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**CLASS: JS 1 EMERALD**

**SUBJECT: P.H.E**

**1. Briefly explain the history and development of soccer:**

- Soccer, also known as football in many countries, boasts a rich and storied history dating back thousands of years. Ancient civilizations, including the Greeks, Romans, and Chinese, played various forms of ball games that resembled soccer. The modern version of soccer began to take shape in medieval England, where it gained popularity as a traditional village sport played between neighboring communities. Over the centuries, standardized rules and regulations were established, culminating in the formation of the Football Association (FA) in England in 1863. The inaugural FA rules became the foundation for modern soccer, paving the way for the sport's global expansion, professionalization, and immense popularity as the world's most renowned and beloved game.

**2. Define contact games with examples:**

- **Contact Games:** Contact games are sports or games in which physical contact between players is an integral part of the gameplay. Contact is permitted, and players actively engage in physical interactions, such as tackling, blocking, and challenging opponents to gain possession of the ball or achieve strategic objectives.

- **Examples:**
  - **Rugby:** A full-contact team sport originating from England, where players aim to score points by carrying, passing, kicking, or grounding the ball in the opponent's territory or goal area.
  - **American Football:** A popular team sport in the United States and Canada, characterized by intense physical contact, strategic gameplay, and intricate rules governing scoring, player positions, and game progression.
  - **Ice Hockey:** A fast-paced sport played on ice, where players use sticks to maneuver a puck and score goals while engaging in physical contact, checking opponents, and defending their territory.

### 3. Define non-contact games with examples:

- **Non-Contact Games:** Non-contact games are sports or games in which physical contact between players is limited, restricted, or not a fundamental aspect of the gameplay. Players focus on skillful execution, strategic planning, and achieving objectives without engaging in physical interactions or challenges with opponents.

- **Examples:**
  - **Tennis:** A racket sport played between two players (singles) or two teams of two players (doubles), where players use rackets to hit a ball over a net and into the

opponent's court, aiming to score points by preventing the opponent from returning the ball within the designated boundaries.

- **Badminton:** A racket sport played with a shuttlecock, where players or teams compete to hit the shuttlecock over a net and onto the opponent's side of the court, utilizing skillful strokes, strategies, and agility to outmaneuver opponents and win points.
- **Golf:** A precision sport in which players use clubs to hit balls into a series of holes on a course, aiming to complete the course with the fewest strokes possible, emphasizing strategy, skill, and concentration rather than physical contact with opponents.