TERM: SECOND TERM (Edited) 2018

SUBJECT: PHYSICAL AND HEALTH EDUCATION

CLASS: J.S.S 1

SCHEME OF WORK

WEEKS TOPICS

1. Revision of last terms work
2. Definition of contact & non-contact sports examples of contact sports
3. Examples of non-contact sports
4. Benefits of contact and non-contact sports
5. Basic skills in contact & non-contact sports, Safety measures in contact and non-contact sports
6. Pathogens, diseases and their prevention

7 &8. Food & Nutrition

1. Meaning of food
2. Different types of food
3. Classes of food

9. Importance of food nutrients

10. Functions of various classes of food

11 & 12. Revision & Examination

WEEK 1

TOPIC: REVISION OF LAST TERMS WORK

WEEK 2

TOPIC: CONTACT AND NON-CONTACT SPORTS

CONTACT SPORT

Contact Sports are sports that involve body contact between players or opponents as part of play. Contact actions include tackling, pulling,blocking etc

Contact Sports include the following;

1. Wrestling
2. Judo
3. Football
4. Boxing
5. Hockey
6. Ice hockey
7. Water polo
8. Karate
9. Basketball
10. Taekwondo etc

NON CONTACT SPORTS

Non contact sports are sports in which the players or opponents are separated in such a way that it is difficult for them to make contact with each other.

In contact sports making is usually against the rules of the game and could lead to disqualification of the participant.

EXAMPLES OF NON-CONTACT SPORTS INCLUDE;

I. Athletics e G 100m 200m javelin long jump high jump etc

Golf

Tennis

Table tennis

Volleyball

Swimming

Gymnastics

Skating

Biking

Monopoly

Scrabble

Chess

Dart etc

1. Differentiate between Contact and non-contact sport

2. Give the examples of contact sport.

Assignment

1. List the three types of gymnastic skills with examples
2. Describe three swimming strokes

WEEK 3 & 4

TOPIC: BENEFITS OF CONTACT AND NON-CONTACT SPORTS

BENEFITS OF CONTACT SPORTS

1. It builds up muscles and aids physical fitness.
2. It develops endurance skills, self-confidence and self-reliance
3. It improves body mobility, agility and flexibility
4. It promotes stamina

5. It also correct bad postures

BENEFITS OF NON-CONTACT SPORTS

1. It improves concentration and mental focus
2. It builds self esteem and confidence
3. It provides means of recreation
4. It helps in building self confidence
5. It improves skills that re useful for sports and games.

Evaluation

1. State three each of the benefits of contact and non-contact spots

WEEK 5

TOPIC: BASIC SKILLS IN CONTACT AND NON-CONTACT SPORT

BASIC SKILLS IN CONTACT SPORTS (FOOTBALL)

1. Tackling
2. Passing
3. Goal keeping
4. Kicking
5. Dribbling
6. Heading
7. Trapping etc

BASIC SKILLS AND TECHNIQUES ( volleyball)

1. Service

2. Spiking

3. Blocking

4. Digging

5. Setting

BASIC SKILLS AND TECHNIQUES OF NON CONTACT SPORTS (swimming)

1. Buoyancy means the ability to float in water with confidence
2. Propulsion in water this mean the way the body is pushed through water by the actions of the arms and legs. There are four basic strokes or propulsion styles which are front crawl, breast stroke, back stroke and butterfly stroke
3. Breathing

BASIC SKILLS AND TECHNIQUES IN GYMNASTICS

1. Flexibility

2. Mental focus

3. Balance

4. Displine

5. Power

6. Concentration

7. Strength

SAFETY PRECAUTIONS IN CONTACT SPORT

1. Personal Hygiene is your responsibility
2. It is compulsory that student wear he appropriate uniform when training.

SAFETY PRECAUTIONS IN NON-CONTACT SPORTS

1. Always follow instructions
2. Avoid distractions
3. Practice skills within your capacity
4. Ask question when in doubt
5. Proceed from simple to complex

6. Never underestimate your opponent

EVALUATION

1. Give two each of the skills in contact and non-contact sports
2. State two each of the safety precautions in contact and non-contact sport.

Assignment: Give four each of the rules and regulations of contact and non-contact sport

WEEK 6

TOPIC: PATHOGENS, DISEASES AND THEIR PREVENTIONS

DISEASES

Pathogens are very tiny organisms that cannot be seen with the naked eye but which cause diseases when they enter the body.

PATHOGENS

The agent causing diseases are called pathogens.

PATHOGENS OR DISEASE CAUSATIVE AGENTS ARE THE FOLLOWING

1. Viruses
2. Bacteria
3. Fungi
4. Protozoa
5. Worms
6. Rickettsiae

DISEASES CAUSED BY PATHOGENS

A disease is an incident that disrupt the structure and function of the body system.

The diseases which are caused by pathogens are also known as pathogenic diseases.

1. Diarrhea

2. Poliomyelitis

3. Tuberculosis

4. Hepatitis

5. HIV/AIDs

6. Malaria

7. Measles

8. Chicken pox

9. Mumps

There are two main types of diseases.They are:

1. Communicable diseases

2. Non-communicable diseases

COMMUNICABLE DISEASES

These are diseases that can be transmitted from one person to another or from animals to human

Some common Examples of communicable diseases are;

1. Whooping cough
2. Measles
3. HIV/AIDS
4. Tuberculosis
5. Yellow fever
6. Cholera
7. Syphilis
8. Scabies
9. Flu
10. Gonorrhea

NON COMMUNICABLE DISEASES

This types of disease cannot be transmitted from one person to the other. Examples are.

Non-communicable diseases may result from Physiological failure, chemical fallout, malnutrition, genetic traits, brain damage etc.

1. Cancer
2. Stroke
3. Asthma
4. Sickle cell
5. Ulcer
6. Kwashiorkor
7. Epilepsy
8. Neurosis
9. Marasmus
10. Hypertension

The different ways of preventing and controlling communicable diseases are through:

1. Health education
2. Immunization
3. Clean environment
4. Adequate nutrition and feeding
5. Isolation and quarantine
6. Regular exercise
7. Good personal hygiene

Evaluation

1. What are diseases and Pathogens?
2. Differentiate between communicable and non-communicable diseases with examples
3. State three ways of preventing diseases.

Assignment: Give five ways of preventing communicable diseases

WEEK 7 & 8

TOPIC: FOOD,NUTRITION AND HEALTH

Food, nutrient and health are three essentials of life for sportsmen and women. Adequate diet is important for them to excel in their various sporting activities.

MEANING OF FOOD

Foods are substances which when taken into the body yield materials which can produce energy, yield substances for growth and repairs of our body tissues.

NUTRITION: is the study of food and it's chemical composition , how it is taken , digested,utilised in the body and influence health

NUTRIENTS are substances such as carbohydrates,.Fats, proteins, minerals, vitamins and water present in food items that provide nourishment necessary for the sustainance of life, growth and maintenance of body temperature.

NOTE that Nutrients are useful to the body only when converted into soluble form. This is possible through the process of digestion

HEALTH-- is the general condition of the body of the state of being well. A person is said to be healthy when he/ she is free from any illnesses or diseases

DIFFERENT TYPES OF FOOD

1. Rice

2. Beans

3. Bread

4.Yam

5. Corn

6. Cassava

7. Fish

8. Meat

9.Butter

10. Wheat

11. Eggs etc

CLASSES OF FOOD

There are six (6) essential classes of food Nutrients, which are:

1. Carbohydrates
2. Proteins
3. Vitamins
4. Fats and oil
5. Mineral salts
6. Water

WEEK 9

IMPORTANCE OF FOOD NUTRIENTS

Food is important to the human body because it performs the following functions:

1. Provides energy for various physical activities
2. For replacement, repair and multiplication of cells for growth
3. For the maintenance of body heat
4. For manufacture of blood cells
5. For the protection of the body against diseases
6. For proper functioning of the body systems
7. It eliminates hunger
8. Enhance growth and development

Evaluation

1. Define Food , Nutrition a nd Nutrients
2. State the six classes of food
3. Give three functions of food in the body

Assignment

Differentiate between

1. Nutrition and balanced Diet

2. List 10 different types of food

WEEK (10)

THE FUNCTIONS OF VARIOUS CLASSES Of FOOD

(A)Functions of carbohydrates food

1 , it supply abundant energy to the body in form of glucose

2. Help the body grow stronger

3.Satisfy hunger

(B) Functions of proteins

1. It repair worn-out tissues

2. It helps the body to grow and repair body cells

3. Regulate body functions

(C) Functions of fats & Oils

1 It provide high level energy

2. It protect delicate internal organs

3. It provide body heat for warmth

(D) Functions of Vitamins

1. Vitamins are very essential to life as they assist in the growth and development of the body tissues and help to maintain good health by protecting the body against infections.

(E) Functions of Mineral salt

1. For blood clotting

2. Proper heart , muscles and nerve functions

3. For strong bones

4.. production of red blood cells

5. Regulate metabolism

(F) Functions of water

1. It helps to remove waste products from the body

2. It aids digestion

3. It regulates body temperature

Assignment:

1. Give one example of each class of food

2. Outline four importance of food

REVISON & EXAM