measuring 26m long and 14m wide, but variation is allowed for 2m on the length and 1m on the width. All lines are .05m wide and clear of all obstacles by at least 1m.

**The Basket:** Basket is fixed at each end line of the court attached to a metal ring which is fixed 3.05m above the floor. Each basket should be 0.45m across at the top and 0.60m deep.

**Back-Board:** The ring is attached to a flat background which measures 1.80m long and 1.20m wide. The face of the board should be painted white with black border and with a smaller rectangle of dimensions 0.59m long and 0.45m wide marked on it with black. The lower edge of the backboard should be 1.20m below the edge of the ring and the board itself should protrude 1.20m inside the court. A backboard of 1.2m by 0.75m may be used and in this case, the corner edge should be below the ring.

**The Ball:** The ball is spherical. It must be between 75cm and 78cm in circumference and a weight of between 600gm and 650gm.

**Canvas:** The canvas must be of a good sole and grip that allows for good mobility and footwork.

**Socks**

**Wristband**

**Headband**

**Teams**

Each team shall consist of:

No more than twelve (12) team members entitled to play, including a captain.

Coach and if team wishes, an assistance coach.



A maximum of five (5) followers who may sit on the bench.

Five (5) p-players from each team shall be on the court during playing time and may be substituted.

Fundamental skills

Catching

Passing

Two hands chest pass

Two hands side arm pass

Two hands bounced pass

One hand push pass

Javelin pass

Hands off pass or flip pass

Overhead or Baseball pass

Dribbling

Shooting

Lay up shot

Two hand set

Jump shot

Hook shot

Two hand underhand shot

Fouls and Misconduct

A foul is an infraction of the rules concerning illegal personal contact with an opponent and / or unsportsmanlike behaviours.

Personal Foul

Double Foul

Unsportsmanlike Foul

Disqualifying Foul

Technical Foul.

Personal Foul

This is a player's contact foul with an opponent, whether the ball is live or dead. A player shall not hold, back, push, charge, trip or impede the progress of an opponent, extend his hand, arm, elbow, shoulder, hip, leg, knee or foot, nor bend his body into an abnormal position, or shall indulge in any rough or violent play.

Double Foul

A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.

Unsportsmanlike Fouls

An unsportsmanlike foul is a player's contact foul which in the judgement of the official, is not a legitimate attempt to directly play the ball within the spirit and intent of the rules. The official must judge only the action.

Disqualifying Foul

A disqualifying foul is any flagrantly unsportsmanlike behaviour by a player, substitute, coach, assistant coach or team follower.

Technical Foul



A technical foul is a player non-contact foul of a behavioural nature including but not limited to:  
Disregarding warnings by officials.

Disrespectfully touching the officials, the commissioner, and the table officials.

Using language or gesture likely to offend or incite the spectators.

Delaying the game by preventing a throw-in from being taken promptly.

falling down to fake a foul

Tables Rules of Basketball

Three seconds rules

Five-second rules

Eight seconds rules

Twenty-four seconds rules

Three-seconds Rules

A player shall not remain in the opponents' restricted area for more than three (3) consecutive second while his team is in control of a line in the front court and the game clock is running.

Allowances must be made for a player who:

makes an attempt to leave the restricted area.

dribbles in the restricted area to shoot for a field goal after having been there for less than three (3) seconds.

is in the restricted area when he/his team-mate is in the act of shooting and the ball is leaving or has just left the player's hand on the shoot for a field goal.

Eight-seconds Rules

Whenever a player gains control of a line ball in his back-court, his team must cause the ball to go into its front court within eight (8) seconds.

Twenty-four seconds Rules

Whenever a player gains control of a line ball on the court, his team must attempt a shot for a field goal within twenty-four (24) seconds. The ball must leave the player's hand before the twenty-four second device signal sounds.

Five-seconds Rules

Whenever a player holds a ball for five seconds without shooting, drilling or passing within five seconds of taking possession.

The Officials

The officials shall be the following:

referee

One or two Umpires

Table Officials and Commissioner

Score-Keeper

Time-Keeper

Officials, table officials and commissioner

The table officials shall be a scorekeeper, an assistant scorekeeper, a timekeeper and a twenty-four seconds operator.



A commissioner shall sit between the scorekeeper and the timekeeper.

He supervises the work of the table officials.

He assists the referee and umpire(s) in the smooth running of the game.

Referee

The referee shall

inspect and approve all equipment to be used during the game.

designate the official game clock, twenty-four seconds device, stopwatch and recognize the table officials.

select a game ball from at least two (2) used balls provided by the home team.

administer a jump ball to start the first period and a throw-in to start all other periods.

carefully examine the scoresheet at the end of playing time or at anytime he feels is necessary.

not permit any player to wear objects which any cause injury to other player.

exercise the power to make decisions on any point not covered by the rules.

The Score-keeper

The Score-keeper shall perform the following duties:

Running summary of points scored, entering the field goals and the free throws made.

Recording fouls charged against each player.

Recording charge time-outs.

Indicating the number of fouls committed by each player.

Positioning the team's foul marker on the score's table.

Effecting substitutions.

Sounding his signal only when the ball is dead and before the ball becomes live again.

The Time-keeper

He shall perform the following duties

Measures playing time, time-outs and intervals of play.

Ensures that a signal sounds very loudly.

Uses any means possible to notify the officials immediately if his signal fails to sound.

Notifies the teams and the officials at least three (3) minutes before the third quarter period start.

The Roles of Referee and Umpire

They are jointly responsible:

for putting the ball into play;

for deciding when the ball becomes 'dead';

for stopping play when the ball is 'dead';

for ordering or allowing time out;

for passing the ball to a player for a specific throw;

for punishing unsportsmanlike conduct.

Basic Terminology

Fakes and Feints: Deceptive moves of yes, head and or body aimed at throwing opponent off balance.

Field goal: A successful attempt at basket but not from a free throw.

Free-throw: A privilege given to a player to score one point by an unhindered throw for a goal because of a foul by the opposing team.



**Fast Break:** An attack which begins the moment a team secure possession of the ball and continue as it moves at top speed towards the opponent's basket.

**Travelling:** A term used to indicate too many slips taken without bouncing the ball.

**Rebounding:** Defensive team retrieving missed shot by attacking team.

**Foul:** An infraction of the rules for which a penalty is charged.

**Drive-in:** Moving at top speed towards the basket.

**Playmaker:** A player of the attacking team who directs the attacking action or who initiates an action that ultimately results in a score for his team.

**Screen:** The protection of a player while shooting, obtained by a team-mate who momentarily causes the guard of the shooter to be blocked out of position.

### **Revision Questions**

Explain briefly the origin of Basketball game in Nigeria.

- (a) Describe the game of Basketball.
- (b) Mention 4 facilities used in the game of Basketball.
  - (i) State 5 skills of Basketball.
  - (ii) Outline 6 terminologies and 2 Basketball misconducts.