**SUBJECT: P H E**

**CLASS: J S S 1**

**TERM: FIRST TERM SCHEME OF WORK**

|  |  |
| --- | --- |
| **WEEKS** | **TOPICS** |
| **1 & 2** | **MEANING OF PHYSICAL AND HEALTH EDUCATION** |
| **3** | **PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES** |
| **4** | **CHARACTERISTICS OF PHYSICALLY FIT PERSON**  **-THE IMPORTANCE OF PHYSICAL FITNESS** |
| **5** | **EXERCISE TO DEVELOP STRENTH ENDURANCE AND FLEXIBILITY** |
| **6** | **SAFETY PRECAUTIONS WHILE PERFORMING EXERCISES** |
| **7** | **HEALTH DETERMINANTS**  **-CHARACTERISTICS OF A HEALTHY PERSON** |
| **8 & 9** | **MEANING OF SEWAGE AND REFUSE**  **-METHOD OF SEWAGE AND REFUSE DISPOSAL** |
| **10** | **SOURCES OF WATER SUPPLY** |
| **11** | **REVISION** |
| **12** | **EXAMINATION** |
|  |  |

**PHYSICAL & HEALTH EDUCATION FOR JSS 1**

**WEEK 1 & 2**

**DATE:**

CLASS: J.S.S.1

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC: INTRODUCTION TO PHYSICAL AND HEALTH EDUCATION

SUB TOPIC:MEANING OF PHYSICAL AND HEALTH EDUCATION

The terms physical education consist of two terms Physical and Education

Physical refers to the outward appearance of an individual in terms of the body composition. It refers to physical make-up or attribute of an individual as regard the trunk, head, hands, legs, height, weight e.t.c. The physical attributes of an individual describe he or she at first appearance.

Education can be defined as a process of training and re-training an individual either formally or informally in other to bring about a change in the behavior of the learner

Physical Education can be defined as the process by which the general make-up or well-being of an individual is improve upon through active participation in physical activities, sports and games

Physical Education is the process by which changes in an individual is brought about through movement experiences, it aims not only at physical development but also concerned with education of the whole person through some well planned physical activities.

It is a long life education which starts from conception till death (that is, from cradle to grave)

Physical and health education-: can be defined as the acquisition of skills and knowledge necessary to help the development of the body, mind and spirit in other to promote health and wellness.

Physical education can also be defined as a part of general education which helps to develop the body. It also enhances total fitness, growth and all round development of the body through selected physical activities.

Physical Education is a process of developing the body and mind through movement and carefully selected physical activities.

It is the education that is concerned with educating the child through physical activities these physical activities cover a wide field which include games, gymnastics, athletics, swimming, recreation etc.

Physical education is also referred to as an integral part of education that develops an individual physically, mentally, socially and emotionally through a well selected and a well planned physical activities.

The word “Physical” refers to the body. It is often used with reference to various body characteristics such as physical strength, physical power, physical development, physical appearance while the education may mean different things to different people but generally, it is a training that comes through studies. It`s used to train an individual to be a complete man who will be useful to himself and his society.

AIMS OF PHYSICAL EDUCATION

1. Physical development: physical education helps to develop the muscles of the body through selected, well planned and programmed activities
2. Social development: Children learn desirable social attitudes during group activities. These attitudes lead to better social adjustment
3. Mental development: During physical education the mental capacity is further enlarged through the knowledge of the rules of the various games and sports
4. Emotional development: through physical activities, children learn how to be humble in victory and accept defeat gracefully. Also they learn to control their tempers during games and sports. These will in effect lead to sound mental health

**THE OBJECTIVES OF PHYSICAL EDUCATION**

1. To train the muscles of the body
2. To correct bad postures
3. To create the interest and love for games in students
4. To provide avenue for social interaction among students
5. To develop the ability to reason and make decisions
6. To provide career opportunities
7. To encourage intentional cooperation and friendship through sports
8. To enable the student to have a sense of leadership, loyalty and obedience

**Branches of physical education**

1. Athletics
2. Games
3. Gymnastics
4. Recreation
5. Combative Sports
6. Rhythmic and Dance
7. Safety Education
8. Aquatic Sports (Swimming)
9. Fundamental movement
10. Camping
11. Dancing
12. Sports

**What is health?**

The definition of health is best explained by the one given by the World Health Organization (WHO), Which states- Health is a state of complete physical, mental and social well-being of a person and not the mere absence of diseases and infirmity

**HEALTH EDUCATION**-Can be defined as the process through which one acquires health knowledge which is necessary for maintaining healthy living.

**THE OBJECTIVES OF HEALTH EDUCATION**

The objectives of health education are reasons health education is important generally.

1. Health education helps to acquire and practice desirable health habits that lead to total fitness
2. It gives awareness of communicable diseases, mode of transmission, prevention and cure
3. It provides the knowledge of basic first –aid and injury management
4. It provides knowledge of nutrition, food nutrients that are essential for proper growth and development.
5. It provides information on drugs, drug abuse, drug misuse and dangers of self medication
6. It also teaches personal cleanliness and environmental hygiene

**Branches of health education**

**The branches of Health Education includes:**

1. **Safety and first aid:**
2. **Community health:**
3. **Drug education**
4. **Environmental health**
5. **Disease (communicable disease and non-communicable disease)**
6. **Food and nutrition**
7. **Family planning**
8. **Personal health**
9. **Sex education**
10. **Consumer health**

**Assignment**

1. **Physical education is the education that develops an individual…………………………………..**
2. **Health education is about…………………………………………………………………………………………..**
3. **Outline two importance of health education**
4. **State four branches of health education**
5. **Itemize four branches physical education**
6. **The following are the objectives of physical education except. (a)fun and enjoyment (b) Improves physical fitness(c)Causes fatigue (d)development of body skills**
7. **The most important objectives of physical education is ………………………(a)to make the body weak (b) to destroy the body cells (c)to promote disunity (d)none of the above**
8. **The main reason why an average person performs physical exercise is to (a)kip fit (b)gain energy (c)stimulate the nerves (d)win race**
9. **Physical education is education through…………….(a)gymnastics (b)indoor games (c)recreational activities (d)organized physical activities**
10. **All are scope of physical education except…………….(a)athletics (b)gymnastics (c)aquatics (d)flexibility**

**WEEK 3**

DATE:

CLASS: BASIC 7

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC: PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES

OBJECTIVES OF THE LESSON;

At the end of the lesson students should be able to:

-Explain the meaning of physical fitness

-List the components of physical of physical fitness and differentiate between health and performance related component

Physical fitness is the ability of an individual to have sufficient energy to perform one`s work effectively without unnecessary fatigue and still have little extra as a to enjoy social activities and cope with emergencies after daily work

Physical fitness can be simply defined as the ability of an individual to perform his or her daily work well without feeling too tired and still have reserve energy to do some other activities.

PHYSICAL FITNESS CAN BE GROUPED INTO TWO PARTS: These are

1. Health related components of physical fitness:-They are directly related and affect the health of an individual. They are essential for survival regardless of a person`s sex, age, religion or occupation. These includes
2. Muscular strength
3. Muscular endurance
4. Cardio-vascular-respiratory endurance
5. Flexibility
6. Performance or Skills related components of physical fitness-They are essential for skills performance, They are regarded as additional to health related components. These are the abilities required by an individual to excel in the various sporting activities. These include:
7. Coordination
8. Power
9. Speed
10. Accuracy
11. Balance
12. Reaction and time
13. Agility

BODY CONDITIONING PROGRAMMES- Are carefully selected and well planned physical activities or exercises purposely designed to achieve physical fitness in an individual.

SOME POPULAR BODY CONDITIONING PROGRAMMES ARE LISTED BELOW

1. Push- up
2. Sit- up
3. Sit and reach
4. Jogging
5. Running
6. Weight-lifting
7. Cycling
8. Swimming
9. Bench press
10. Walking
11. Hiking
12. V-sits
13. Pull ups
14. Aerobics
15. Dancing etc

**ASSIGNMENT**

1. Define physical fitness
2. List two major components of physical fitness
3. Mention two ways in which physical fitness is important
4. What do you understand by body conditioning programmes?

**WEEK 4**

**TOPIC: CHARACTERISTICS OF PHYSICALLY PERSON**

**LESSON OBJECTIVES:**

**AT THE END OF THE LESSON; Students should b**e able to :

-Mention the characteristics of physically fit person

-List the importance of physical fitness

**Characteristics of physical fit person**

A person is said to be physically fit if he or she is healthy and is able to do work and exercise adequately. Someone who is sick, malnourish, disable or overweight cannot be said to be physically fit. Though good health is important to physical fitness, exercises are needed regularly to keep fit

The following are the characteristics of a physically fit person

1. Perform his/her daily activities easily without much effort
2. Adopt better to stress and does not get tired easily
3. Has a good posture and firm physique
4. React quickly to emergency situation;
5. Enjoys playing games, sports and other recreational activities
6. Has a good appetite for food
7. Has a healthy attitude to life
8. Recovers quickly from illness
9. Has a high resistance to diseases and infections
10. Can think independently and constructively
11. Has good judgment, very resourceful, happy and confident.
12. Sleep better and has good mood

A physically fit person must be physically, socially, mentally and emotionally fit and free from diseases and infirmity

**Importance of physical fitness to human life**

1. It helps in proper growth of the body
2. It aids digestion and improves appetite and stamina
3. It helps in proper functioning of the organs and systems of the body
4. It promotes sense of well—being
5. It prevents both major and minor illnesses
6. It reduces high blood pressure
7. It reduces the risk hypo kinetic diseases (diseases associated with inactivity)
8. It adds to aesthetic value of the body. The individual looks good, feel good and happy
9. Physical fitness prevents certain disease condition such as obesity

**ASSIGNMENT**

1. List six physical fitness exercises that you know
2. Itemize four importance of physical fitness

**WEEK- 5**

**TOPIC – EXERCISES TO DEVELOP THE DIFFERENT COMPONENTS OF PHYSICAL FITNESS**

**MUSCLES STRENTH, ENDURANCE AND FLEXIBILITY**

**Some exercises to develop muscle strength include;**

**(A) M**uscular strength is the ability of a group of muscles to generate and exert maximum force in a single effort during an activity to a point that no more repetition can be done without rest

1. **B**ench press
2. Leg press
3. Isometric push-up
4. Isotonic push-up
5. Shoulder press
6. Squatting
7. **C**limbing
8. Bicep curls

**Some exercises to develop muscles endurance**

Muscles endurance is the ability of the muscles to continue to perform without fatigue. i.e, the test of how long it takes before the muscles get tired.

Some exercises that develop muscle endurance

1. Push-ups
2. Sit-ups
3. Chin-ups
4. Running
5. Jogging
6. Swimming
7. Cycling
8. V-sits

(C) Flexibility- is the ability to the joints to their full normal range of motion without discomfort or pains

Some exercises that develop flexibility include;

1. Sit and reach
2. Stretching
3. Yoga
4. Aerobics
5. Swimming
6. Stand and reach

ASSIGNMENT

1. A range of motion at a joint is referred to as ------------------------
2. List four exercises that develop muscle endurance
3. Outline four exercises that develop muscle strength
4. Enumerate four exercises that develop muscle strength
5. Demonstrate appropriate exercises to develop strength, endurance and flexibility

WEEK 6

TOPIC- SAFETY PRECAUTIONS WHILE PERFORMING EXERCISES

Safety precautions simply refers to those necessary things that must be available or put in place in other to prevent injuries while engaging in an exercises

1. Do your warm ups properly before involving in any strenuous exercises
2. Always proceed from simple to complex
3. Have a good knowledge and skills of the exercise you want to perform
4. Concentrate on the performance, so as to avoid being distracted
5. Inspect all apparatus or equipment required for the exercises before use
6. Ensure that you are certified medically fit for the exercise or sport
7. Adequate or proper kitting of players
8. Perform an exercise repeatedly and regularly to get an effective result
9. Ensure there are no harmful objects in the place where the exercise is being done
10. Vary the exercise evenly to develop every muscles of the body.

ASSIGNMENT

1. List three benefits of physical fitness
2. Mention four safety precautions required for doing exercise

**SIX WEEK**

**BASIC 7**

**TOPIC- HEALTH DETERMINANTS**

**What is health? The world health organization (who) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**

**The definition above reveals that someone may be physically well but emotionally or socially unwell.**

**Determinants of health**

There are four general determinant of health. These include:

1. Health care service
2. Life style
3. Heredity (human biology)
4. Environment

**Health care service**

This is the prevention, treatment and management of mental, physical and social well-being through the service offered by the medical community and health professionals.

Health care service are designed for promotion, curative and palliative interventions, whether direct to individual or the general population.

**Life style**

Life style is the way a person lives his or her life. A lifestyle is a characteristic of behaviors that a person exhibit to oneself or others in a given time. It includes the social interactions with people, the style of dressing, entertainment and choice of environment in which he or she chooses to live.

**Heredity**

This is the process by which physical, physiological and mental characteristics or in-born factors are transmitted from parents to children. Heredity determines the growth, development, intelligence, some types of sickness and other natural characteristics of a child.

**Environment**

Is all of the external factors affecting human well-being. Human being and their environment constantly interact and both are changed by the interaction environment determine the following of an individual: social life, dressing, shelter, behavior etc.

**Characteristics of a physically fit person**

1. Freedom from diseases
2. Normal system and body function
3. Health of mind and emotion
4. Freedom from correctable physical defect

**WEEK 8 & 9**

DATE:

CLASS: BASIC 7

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC: MEANING OF SEWAGE AND REFUSE

SUB TOPIC- METHOD OF REFUSE AND SEWAGE DISPOSAL

**Sewage**

Sewage is the liquid wastes from domestic, industrials and commercial effluents. It is the mixture of waste from human body and used water that is carried out of houses by sewers.

It carries bacteria which can cause diseases such as cholera typhoid, dysentery.

**Sewage disposal-** is the way and manner of getting rid of liquid wastes

**Refuse**

Refuse can be defined as all solid wastes in the house such as pieces of paper, leaves, garbage, ashes, rubbish and dead animals.

It can also be defined as unwanted, discarded, non-liquid materials emanating from various activities of human.

**Refuse disposal-** is the way and manner of getting rid of solid wastes. Refuse should be properly disposed of to prevent the spread of infections and health hazards in the society.

**METHOD OF REFUSE DISPOSAL**

There are many methods of refuse disposal. These are the followings

1. Open dumps: This is the case in which refuse and garbages are deposited on the land. The dumps served as breeding places for flies, cockroaches, rodents and mosquitoes
2. **Incineration**

This is burning of refuse in a controlled cabin. In this case refuse are deposited inside a house like facility and the materials are burnt with oil coal, or gas serving as fuel.

1. **Compositing or decomposition**

This method consists of disposing refuse into shallow pit which is covered with soil. It is allowed to decay and later mix with the soil. The product is called HUMUS SOIL and is used as manure / fertilizer.

1. **Sanitary landfill-**This is known as controlled tipping. It is a big hole dug in the ground where refuse from community are emptied. The refuse is then covered with soil or ashes to prevent flies and rodents from getting access to the refuse inside.
2. **Open burning**

**Methods of sewage disposal**

1. Waster system: This is a modern system where pipe-borne water is available with a septic-tank. It is common in many modern homes
2. Bucket latrines: Faeces and urine are collected inside the bucket. This method is unhygienic and should be discouraged. Burying faeces is also common with this method
3. Septic tank latrines: It is a construction of an underground away from the building into which sewage flow through a pipe aided by water
4. Pit latrines: the sewage falls into a pit or hide on the ground and its usually with a lid. This keeps away flies and cut down odour. They should be built or located away from well and houses.

**ASSIGNMENT**

1. Explain the meaning of sewage and refuse
2. Differentiate between sewage disposal and refuse disposal
3. List two methods of sewage disposal
4. Itemize two methods of refuse disposal

**WEEK 9**

DATE:

CLASS: BASIC 7

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC: WATER SUPPLY

SUB TOPIC SOURCES OF WATER

Water supply-: water supply is the process by which water is provided for some use, e.g. to a home, commercial organization, community endeavors or individuals usually through a system of pumps and pipes

**Meaning of water**

Water is a universal solvent.

It is composed of two hydrogen atoms and one oxygen atoms held together by covalent bonds. Water is precious to man’s existence as it is needed in every aspects of life. The chemical formula of water is H20. Water is needed by every creature such as human beings, animals and plants. In Nigeria, the ministry of water resources is in-charge of water supply through-out country. The state supply water through water boards or states water corporations

Sources of water

**The two major sources of water are:**

1. Natural source of water
2. Artificial source of water example of these include:

|  |  |
| --- | --- |
| **Natural source of water** | **Artificial sources of water** |
| 1. Rain water | 1. Pipe-borne water |
| 1. River water | 1. Dams |
| 1. Stream water | 1. Wells |
| 1. Pond | 1. Bore-hole |
| 1. Spring water |  |
| 1. Ocean |  |

1. **Rain water:** Rain water comes from rainfall which is usually collected from the roof of houses to collection point the collection points could be tanks, pots and pail or buckets
2. **River water:** Water that flows across the ground is called runoff. The run-off water flows into small streams or ponds. The stream flows into rivers. The rivers flow into oceans and seas.
3. **Lake, pond and stream:** The qualities of these sources of water are very low and their consumption can cause water borne-diseases like cholera, dysentery, typhoid fever as hell as guinea worms

**Qualities of good water supply**

Water that is safe for drinking or health purposes is called potable or pure water.

**The basic qualities of water are:**

1. It is odour less and transparent
2. It is taste less
3. It must be colorless

ASSIGNMENT

1. Enumerate the two major sources of water supply

**SUBJECT----PHYSICAL AND HEALTH EDUCATION**

**BASIC 8--- BASIC 8**

**TERM----- FIRST TERM**

**WEEK 0NE**

**TOPIC—RECREATION, LEISURE AND DANCE**

**SUB TOPIC---- TYPES OF RECREATIONAL ACTIVITIES AND EXAMPLES**

**RECREATION-** is the activity a person participates in voluntarily without monetary gain. It provides pleasure and amusement during the leisure time.

**LEISURE-** Leisure is defined as the free time left over after the day`s work.

**DANCE-**Is the act of moving the body in rhythmic pattern to the tempo of the music or song.

**TYPES OF RECREATIONAL ACTIVITIES**

1. **INDOOR RECREATIONAL ACTIVITIES-** Are those activities that are performed inside the house, hall or generally under a roof

**EXAMPLES OF INDOOR RECREATIONAL ACTIVITIES**

1. Ludo
2. Table tennis
3. Badminton
4. Dart
5. Scrabble
6. Monopoly
7. Drawing
8. Painting
9. Sewing/ knitting
10. Playing Piano
11. Dancing
12. Chess
13. Ayo
14. Snake and ladders
15. Playing cards
16. Watching television
17. **S**quash
18. **OUTDOOR RECREATIONAL ACTIVITIES-** are those activities that are performed outside or in the open air. Outdoor recreation centers could be parks, Picnicking, sports field or outside the house within the compound.

**EXAMPLES OF OUTDOOR RECREATIONAL ACTIVITIES**

1. Running
2. Camping
3. Swimming
4. Rowing a boat
5. Fishing
6. Skipping
7. Mountaineering
8. Horse riding
9. Hunting
10. Hopscotch
11. Partying
12. Ten-ten
13. Story telling
14. Jogging
15. Gardening
16. Hiking
17. Tennis
18. Golf
19. **E**xcursion
20. Picnicking etc

**ASSIGNMENT**

1. List the two types of recreational activities
2. Differentiate between indoor and outdoor recreational activities
3. Define the following terms;

Recreation, Leisure and dance

**WEEK TWO**

**TOPIC- DEMONSTRATION OF RECREATIONAL ACTIVITIES**

**-**Table tennis

**-**Football

**-**Swimming

**-**Ludo etc

**1.** List ten examples of outdoor recreational activities

**2.** Mention ten examples indoor recreational activities

**WEEK THREE**

**TOPIC- DEMONSTRATION OF DRAMATIC AND CREATIVE RHYTHMS**

**WEEK FOUR**

**TOPIC—DANCE**

**SUB TOPIC—DIFFERENT TYPES OF DANCE ACTIVITIES**

**DANCE—**dance is the movement of the body and feet to conform with the style of beats, songs and music.

**The different types of dance activities are:**

1. Pre-colonial or folk/traditional dance- This is dancing to the rhythm of traditional beats or music produced by crude or local instruments like Agogo, Sekere, Igba, Oja, Udu, Goje, Ekwe, Gangan, etc.

**Some examples of traditional dances in Nigeria are:**

1. Bata Dance: This dance step belongs to the Yoruba ethnic group. The dancers wear historical costumes (dansiki) and dance to the beat of the bata drum
2. Mkpokiti Atilogwu Dance: These dance steps are peculiar to the ibo ethnic group. They are energetic dance in which the dancers wear brightly coloured constumes.
3. Koroso Dance: This dance step belongs to the hausa ethnic group in Nigeria.
4. Agemo dance
5. Egungun dance
6. Eyo dance
7. Agidigbo
8. Sharo dance
9. Langa dance
10. Social dance—As the name implies, social dance helps socialization especially among the youth. It evolved from traditional or folk dances which have been modernized by the influence of modern technologies like internet, mass media, mobile phone and faster means of transportation

**Some examples of social dance are;**

1. Street dance
2. Club dance
3. Fox dance
4. Ballroom dance
5. Folk dance
6. Fuji dance
7. Modern Dance—This is a 21 st century dance step which is usually performed in concert or theatre.

This dance style expresses the dancers` emotions and there are not many rules guiding their movements.

**Some examples of modern dances are:**

1. Disco dance
2. Break dance
3. Rave dance
4. Tango dance
5. Waltz dance
6. Cha-cha dance
7. Mambo dance

**Some examples of modern dances that are peculiar to Nigerians are;**

1. Alingo
2. Azonto
3. Sekem
4. Alanta
5. Skelewu
6. Galala
7. Swoo
8. Shoki

WEEK FIVE

TOPIC-FIRST AID AND SAFETY EDUCATION

First aid :- is the immediate and temporary care given to an accident victim or to a person who suddenly becomes sick until medical attention is provided by a qualified doctor or health practitioner.

Safety- simply refers to the measures that are taken in other to be free from all types of danger in the environment

Safety Education- is the acquisition of knowledge and skills which are used to create safety skills, prevent accidents and take care of emergencies.

ACCIDENT

Accident is an unexpected and undesirable event that occurs suddenly resulting in injury, loss or damage to properties and even death.

Accident can also be defined as an unintended and unforeseen event, usually resulting in personal injury or property damage.

TYPES OF ACCIDENTS

1. Home accidents/ domestic
2. School accident
3. Transportation accidents
4. Work place/ industrial accident
5. Sports accident
6. Home accidents—these are accidents that occur in the home, surroundings and neighborhood. Most of the accidents at home are in form of cuts, falls, poison, burns, scalds, suffocation and dislocation as a result of slippery surfaces.

MEASURES FOR PREVENTING HOME ACCIDENTS

1. Always keep drugs and other dangerous materials out of reach of the children
2. Take adequate rest when necessary
3. Avoid being in haste
4. Always maintain clean environment
5. Always maintain proper arrangement at home
6. School accident—are accidents that occur within the school compound in areas like laboratories, playing ground, canteen and halls. The accident occurs in form of falls, cut, dislocation, burns, strains, sprains and fracture.

MEASURES FOR PREVENTING SCHOOL ACCIDENTS

1. Proper arrangement of laboratories with laboratory attendants.
2. Good supervision / adequate instructions
3. Adequate facility and equipment
4. Proper use of machines and equipment
5. Clean environment/ safe playground
6. Transportation accidents—these are accidents that occur on road, in the sea, on the rail and in the air. Transportation accident is usually fatal and resulting in death or complicated injuries.

MEASURES FOR PREVENTING TRANSPORTATION ACCIDENTS

1. Take adequate rest when necessary
2. Avoid being in a hurry or over speeding
3. Always concentrate when driving/ piloting.
4. Use of safety devices should always be encourage.
5. Compliance with traffic laws and regulation
6. Work place/ Industrial accidents—these are accidents that occur in industries, construction, farming, manufacturing and other industries. Occupational accidents can lead to injuries, physical handicap and even death.

MEASURES FOR PREVENTING WORK PLACE/ INDUSTRIAL ACCIDENTS

1. Regular maintenance and repair of machines
2. Safety rules must be obeyed and adhere to
3. Objects must be properly handed
4. Avoid using tools and machine when tired.
5. Sports Accidents—Are accidents that occur during sporting activities which can leads to reduction or total loss of function of the part or the whole body. The accident occurs in form of dislocation, sprain, strain, fracture, muscle cramp, muscle pull, wound and bleeding.

MEASURES FOR PREVENTING SPORTS ACCIDENTS

1. Wear appropriate sports wear
2. The playing field should be inspected and cleared of any dangerous objects
3. Progress from simple to complex activities
4. Follow the rules and regulations of any game or sport you participate in
5. Know your limits or ability and stop when tired

ASSIGNMENT

Define the following terms;

1. Safety
2. Safety education
3. First aid
4. Accidents
5. Sports accident
6. Road accident
7. Home accident
8. Occupational/ work place accident

**WEEK SIX ANDSEVEN**

**TOPIC – DOMESTIC ACCIDENT**

Domestic or home accidents—these are accidents that occur in the home, surroundings and neighborhood. Most of the accidents at home are in form of cuts, falls, poison, burns, electric shock, scalds, suffocation and dislocation as a result of slippery surfaces.

**CAUSES OF DOMESTIC ACCIDENTS INCLUDE;**

1. Accessibility to sharp instruments like knives, razor blade, cutlass etc.
2. Poorly kept environment
3. Slippery floors
4. Hastiness
5. Congested rooms and poorly arranged places
6. Poor lightening
7. Unguarded fire place
8. Tiredness
9. Poor building and maintenance
10. Use of faulty instruments and equipments

**PREVENTION OF DOMESTIC ACCIDEENTS**

**FIRST AID TREATMENT FOR INJURIES**

1. First aid treatment for dislocation;
2. Place the injured part in the most comfortable position
3. Apply cold compress (ice packs)
4. Immobilize the injured part by putting bandage on it
5. Seek immediate medical attention
6. Reassure the patient
7. First aid treatment for sprain:
8. Apply cold compress
9. Rest the affected joint
10. Immobilize the joint to restrict movement
11. Seek medical advice
12. Reassure the patient
13. First aid treatment for strain
14. Apply cold compress
15. Rest the affected muscles by supporting it with a sling if on the upper limb or use a crutch or stick if on the lower limb
16. As condition improves, massage and gently stretch to relax the muscles
17. Avoid dehydration by taking enough fluids
18. Seek medical attention if condition does not improve
19. First aid treatment for bruises
20. Clean the affected area with cotton wool soaked in hydrogen peroxide or antiseptic liquid
21. Apply a cold or ice pack immediately to control swelling or bleeding and to reduce pains
22. Apply tropical antiseptic cream to aid healing and allow for drying
23. Cover the affected area with sterile gauze to prevent infection
24. Seek medical attention if condition does not improve
25. **First aid treatment for incision**
26. Wash hands thoroughly and dry with clean towel
27. Put on gloves
28. Control and arrest bleeding by applying pressure on the affected, using a clean pad or cloth
29. If bleeding is severe, seek medical attention immediately
30. Reassure the patient
31. **First aid treatment for fracture**
32. Ensure the patient is breathing and conscious
33. Arrest bleeding immediately
34. Immobilize the affected body part
35. With a stretcher, transfer the patient to the hospital.
36. Reassure the patient

**ASSIGNMENT**

1. **What is another name for domestic accident**
2. **Highlight four major causes of domestic accident**
3. **State three ways of preventing domestic accidents**

**WEEK NINE**

**TOPIC—FIELD EVENTS**

Field events are the events which involve the throwing and throwing on the field where the height cleared and distance covered are measure to determine a winner.

Field events can be grouped two:

1. THE THROWS: are all the events which involve the throwing of some implements for distance. These implements are called missiles.

Examples of throwing events are the followings;

1. Shot put event
2. Discus event

iii. Hammer event

iv. Javelin event

1. THE JUMPS: are the events that involve jumping for height over a raised object or jumping for distance from a marked spot on a flat surface into a demarcated pit.

Examples of jumping events are the followings;

1. Long jump
2. Triple jump
3. Pole vault
4. High jump

**EQUIPMENTS AND FACILITIES FOR JUMPING EVENTS**

1. The measuring tape
2. The run-way
3. Red and white flags
4. The landing pits
5. Record sheets and writing materials
6. Step board
7. Cross bar and pegs
8. Pole vault stick
9. Land foam etc

WEIGHT SPECIFICATION FOR SHOT- PUT

Males--------- 7.26kg

Females------- 4kg

JAVELIN WEIGHT LENGTH

Males--------800gram 260—270cm

Females-----600gram 220—230cm

WEIGHT SPECIFICATION FOR DISCUS

Males------2kg

Females-----1kg

**GENERAL RULES AND REGULATIONS THAT GUIDE THROWING EVENTS**

1. Any missile that lands outside the landing sector is a foul.
2. Any throw taken outside the throwing sector is a foul
3. The throwers are allowed to throw three times
4. All throwers must commerce action only inside the circle or scratch line
5. All throws must be thrown into one direction
6. The measurement must be taken by placing the zero end of the tape on the ground where the missile first made contact with the ground

**WEEK TEN**

**TOPIC---JUDO**

Judo is a martial art in which two opponents use movement, balance and leverage to gain advantage over each other. It was adopted from a traditional Japanese martial art known as jujutsu.

Judo, a combative sport founded by a Japanese Professor Jigoro Kano in 1878.

Judo became an Olympic sport in 1964 when the game was held in Tokyo, Japan. Judo first got official support in Nigeria in 1972 during the preparation for the 22nd All African Games. The Nigeria judo Amateur judo Association (NAJA) was later named Nigeria Judo federation in 1993 and to the international judo federation.

**BASIC SKILLS OF JUDO**

1. The stance
2. The gripping
3. The movement
4. The falling
5. Throws

**EQUIPMENT AND FACILITIES**

1. Mat (tatami)
2. A belt is worn which indicates the judoka`s standard or rank
3. Judogi (judo suit)
4. Time piece for the officials, for keeping the time
5. Writing materials for the officials

**THE RULES AND REGULATIONS GOVERNING JUDO**

1. At the beginning and end of each bout, the two judoka must bow to each other
2. A judo match takes between 3 to 10 minutes duration.
3. Punching or putting a hand, foot, leg or arm on an opponent`s face is prohibited
4. Judoka must not make derogatory remarks to their opponents/ Foul language is not allowed
5. Judoka must be clean, have dry skin and short nails on both feet and fingers nails.

**ASSIGNMENT**

1. Outline four injuries a judoka can sustain while contesting with the opponent
2. Who is a judoka?