**PHE JSS2 SECOND TERM**

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**TABLE TENNIS.**

Table tennis which was formerly called ping pong was played in many countries under differentnames and regulations. Following discussions in January 1926 in Berlin amongst pioneers of the game, the International Table Tennis Federation was formed with its headquarters in England. The first world table tennis championship took place in 1927. The world controlling body is the **International Table Tennis Federation (ITTF)**. The world table tennis championship takes place every two years.

In Nigeria, table tennis is a household game among youths and adults. The game of table tennis is played for recreation as well as for competition purposes. The Nigeria Table tennis federation was formed in 1951. Nigeria is reckoned with in international competition because it has won medals at African championship, commonwealth championships and world competition.

**NATURE OF THE GAME.**

Table tennis is played indoors on a table by two players in a singles game. It can also be played by four players in a double game. The objective of the game is to send the ball over the net in order to ground it on the opponent. The game is started by a **SERVICE** and play continues until the ball is grounded on the table or it goes out of the table, or an opponent fails to make a good return.

Service changes after five services and either player may win a point during a rally. A player may win a point whether serving or receiving. A game is won by the player who first scores 11/21 points with a minimum lead of two points. When two players or teams scores 10-10 or 20-20 each, it is called a **DEUCE**, the player or team that scores two consecutive points wins the game.

**CATEROGRIES OF THE GAME**

1. Single game: men’s/women single.
2. Double game: men’s/women double.
3. Mixed double game: man/woman vs. man/woman.

**FACILITIES OF THE GAME.**

1. Playing area: Lengths 14m by width 7m or length 12m by width 6m.
2. The floor: made of solid wood, dark in colour with green background or blue.
3. Lighting: adequate lighting and should not disturb the vision of players.

**EQUIPMENT**

1. **The table**: it is rectangular in shape with length 2.74m, width 1.525m and height 76cm above the floor. The table is painted in green or blue colour while the edges is painted with white colour of 2cm wide along its length and 3mm at the Centre which divides the table into two.
2. **The net**: has the length of 1.83m, width 15.25cm and height of 15.25cm.
3. **The ball (egg**): it is either white or orange in colour, made of celluloid. Weight is 2.7g and diameter is 40mm.
4. **The racket**: an ordinary wooden bat or a pimpled bat covered with pimples.
5. **Dress**: these include the use of vest, shorts for men, and skirt for women, socks, and shoes/canvas.

**NOTE: white or multicolored dresses are not allowed.**

**SKILLS**

1. Grip
2. Service
3. Stroke ( forehand & backhand)
4. Top spin
5. Drop shot
6. Smash
7. Lob
8. Half volley.

A game is won on 11 point or 21points provided the opponent’s less by two or more points. A match is won by best of five games or three games.

**CHANGE OF SIDES OR ENDS.**

1. At the end of first game.
2. Before the start of the third game.
3. In the third game when any of them have scored six point.

**THE GAME OFFICIALS.**

1. Referee
2. Umpire
3. Assistant umpire
4. Stroke counter.

**ASSIGNMENT.**

**DRAW THE TABLE, BALL AND RACKET OF TABLE TENNIS.**

**TENNIS**

**HISTORY OF TENNIS**.

This is one of the racket games which are similar to badminton game in nature, skill, facilities and equipment. The study of ancient culture shows that a form of tennis was played in Greece and Roman Empire. There are evidence to show that tennis was played in Egypt and Persia. About 500 years before the Christian era.

The game that looked like tennis called **“JEU DE PAUME**” was played in France in about 13th century. The word tennis was derived from French word “**TANZE**” meaning TO HOLD or TO TAKE. It was first played with hand by hitting stuffed cloth ball over a rope.

In 1873, a British army major Walter .C. Winfield introduced a modified court tennis. In the same year (1873) rules and regulations governing the game of tennis was written in England. In 1874, Miss Mary .O. Teri Bridge who saw the game played in Bermuda while on vacation and took the game to America. The Americans formed standard rules for the game in 1881.

In 1900 Dwight .F. Davies of united state donated a cup called Davis cup which today is keenly competed for internationally every year. The game is known to have forts foster, cordial, social relationship among the players e.g. Emperor Akihito of japan meets his wife Empress Michiko in 1957 while playing tennis.

In 1884 Wimbledon started an annual tournament for woman. In March 1913 in Paris, international lawn tennis federation was formed now called **international tennis federation** (1924) I.T.F.

**TENNIS IN NIGERIA**

Tennis came into Nigeria without notice. The British administrators built tennis courts in their quarters (G.R.A) and played the game among them for recreation, later on senior civil servants of Nigeria origin joined them to play the game.

In 1905 Nigerians tennis federation N.I.F was formed, the association has been organizing international tournament. Nigeria has produced many international tennis stars like Mduka Odizor, Tony Momoh, Sadiq Abdulahi, Kienka Godwin, Rolake Olagbegi, Veronica Oyiboka,Letty enyogai. Leety Enyogai became a professional player in January. Organized competition started in 1927 in Lagos.

**NATURE OF THE GAME**

Tennis is recreational as well as a competitive game played by two players has single or four players has double and mixed double. The game start by a **service** and the server stands behind the base line to the right Centre mark. The receiver takes up a position he/she thinks is the most suitable on the baseline of his/her own side of the court. in tennis, both server and receiver can score a point.4 point makes a game, six game makes a set, two out of three or three out of five make a match. The game of tennis is also referred to as kings game or rich game.

**DEUCE**

Deuce in tennis game means both players have scored 40 40 points or even number. The game will continue until there is two clear points different.

Now, if the server wins the point immediately after the service, it is called. A**DVANTAGE IN**, but if it is the receiver that wins the point it is called **ADVANTAGE OUT.**

**FACILITIES and EQUIPMENT**

1. **THE COURT:**

Tennis is played on a flat rectangular surface. The length for single court is **23.77m**.Breath is **8.2m** . Double court is **23.77m** in length while the breath is **10.97m**.The space between the length of double court and single court is called **ALLEY** it is **1.4m** wide

**There are four types of court**:

* Hard court.( Made of concrete or bitumen)
* Clay court.
* Grass court.
* Synthetic Court ( rug like).

**Games play includes:**

* Single game.
* Double game.
* Mixed double game.

1. **THE RACKET** :

The racket can be made of metal or wood material. The major parts of racket are.

* Head.
* Face.
* Throat.
* Handle.
* Butt.

1. **THE NET**:

The net for indoor game is made of **cotton** material while the outdoor net is made of **NYLON** Material. The net divides the court into two and has an in line with the center line of the court. **The dimension of the net are:**

* Length of the net is **12.5m.**
* Width of the net is **0.9m.**
* Height of pole is **1.1m.**

1. **THE BALL**:

The ball may be white, or orange or yellow in colours. The dimensions of the ball are:

* Weight: **56g – 59 g.**
* Diameter: **6.54 cm & 6.86 cm or 6.35cmor 6.67cm.**
* Circumference: **0.0637m-0.0667m**

1. **THE DRESS:**

It’s includes the T shirt, short, tennis shoes, socks, towel.

**SKILLS IN TENNIS.**

1. Grip( fore, backhand and continental grip).
2. Service.
3. Drive/stroke (fore and backhand drive).
4. Volley.
5. Half volley.
6. Lob.
7. Drop shot.
8. Smash.
9. Hop.

**COMMON FAULT IN TENNIS.**

The following are fault in tennis:

1. **Foot fault**: this includes;
   1. Walking or running to serve.
   2. Touching or stepping on baseline of the court.
   3. Touching or stepping on the imaginary side line and center mark.
2. **Service fault**: these includes;
   1. When the server misses the ball.
   2. When the server ball touches a permanent nets and pole before it touches the ground.
   3. When the served ball touches the server body or the server partner.

**A PLAYER LOSES POINT.**

* When a player serves two faulty ball.
* Unable to return the served ball before it bounces twice.(2 times)
* When a returned ball bounce outside the court or return a **SERVICE** ball before it bounces.
* When a player catches or touches the ball in play.
* When the player's racket hand or body touches the net, post cord, or opponent’s court.
* When the players touch the ball when returning it.

**OFFICIAL IN TENNIS.**

1. The referee.
2. Chair umpire.
3. Line umpire.
4. Net umpire.

**Note:** Ball boys are not part of the officials in the game but they assist in the smooth conduct of the game.

**BASKETBALL**

Basketball is one of major sports. It is an American game because it was originate in United States of America (USA). The game was invented by Dr. James Naismith.

He was ex-students of young men Christian association (YMCA) training school. he was a physical education instructor or teacher at the international young men Christian association training school in Springfield, Massachusetts.

Dr James Naismith observed the winter physical education activities of the students in (IYMCA) school marching and gymnastic but the students did not enjoy indoor sport.

He later thought of a game in which the players will not run with the ball like rugby, tackle his opponents like soccer and so he invested his own game in 1891 without a name.

The game was first played in mid-December and a football was used. After some months, a student suggested that the game should be called ‘’Naismith ball’’.

Dr. James Naismith quickly countered with ‘’basketball’’ and since that time, the game has been known or called basketball.

The **objective of the game** was to get the ball into the opponent basket using only the hands. After considerable trials and error, borrowing, modifying, and sometimes investing ideas from football, hockey and other games.

**Dr. James Naismith prepared these five (5) sets of rule in January 15th 1892:**

1. There must be a ball large enough, light and hand able by hands.
2. There should be running with the ball.
3. No player on either team or sides shall be restricted from getting the ball at any time that the ball is being played.
4. Both team are to occupy the same area, and yet there should be no personal contact like**:**
5. Holding
6. Slapping
7. Blocking
8. Pushing
9. Charging
10. Tripping.
11. There must be a high vertical and elevated pole.

These sets of rules still govern the game till today.

**Since 1893, many changes have taken place in the game of basketball;**

1. The number of players has been reduced to 5 players on either side.
2. Larger ball replaced soccer ball.
3. The jump ball after each basket are eliminated, insisted team could quickly put the ball into play from the end line.

In 1899, the women formulated their own rules. In 1901, the first basketball women guide was published. The federation of international basketball association (FI was formed in 1932. In 1936, it’s became an Olympia game at berlin Olympic.

**BASKETBALL IN NIGERIA.**

The game was introduced into Nigeria by the America soldiers after the second world war in the early 1950. It’s started at national level when national basketball association was formed in 1965. Competitive basketball game started in 1964 before the formation of Nigeria basketball federation.

The first African championship for men organised by AFABB AFRICAN FEDERATION OF BASKETBALL in Cairo from 24th – 31st of march, 1962.

The first African championship organised for women in Africa was held in Conakry, from 11th – 14th of April, 1966.

**Nature of the game**

Each team shall consist of 5 court player and 7 reserves or substituted. The game starts at the centre of the court by jump ball.

**PLAYER REQUIREMENT.**

1. Speed
2. Balance
3. Strength
4. Stamina or endurances
5. Agility.

**PLAYER SUBSTITUTION**

Any or ALL the 5 players in action may be replaced by substitution during the game. The substituted must report to the scorer first and sit on the seat provided until the soccer sound his signal, then the substituted will stand and indicate to referee or umpire. They will enter only when the beckon to them.

**Arrangement of the player:** Two guard, one centre and two attack.

**FACILITIES AND EQUIPMENT**

**Facilities:**

1. Net.
2. Court: dimension of length 28m, breath 15m
3. In door court: the height of ceiling should be at least 7m adequately lighted in such a way that it will not affect the vision of the players. The spectator should be at least 2m away from the court. .
4. Blackboard.
5. Ring.

**Equipment**:

1. Ball: the ball shall be spherical in shape made from leather, rubber or synthetic materials. The weight of the ball 600g – 650g, the circumference is 75-78 cm.
2. Canvas
3. Vest not jersey
4. Technical equipment:
5. Stop watch
6. Score sheet
7. Score board
8. Red flag

**SKILLS OF THE GAME**

1. Catching (passing)
2. Dribbling
3. Foot walk or pivoting
4. Defence
5. Shooting

**Type of passing:**

1. Chest pass
2. Bounce pass
3. Underhand pass
4. Overhead pass
5. Javelin pass
6. Hands off pass.

**Type of shooting**

1. Push shot
2. Set shot
3. Layup shot
4. Cook shot
5. Dunk shot

For the game to be successful, several tactics can be used or adopted:

1. Man to man defence
2. Zone defence
3. Team offence
4. Give and do.

**FOULS IN BASKETBALL**

There are two types of fouls:

1. Personal foul
2. Technical foul

**Personal foul**

This is a player’s foul which involves contact with an opponent. E.g.

1. Slapping an opponent.
2. Holding an opponent.
3. Pushing an opponent.
4. Blocking an opponent.
5. Tripping an opponent.
6. Charging an opponent.
7. Unsportman like attitudes e.g. elbowing or punching an opponent.

**Penalty/punishment for personal foul.**

1. The offender shall be charged by the soccer. if foul is committed by a player when is **NOT** in the act of shooting, the ball will be brought back into play from the side line near the place of the foul.
2. If the foul is committed on a player who is about to shoot or make an attempt to score. The following will happen:
3. If the basket is scored, it’s shall be awarded to the soccer.
4. If the basket is missed, i.e. did not score, two free throw shall be awarded to the team or shooter.

**Technical foul**

These are the offences committed by the players or their coach against the spirit of the game. These include:

1. Delaying the game.
2. Obstructing the opponent vision
3. Not being respectful when addressing an official
4. Changing numbers without telling the scorer, referee or umpire.
5. Not raising hands properly when charged with a foul.
6. Entering the court as a substituted without reporting to the scorer.

**Penalty’s for technical fouls**

1. If a court player commit technical fouls e.g.
2. He/she shall be charged for the foul.
3. 2 free-throws shall be awarded to the opponent or option of a throw from the mid-point of the side line.
4. Persistent-in-frigement may lead to disqualification of the player.
5. If a coach commits technical foul
6. One free throw will be awarded against his/her team.
7. If the free-throw is successful or **not**, the ball shall be put to play from the midpoint of the side line.
8. Persistent of this foul may cause the coach to be banished from the vicinity of the court.

**TIME RULES OF BASKETBALL**

1. **3 seconds rule:** a player must not remain in his opponent ‘restricted area’ for more than 3 seconds except when the ball is within the area or there is a rebound from the backboard.
2. **5seconds rule:** a player must not hold the ball for more than 5 seconds before putting the ball into play from the out of bound area.
3. **10 second rule:** when a team gains control of the ball in it back court, the team must get the ball to the front court within 10 seconds.
4. **20 seconds rule:** substitution must be made within 20 seconds.
5. **30 seconds rule:** the team with the bell must try to make shot at the basket within 30 seconds.

**DURATION OF THE GAME.**

The length of the game varies in accordance with the sex, age and stamina of the players.

**Men:**

1. 20 minutes of 2 period s(40minutes full time).
2. 15 minute restart half time.
3. 5 minutes of play to break the tie (draw).

**Women:**

1. 4 periods of 8minutes each (32 minutes full time)
2. 2 minutes rest between the halves.
3. 3 minutes extra time to break the tie (draw).

**Time out**

Time out occurs for 60 second and it’s called when any of the following happen:

1. When there is a jump ball.
2. When there is a foul.
3. When officials suspend players for any reason e.g. substitution.
4. When the coach want to interact with the team.

**GENERAL RULES OF BASKETBALL**

1. During the game, the ball must not rest on the hand while bouncing.
2. Substitution can only be made when a foul has been called, a charged time out is granted or when the ball is dead.
3. In every game play, the game must start with jump ball.
4. A player in possession of the ball having crossed his own half should not take the ball back again. Violation of the rule leads to loss of possession of the ball.
5. No player should attack or push his/her opponent on any occasion.
6. The ball must be held by the hands. The arm or body must not be used for holding it.
7. A goal shall be made when the ball is thrown or battled from the ground into the basket.
8. The side marking the most goals in the time of playing shall be declared winner.
9. A player must not use his/her both hands to bounce the ball, if this happen, it is called **double bouncing** and the player loss the ball to the opponent.
10. There is no double dribbling
11. The ball must not be carried for more than one pace or step by a player.
12. Players dressing must carry a number on them.

**COMMON TERMINOLOGIES IN BASKET BALL**

1. **Jump ball:** it is the act of putting the ball into play (starting and when there is double foul).
2. **Hand ball:** when 2 players of opposing team hold the ball.
3. **Rebound:** when the shot hit the back board and it is replayed into the basket.
   1. **Set shot:** shot taking at stationary positionary free throws.
4. **Back court:** when an attacker passes or doubles or throw back ball and the ball cross the centre line to his own court side.
5. **Traveling:** when a player carries a ball in hand and takes more than a step.
6. **Trailer:** a player closely following his/her dribbling team mate.
7. **Baseline:** the line that joins the side-line to form the backline and under the basket.

**Official in basketball**

The officials in a basketball game include the following:

1. Referee
2. Umpire
3. Scorer
4. Assistant scorer
5. Timekeeper
6. 24 second operator.