

NAME: Mrs. Iwobi

SUBJECT: Physical and Health Education

CLASS: JSS 2

WEEK: 5

TOPIC: Sports and Society

Sports involve all the physical activities requiring organized competition.

Society is a group of people with the same cultural identity living in a community.

Values of sports in society

1. It serves as an avenue for improving health and physical fitness.
2. It provides fun, enjoyment and entertainment for everybody in society.
3. It serves as a means of livelihood and offers career opportunities to people.
4. It boosts the economy of society through hosting of sports competitions.
5. It promotes the development of basic infrastructure and social amenities.
6. It helps in the reduction of anti-social behaviours like drug addiction, prostitution and criminal activities through positive engagement of youths.
7. It promotes unity, love and peace through interaction.

The roles of sports in management of undesirable habits

Sports help in reduces youth restiveness, drug abuse and crime.

Youth restiveness/ Drug abuse

Sports keep the youths of various walks of life busy. The time some of them could have used for unwholesome behaviours is often spent in sporting activities. Again, youths that would have been tempted to take to drugs as a way of obtaining happiness, often engage themselves a good deal in sports. As a result, they spend their time usefully and obtain enough pleasure from sports.

Crime

When youths who are the most active, vibrant and energetic group in society are not usefully occupied, they tend to resort to crime. Sports constitutes a reliable weapon that prevents this. Sports also create a lot of avenue for youth to make good money. Every youth, including the physically challenged, has ample to specialize in any aspect of sporting activities.

Since many youths are gainfully engaged in sports, this tends to restrain them fr engaging in crime.

Assignment:

1. Define drug abuse.
2. Explain the term "restiveness".