

WEEK	TOPIC	CONTENT
	BALL GAMES: BASKETBALL I	history, nature, facilities and equipment
	BALL GAMES: BASKETBALL II	skills and techniques, rules and officials
	AQUATIC SPORTS	Meaning, examples and values
	WASTE DISPOSAL	Refuse and sewage; proper waste disposal
	WATER SUPPLY	Description, uses and qualities
	DISEASES	Communicable and non-communicable disease, Causes, nature and prevention
	ATHLETICS: JUMPING EVENTS (HIGH JUMP)	Nature, facilities and equipment; skills and techniques, rules and officials
	JUDO	Nature, facilities and equipment; skills and techniques, rules and officials
	REVISION	revision
	EXAMINATION	examination
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BASKETBALL

Basketball started from United States of America in 1891. It was invented by Dr, James a Naismith. It is very popular all over the world. The sport was introduced to Nigeria by the British administrators and missionaries during the colonial rule.

FACILITIES AND EQUIPMENT OF BASKETBALL

- The game is played on a **standard court** of 28 by 15 meters. The long sides of the court are called sideline while the short sides are called base line or back line. The center circle is located in the middle of the center line. There are two other circles in addition to the center circle on end of the court.
- The equipment consists of the **back boards** which are made of wood or transparent material called fiberglass and are situated at the center of both end lines above the floor. The **iron rings** are attached to the backboards, and their diameters are 45cm each.
- **The ball** is made of leather rubber and the diameter is 75 to 78cm with a weight of 567 to 640 grams.
- **The stop watches**
- **The vest and shorts** with numbers ranging from 4 to 15
- **The baskets**
- **The scoreboard**
- **The basketball shoes**

SKILLS IN BASKETBALL

Some of the skills in basketball are:

1. Passing and catching
2. Shooting
3. Dribbling
4. Defence
5. Rebounding (offensive and defensive rebound)
6. Blocking
7. The steal

REQUIREMENTS FOR BASKET BALLERS

1. Good height
2. Strength
3. Flexibility
4. Accuracy
5. Sportsmanship
6. Skill
7. Concentration
8. Balance

RULES AND REGULATIONS OF BASKETBALL

1. How to Win a Basketball game

The goal of basketball is pretty simple. In order to win, a team must score more points than their opponent within the established timeframe. This is accomplished by putting the ball through the basket that the opposing team is defending. The team who earns the most points by the end of the game is declared the winner.

2. Scoring Points

In basketball games, points are commonly scored in increments of 1, 2 or 3.

- A free throw is worth one point;
- Any basket inside the three-point line is worth two points; and,
- Any shot from behind the three-point line is worth three.

Any player on the court can score any of these types of shots.

3. Number of Players

A team is required to have five players on the court at all times, making ten total players between the two teams. The only exception to this rule is when a team is left with less than five eligible players due to injury or disqualification.

While each player will typically have their own unique role, each player can perform the same actions as any other player on the court.

4. Player Substitution

Player substitutions can only occur in dead ball situations after the whistle is blown. For example, during free throws, timeouts, or after an out of bounds call. In most cases, each team will have an unlimited number of substitutions per game.

5. Moving the Ball/Traveling

Players can only move the ball by passing or dribbling. To be able to move while in possession of the ball, a player must dribble the ball by bouncing it between the floor and their hands. If a player walks or runs with the ball without dribbling, they will be charged with a traveling violation. A travel results in a turnover (losing possession of the ball). A player is usually allowed to take a maximum of two steps between dribbles with anything more resulting in a travel violation.

6. Dribbling/Double Dribble

Whenever a player gains possession of the ball, they can only start dribbling the ball once after receiving it. This means that once a player stops dribbling and gathers the ball with both hands, they may not start dribbling again until they pass or shoot. If a player stops dribbling and starts again, they will be charged with a double dribble violation and forfeit the ball to the other team.

7. Fouls

On defence, players are supposed to stop the offensive player from scoring without unnecessary physical contact. If any player on either side of the ball uses physical contact to stop an opposing player, they will be called for a foul. Common types of fouls include shooting fouls, blocking fouls, reach-in fouls, or charging fouls. Fouls will stop the clock and can result in free throws, turnovers, or taking the ball out.

8. Time Rules in Basketball

- A basketball game consists of four quarters of 10 minutes each (40 minutes). There is a 2-minute interval between the first and second period, a 15-minute interval between the second and third period and another 2-minute interval between the third and fourth period.
- **24-second rule:** a team in possession has 24 seconds to shoot or else the ball is handed to the other team.

- **8-second rule:** a team has 8 seconds to move the ball from the back court to the opponent's court
- **5-second rule:** a player holding the ball has 5 seconds to either pass or attempt making a point(s)
- **3-second rule:** a player can only be in the opponents rectangular 'key' area for 3 seconds

Officials

1. The referees (chief referee and two others)
2. A timekeeper
3. A scorer
4. A recorder

AQUATIC SPORTS

The word 'aqua' is the Latin word for water. Therefore, aquatic sports are sporting activities that are performed in water. Examples of such sports are:

- Swimming
- Diving
- Fishing
- Water polo
- Rowing
- Canoeing
- Boat regatta
- Surfing
- Sailing
- Water skiing
- Kayaking

WATER POLO

Water polo is an aquatic team sport. A playing team is made up of seven players – a goalkeeper and six outfield players. Each player is allowed to use only one hand to play the ball at a time, with the exception of the goalkeeper. Players must wear caps of different colours for team identification. Each team is allowed six substitutes.

During play, players may not walk on the bottom of the pool or take the ball beneath the surface of the water. For minor infractions, play stops and one team mate makes a free pass to another. For major infractions, the penalty may involve a free shot at the opponent's goal from a 4m line. After accumulating three major fouls, a player must be replaced by a substitute.

A game is divided into four periods of seven minutes each with a two-minute interval.

Facilities and Equipment

1. Water polo pool (25-30m long; 17-20m wide; 1.8m deep)
2. Goal posts (3m wide; 90 cm high from the water surface)
3. Swim trunks
4. Swimming caps
5. Goggles

6. Earplugs

Skills and Techniques

1. Swimming
2. Good body control
3. Balance
4. Passing
5. Shooting
6. Blocking
7. Goalkeeping

Officials

- Two referees
- Two goal judges
- Time keeper
- Recorder

BOAT REGATA

Boat regatta is an aquatic sport that involves different groups of people rowing a boating vessel. The boats are usually decorated in such a way that teams try to outdo each other with the beauty of their boats. It involves displays that fascinate spectators and guests.

Boat regatta as an aquatic sport, takes place during fishing festivals. A boat may contain fifteen to twenty people who display their artistic and rowing skills.

WASTE DISPOSAL

Waste is the general name given to all human, industrial, physical and mechanical by-products, which are no more useful and which need to be disposed of.

Waste disposal refers to getting rid of, or the removal of waste from our surroundings.

TYPES OF WASTE DISPOSAL

There are two main types of waste disposal. They are:

1. Sewage disposal
2. Refuse disposal

Sewage Disposal

Sewage is the name given to liquid waste such as faeces, urine, used dirty water, etc. Sewage disposal is the properly carrying away liquid waste to avoid it becoming harmful to the environment or to where it is treated and converted to fertilizer.

Method of Sewage Disposal

1. Pit latrine
2. Bucket latrine
3. Water closet system

Refuse disposal

Refuse is solid waste material that is useless and not needed. Refuse disposal is the removal and carrying away of such solid waste.

Methods of Refuse Disposal

Some methods of refuse disposal are:

1. Incineration
2. Land fill
3. Burying (composting)
4. Hog feeding (feeding animals)
5. Recycling

WATER SUPPLY

Water (H₂O) is a product of the mixture between Hydrogen (2 compounds) and Oxygen (1 compound) and exists in three states: liquid solid and gaseous. Water is essential for human beings, plants and animals.

SOURCES OF WATER

The sources of water include the following:

1. Rain
2. Surface water: this is water that can be found on the surface of the earth and it includes:
 - Streams
 - Rivers
 - Ponds
 - Lakes
 - Dams
 - Oceans
3. Underground water: this is water that is found underground and we have it in these forms:
 - Springs
 - Wells
 - Boreholes
4. Tap water/pipe-borne water

USES OF WATER

Water is used for so many things in life. The following are some uses of water:

- a. Domestic use
- b. Industrial use
- c. Agricultural use
- d. Transportation
- e. Recreation
- f. Hydro-electric power
- g. Economic use
- h. Sports

QUALITIES OF GOOD WATER

For water to be regarded as good, it must have the following qualities:

- a. It must be colourless
- b. It must be odourless
- c. It must be tasteless

TREATMENT/PURIFICATION OF WATER

The methods of purifying water include the following:

- a. Boiling
- b. Filtration
- c. Addition of chemicals (chlorine)
- d. Storage and sedimentation
- e. Water treatment plant processing

ASSIGNMENT: identify the water pollutants you know

DISEASES

Diseases are abnormalities in the functioning of cells, tissues or organs of the body which could affect also the system resulting in deformity or sudden death of a living organism. Disease causing organisms are pathogens and parasites.

TYPES OF DISEASES

There are two types of diseases, based on how they occur:

- a. Communicable diseases
- b. Non-communicable diseases

CLASSIFICATION OF COMMUNICABLE DISEASES

Communicable diseases are classified based on how they enter the body. They include the following:

1. ***Airborne Diseases:*** They are easily transferred from vectors to their hosts by air, wind or breeze. Examples include tuberculosis, pneumonia, measles, chicken pox, etc.
2. ***Food-water borne Diseases:*** are transmitted through feeding on contaminated food or and water. Some examples are: typhoid, diarrhoea, cholera, guinea worm, flukes, dysentery, etc.
3. ***Insect-borne Diseases*** are transmitted through insects' bites. For example, trypanosomiasis, malaria, yellow fever, zika virus and encephalitis.
4. ***Venereal Diseases*** commonly called STDs are transmitted through sexual activity or contact including kissing. Examples include gonorrhea, syphilis, HIV/AIDS, HPV, herpes, hepatitis, and trichomoniasis.
5. ***Skin contact diseases:*** they can either result from contact with infected fluids or direct contact with infected skin. Some examples are: ringworm, chickenpox, folliculitis, scabies, etc.

Assignment: state any ten disease preventive measures.

HIGH JUMP

High jump is a field event in athletics, in which competitors must jump, unaided over a horizontal bar placed at measured heights without dislodging or removing it.

TECHNIQUES OF HIGH JUMP

There are different approaches used by athletes to execute a high jump. These methods include the following:

1. The straddle
2. The western roll or side roll
3. The Fosbury flop
4. The scissors

PHASES OF HIGH JUMP

The high jump comprises four phases as follows:

- i. Approach
- ii. Take-off
- iii. Flight
- iv. Landing

HIGH JUMP EQUIPMENT AND FACILITIES

- 1) The runway (15 meters)
- 2) The crossbar
- 3) Landing foam
- 4) Athletic wears (shorts, top and shoes)

WINNING IN HIGH JUMP

The winner of a high jump competition is awarded to the athlete who clears the tallest height.

MARTIAL ARTS: JUDO

JUDO is a combat sport used for self-defence. It is a martial art created in Japan, in **1882**, by a Japanese called **Kano Jigoro**. Judo was introduced to Nigeria in 1972. In 1993, the Nigerian Judo Federation was formed.

Someone who practices judo is called a **Judoka**.

SKILLS AND TECHNIQUES

1. The stance
2. Gripping
3. Movement
4. Throws:
 - Foot stop
 - Body drop
 - Lion throw
 - Hip throw
 - Shoulder throw

EQUIPMENT

1. **Judogi** or judo uniform (shirt, trouser and belt)
Judo belts are different colours, representing different grades of judokas thus:
 - White belt (beginner)
 - Yellow belt
 - Orange belt
 - Green belt
 - Blue belt
 - Brown belt
 - Black belt (highest rank)
2. Tatami or judo mat: this is located in the center of the mat measuring 10x10 meters

WINNING IN JUDO

The correct execution of different techniques attracts points. “**ippon**” is the highest judo score, meaning a direct victory for the judoka who wins it. Other points are “**waza-ari**”, “**yuko**”, “**koka**”.

OFFICIALS

Those who oversee a judo match include:

1. The referee
2. Corner judges