

<b>WEEK</b>	<b>TOPIC</b>	<b>CONTENT</b>
1.	HANDBALL I	History, nature, facilities and equipment
2.	HANDBALL II	Skills and techniques, rules and officials
3.	RECREATION AND DANCE	Computer games, dance and creative movements
4.	ATHLETICS	Javelin throw
5.	HUMAN MUSCULAR SYSTEM	Nature of the human muscular system and its functions and challenges.
6.	DISEASES	Non-communicable disease, Causes, nature and prevention
7.	<b>MID TERM BREAK</b>	
8.	BADMINTON I	History, nature, facilities and equipment
9.	BADMINTON II	Skills and techniques, rules and officials
10.	REVISION	revision
11.	EXAMINATION	examination
12.	EXAMINATION	examination
13.		

# **HANDBALL**

## **BRIEF HISTORY OF HANDBALL**

The game of handball originated in Germany and was introduced by Konrad Koch in 1919. Karl Schelenz is known as the father of modern handball because he was the first to give the name **HANDBALL** and developed the rules.

The Game of handball was introduced to Nigeria in the year 1972 by the National Sports Commission.

## **THE NATURE OF HANDBALL**

The game is started with a throw off at the centre by any of the team that wins the toss. After the pass, the players can use the various skills to dislodge their opponents. The game is played by two teams of 7 players each. Five substitutes or reserve players are allowed. The duration of the game is 60 minutes i.e. 30 minutes per half and 10 minutes for rest at half time.

## **BASIC SKILLS IN THE GAME OF HANDBALL**

The fundamental skills in the game handball are:

1. Passing
2. Dribbling
3. Shooting
4. Pivoting
5. Faking and feinting
6. Guarding
7. Goal keeping

## **FACILITIES AND EQUIPMENT**

### **Facility:**

- i. Handball court

### **Equipment:**

1. Net

2. Ball
3. Costume (jersey, shorts and tennis shoe)
4. Whistle
5. Stop watch
6. Score sheet

## **THE OFFICIALS IN THE GAME OF HANDBALL**

1. Two Referees:
  - a. Court referee
  - b. Line referee
2. Scorer
3. Time keeper

## **SCORING**

In handball, a goal is scored when the whole of the ball passes between the goalposts and travels fully over the goal line. However, a goal is not awarded until the referee has signalled this and they are confident that no rules have been broken.

At the end of the match, the team with the most goals will be awarded the winners. However, in the event that both teams have the same score, a draw is recorded.

## **RULES**

- i. A competitive game consists of equal 30-minute halves with a 10 to 15-minute break.
- ii. A team cannot keep possession of the ball without attempting to attack.
- iii. The start is awarded to the team that wins the coin toss.
- iv. A match begins with both teams in their own half.
- v. A goal can be scored from any type of throw.

- vi. A player can hold a ball without bouncing or throwing for up to three seconds maximum.
- vii. A player can continuously dribble, providing they bounce the ball.
- viii. A player can take three steps maximum before and after dribbling (no 'double dribble').
- ix. Players are not able to endanger an opponent with the ball.
- x. Players are not permitted to pull, hit or punch the ball out of the hands of an opponent.
- xi. Players cannot make contact with the ball below the knee.
- xii. Players cannot dive on the floor to regain a loose ball.
- xiii. A player is allowed to use the torso of the body to obstruct an opponent with or without the ball.
- xiv. A player cannot outstretch arms or legs to obstruct, push, hold, trip or hit.
- xv. An attacking player is not allowed to charge into a defensive player.
- xvi. A throw-in is awarded when the ball goes out of bounds and the thrower must place one foot on the sideline to execute the throw.
- xvii. All opposing players must stay 3 meters away from the throw-in.
- xviii. All minor fouls or violations are penalized with the awarding of a free-throw which is taken at the place of infringement.

## **RECREATION**

Recreation can be defined as participation in sporting activities during our leisure time through which one may better develop physically, mentally, emotionally and socially. It is a voluntary effort in which we don't expect monetary gain. It is done for enjoyment at one's free time after the day's work. Recreation is for fun, enjoyment, mental and physical benefits. Recreation is voluntary participation in leisure activities that are meaningful and enjoyable to the person involved.

### **Types of recreational activities**

Indoor recreational activities

Outdoor recreation activities

### **What is leisure?**

Leisure condition of having free time from the demands of work or duty.

Leisure can also be:

- Freedom or spare time provided by the cessation of activities;
- Free time as a result of temporary exemption from work or duties;
- A time at one's own command that is free of engagements or responsibilities;
- A period of unemployed time;
- Opportunity provided by free time

### **What is dance?**

Dance is a recreational activity mostly done at leisure, aside from people who decide to take it as a profession. Dance involves the movements of body parts e. g. arms, legs, thighs etc. in a quick and lively manner. It could be an up and down movement or a side by side movement. Dance however involves the movement of the body which is a means to achieve physical fitness through the five fundamental movements of walking, running, jumping, leaping and hopping.

### **Types of Dance**

- i. Traditional or folk dance
- ii. Social dance
- iii. Modern or foreign dance

## **Benefits of recreation and dance**

- Refreshment of both body and mind
- Create room for fun and enjoyment
- Carry over values of skills learnt during physical and health education exercise.
- Promotion of mental alertness, social and emotional stability
- It helps one relax
- Take one mind of daily strains and demands
- Helps eliminate stress
- helps revitalize a person
- Gives a sense of fulfillment
- Increases blood circulation
- Helps to burn calories
- Manage weight

## **Computer games**

A computer game is an animated display on a computer. They are games that can be played on the computer for entertainment and recreational purposes. They can be played by one or more people and usually combine sound and graphics.

The components of a computer game include:

- a. Console
- b. Joystick/game pad
- c. monitor

## **ATHLETICS (JAVELIN THROW)**

A javelin is a light spear designed primarily to be thrown, historically as a ranged weapon

### **BASIC SKILLS AND TECHNIQUES**

Techniques of javelin throw are broken into the following phases:

1. The grip
  - The American grip
  - The finish grip
  - The fork or V grip
2. The carriage
3. The run up
4. The release
5. The recovery

### **FACILITIES AND EQUIPMENT**

1. The javelin: the modern javelin is mostly made of metal and has three main parts:
  - A metalhead
  - The shaft
  - Cord grip.

The men's javelin weighs 800 grams, while the women's javelin weighs 600 grams
2. The runway: 30 – 36.5 meters
3. The landing sector: 29°
4. Measuring tape

### **RULES AND REGULATIONS**

The rules of javelin throw are as follows:

- Holding the javelin must be done at the cord grip and should always be maintained above the shoulder level.
- For valid throw, the javelin must lie before the specified zone and its tip should hit the ground.
- There is a special marking line on the runway within which the athlete needs to throw.

- The athlete should not leave the ground until the javelin lands on the ground.
- After the throwing action has been made, the thrower should not turn back towards the pointing direction, until it lands.
- The number of throws allowed per athlete (mostly six) is the same for all athletes.



## THE HUMAN MUSCULAR SYSTEM

The muscular system is an organ system consisting of skeletal, smooth and cardiac muscles. It is the system made up of muscles. In the human body about 40% of the body part is made of muscles. It consists of different muscles which help to maintain the posture of the body. In our body, we have 650 muscles. Our muscles help us in various ways like circulating the blood, respiration, pumping the blood, digesting food, move and speak among other things.

### PROPERTIES OF MUSCLES

- i. **Excitability:** the ability to detect and respond to stimulus
- ii. **Contractibility:** the ability to contract in response to natural stimulus
- iii. **Extensibility:** the ability of a muscle to stretch without tearing
- iv. **Elasticity:** the ability to return to its normal shape after contracting and extending

### TYPES OF THE MUSCLES

In our body, there are many muscles but according to their structure and functions our muscles can be divided into three types, they are given below:

#### Voluntary Muscles

Voluntary muscles are the muscles which normally exist in the outer part of the body and controlled by an individual according to their will. When we make a movement of a body part it also moves according to our movement. The muscles of legs, hands, arms, neck, belly etc. move together with bones. The voluntary muscles are thick and stronger in the middle part and thin and weaker in the ends of the parts. Such types of muscles are striated and stiffer.

#### Involuntary Muscles

Involuntary muscles are the muscles which cannot be moved according to our will and cannot be seen by the eyes. We cannot be controlled the involuntary muscles by our will. These types of muscles are softer and smooth then compared with voluntary muscles. The movement of the involuntary muscles is done by the nervous system of our body according to the requirement of a body. The muscles of kidney, digestive system, circulatory system etc. have the involuntary muscles in our body.

## **Cardiac Muscles**

Cardiac muscles are the muscles which are found only in the heart. These muscles are the involuntary muscles which are strong enough but are very flexible for extension and contraction. Cardiac muscles pump the blood so in this process huge amount of energy is needed. It takes the energy of our body and controlled by the nerve impulse. It is the most important muscles in the human body because if it stops working then human being left to breathe and die.

## **FUNCTIONS OF A MUSCLES**

1. They help in the movement of the body.
2. They help in the circulation of a blood throughout the body.
3. They help in the digestion, respiration, and excretion of the body.
4. They help to give the proper shape to the body.
5. They help to store energy and produce heat to the body.

## **COMMON MUSCULAR INJURIES**

- a. Laceration
- b. Contusion
- c. Strain
- d. Sprain
- e. Muscle soreness
- f. Muscle cramp

## **DISEASES**

### **NON-COMMUNICABLE DISEASES AND THEIR PREVENTION**

Non-communicable diseases are diseases that cannot be transmitted from one person to another through body contact or from proximity with infectious and contagious food, water or animals.

Some common communicable diseases include:

1. Sickle cell
2. Diabetes Mellitus
3. Obesity
4. Anaemia
5. Dental cavities
6. Kwashiorkor
7. Asthma
8. Marasmus
9. Cancer
10. Stroke
11. Hypertension

#### **❖ Sickle Cell**

Sickle cell is a hereditary blood disease. While normal red blood cells are mostly “O” shaped, people with sickle cell disease have red blood cells that contain mostly haemoglobin “S”. This makes the shape of the red blood cells in a sufferer ‘sickle shaped’ or ‘S’ shaped, thereby finding difficult in passing through the blood vessels.

Sickle cell happens when both parents are carriers of the sickle shaped red blood cells.

**Genotype** refers to the genetic constitution of an individual. It also determines the health of cells, thus:

- **AA**: alphabetical representation of healthy red blood cells
- **AS**: alphabetical representation of carrier cells
- **SS**: alphabetical representation of a sufferer-carrier

### ❖ **Diabetes Mellitus**

Diabetes mellitus is a hereditary (type I) or development (type II) disease caused by the shortage of insulin, a hormone secreted from the pancreas, leading to higher than normal blood sugar levels. In diabetes, the body is not able to use up the glucose in the body, leading to excess levels of blood sugar.

Some causes of diabetes are:

- Heredity
- Physical inactivity
- Overweight
- Unhealthy diet

Symptoms of diabetes include: increased thirst, weight loss, frequent urination, blurry vision, extreme fatigue, sores that don't heal, etc.

- ❖ **Obesity:** the abnormal increase in body fat.
- ❖ **Anaemia:** a condition where lack of iron in the body causes the reduction of red blood cells in the body. it is characterised by loss of energy and frequent fainting.
- ❖ **Kwashiorkor:** this is a nutritional disorder which is caused by the lack of protein in one's diet.
- ❖ **Asthma:** asthma is an inherited disease characterised by difficulty in breathing.

### **PREVENTIVE MEASURES OF NON-COMMUNICABLE DISEASES**

1. Eat adequate diet.
2. Individuals should know their health status, e.g. genotype, blood group, etc.
3. Intending couples should go for medical tests before getting married.
4. Avoid eating excess starchy foods.
5. Regular exercise should be observed.
6. Regular medical check-ups should be practiced.
7. Rest periodically and avoid too much stress.
8. Maintain good hygiene always.

# **BADMINTON**

## **HISTORY OF THE GAME**

The word 'Badminton' originated from the name of city "Badminton", an estate in Gloucestershire (England). In 1873, the first Badminton club came into existence at England. The game was further developed in India by army officials and called 'Poona' after the name of the city Pune. The Badminton Association of England was formed in 1893. The International Badminton Federation was formed in 1934. The Nigerian badminton Federation was formed in 2003.

## **NATURE OF THE GAME**

Badminton is a recreational as well as a competitive sport played as singles, doubles or mixed doubles. The aim of the game is to make it difficult for the opponent to return the shuttlecock. The game begins with a serve after a toss for choice of service had been decided. The shuttle can then be returned using various skills, techniques and strategies known to the receiver and the rally continues until a player misses the shuttle. A game is won by the side which first scores 21 points.

## **FACILITIES AND EQUIPMENT**

### **1. The Court:**

The size of badminton court is rectangular court with the length of 13,4 metres (44 feet) both for singles and doubles. The width of court is 6.1 metres (20 feet) for doubles and reduced to 5.18 metres (17 feet) for singles. The court is marked with 40 mm wide lines.

### **2. Posts:**

The posts are 1.55 m high from the surface of the court.

### **3. Net:**

### **4. Racket:**

### **5. Shuttle:**

## **SKILLS AND TECHNIQUES OF BADMINTON**

### **1. Grip**

There are mainly two styles of gripping the racket i.e. frying pan grip and back hand grip.

## 2. Service:

The stroke use to put the shuttle into play at the start of each rally is called service. There are mainly two types of service i.e. high service and low service

## 3. Strokes:

The different strokes can be categorized mainly into three categories:

(a) Forehand Stroke

(b) Backhand Stroke

(c) Overhead stroke

## 4. Drop Shot:

## 5. Lob Shot:

## 6. Smash:

## 7. Hair Pin Shot:

In this shot, the shuttle is returned sharply from very close to the net. The movement of the shuttle is just like a hair pin falling very close to the other side of net.

# **RULES OF BADMINTON**

- a. A match consists of the best of three games of 21 points.
- b. After a deuce (20 all) the player who gains a 2-point lead wins the game.  
If no player is able to gain a 2-point lead, the first player to reach 30 points wins.
- c. The player who wins a game, serves first in the next game.
- d. A legal serve must be hit diagonally over the net and across the court.
- e. During play, a player is not allowed to touch the net with any part of the body or the racket.
- f. A player is not permitted to hit the shuttlecock twice.

# **OFFICIALS**

1. One umpire
2. Four, line judges

3. One service judge

### **TERMINOLOGIES IN BADMINTON**

1. Let: 'Let' is a term called by umpire to halt the play if a shuttle is caught on the net and remains suspended on or over the net. It is also a let when a service court error occurs during play.
2. Rally. A sequence of one or more strokes starting with the service, until the shuttle ceases to be in play.
3. Serve: The stroke used to put the shuttle cock into play at the start of each rally.
4. Fault: A violation or infringement of playing rules, either during service, receiving or during play.
5. Deuce: It is a term used when a score reaches 20 – 20. In case of deuce a lead by 2 points must be scored in order to win the game.