**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**SCHEME OF WORK FOR BASIC**

**BASIC (9)**

**WEEK. TOPICS**

**1 Group/ Combined events**

**2. Officials, Equipments, Facilities and Safety rules in Combined events**

**3. The Nigerian sports heroes and heroine.**

**4. Contributions of some professionals to physical and health education in Nigeria**

**5 Puberty, Teenage pregnancy and it's consequences**

**6 & 7 Career guidance in physical and health education**

**-- sports promotion Agencies and bodies in Nigeria.**

**8. . The Basic Swimming Strokes**

**9. Gymnastics**

**10. Officials of gymnastics and their duties**

**- Safety rules of gymnastics**

**JSS 3**

**WEEK ONE**

CLASS: J.S.S.3

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC: COMBINED EVENTS

Combined events are combination of various track and field events. It started during the ancient Olympic Games to test the all-round athletic ability of the competitors.

There are three types of combined events. These are:

1. Decathlon (for men)
2. Heptathlon (for both men and women)
3. Pentathlon (for women)

Decathlon: The term “decathlon” is a Greek term that means “ten test.” The decathlon consists of ten athletics events.They are events mainly for men. They are held on two consecutive days. Points are awarded for each event to find the best all-round athlete. An athlete that compete in decathlon is called decathlete

List of events in modern decathlon

First day: Second day:

1. 100m hurdle b (i) 110m hurdle
2. High jump (ii) Discus
3. Shot put (iii) Pole vault
4. Long jump (iv) Javelin
5. 400m race (v) 1,500m race

Scoring in combined events

The score is done by calculating the number of medals won in order of importance such as gold, silver and bronze

Winning : The competitor with the highest score (points) total at the end of all events is the winner.

Pentathlon: The term “Pentathlon” is a Greek term that means “five test.”The pentathlon consists of five athletics events. An athlete that compete in pentathlon event is called penthathlete.They are events mainly for women. They shall be held in one day in the following order:

Long jump

Javelin throw

200m race

Discus throw

1,500m race

**Heptathlon: The term “Heptathlon” is a Greek term that means “seven test” The heptathlon consist of seven athletics events. They are events mainly for women. They are shall be held on two consecutive days in the following order**

Day one Day Two

100m race Long jump

High jump Javelin

Shot put 800m race

200m race

The scoring

The winners of the events are determined by the combined performance in all. Performance is judged on a point in each event, not by the position achieved

**WEEK TWO**

**Topic - Officials, Equipments, Facilities,and Safety Rules in Combined events**

**Official of combined events**

1. The referee
2. Umpire
3. Chief field judge
4. Chief track judge
5. Field judge
6. Time keeper
7. Starter
8. Announcer
9. Recorders
10. Marksmen

**Facilities and equipment**

1. Hurdles stands and high jump stands
2. Pole vault stands and poles
3. Landing foams, javelin, shot put and disowns implements
4. Stop watches, whistles, starting gun
5. Measuring tapes and writing materials
6. White and reflags
7. Public address system, running spikes, throwing spikes etc

**The safety Rules in Combined Events**

**The following are some of the safety rules in combined events:**

1. The competition must be organised according to the rules and regulations of combined events.
2. There must be correct conduct of the various events
3. Report any accident on the field immediately
4. Provide all the functioning materials,equipment and appropriate clothing for the competition.
5. Ensure all officials for the combined events are present to carry out their duties

ASSIGNMENT

1. List four events under penthlon

2. Outline six events under decathlon

3. Mention five events under heptathlon

WEEK THREE

TOPIC- NIGERIAN SPORTS HEROES AND HEROINE

A hero (male) or heroine (female) is a person who has done something great or remarkable that makes people to admire him or her. Nigerian sportsman and women have put Nigeria's name in the record books as a sporting nation. Similarly, several people have excelled in physical and health education and made the country proud.

The following people have contributed to the development of sports and the nation at large:

1. Harding J. Ekperigin ( Father of physical Education in Nigeria)

2. Samuel Okwaraji

3.Falilat Ogunkoya

4. Mary Onyali Omagbemi

5. Patrick Oluwasegun Odegbami

6. Mr. Richard ihetu (dick tiger)

7. Teslim Balogun

8. Christian Chukwu

9. Chidima Anyway

10. Modupe Oshikoya

11. Stephen Meaning

12 Austin Okocha

13 Nwankwo Many

14. Jerry okorodudu

15. Nojim Mayegun

(A) Contributions of Harding J. Ekperigin to Nigeria

He is popularly reffered to as the father of physical Education in Nigeria.

1. He formed the Central committee of Amateur athletics Association in 1944

2. He encouraged the formation of a professional organization for physical and health education in 1961.

(B) Samuel Okwaraji

1. He won silver medal at the 1988 African nations cup for Nigeria

2. He had a career in Europe which included playing for (As) Roma, Nk Dinamo Zagreb, VFB Stuttgart and SSV ULM

(C) Falilat Ogunkoya

1. Gold medals at the national championships

I. 1996 (400m)

2. 1998 (200m)

3. 1999 (400m)

4. 2001 (400m)

5. Bronze medal at Atlanta 1996

D) MARY ONYALI OMAGBEMI

1. She was the fastest woman in Africa for many years

She has won the following :

Bronze medals

1. 1992 summer Olympic (4 by 400m relay race)

2.'1996 summer Olympic 200metres

3. 1996 Common wealth games

E) Olumide Oyedele

He played professional basketball in the NBA. He has played for C.B. Granada basketball club in Spain

(G) Nojim Mayegun

He is a retired boxer who won bronze medal in the men's light middlewight (71kg) category at the 1964 Olympic games in Tokyo,Japan.

(H) Nwankwo Kanu

He was a me member of the triumphant Golden Eaglet in Japan 1993 under 17 world cup

He was part of the team that won gold medals for Nigeria at Atlanta 1996 Olympic in the soccer event.

Assignment

1. List five Nigerian heroes and heroines excluding those listed above and state two of their Contributions to the Nigerian sports development

WEEK FOUR

CLASS: J.S.S 3

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC CONTRIBUTIONS OF SOME PROFESSIONALS TO PHYSICAL AND HEALTH EDUCATION IN NIGERIA

Some of the professionals in physical and health education in Nigeria include:

1. Harding J. Ekperigin

2. Prof. M.O. Ajisafe

3. Prof. John Adedeji

4. Prof. James Abodunrin Amala

5. Isaac Akioye

A). Harding j. Ekperigin: He was all-round sportsman in his days.

1. He formed the central committee of Amateur Athletics Association in 1944.

2. He encouraged the formation of a professional organization for physical and health education in 1961.

(B) Prof. M.O Ajisafe: He is one of the pioneers of curriculum and instruction materials in physical education.

1. In 1969, he with others successfully canvassed for the adoption of a syllabus that will reflect the geo-cultural background of Nigeria to replace the 1933 syllabus imported to the country by the British Government.This gave birth to the current 6-3-3-4 system of education

(C) Isaac Akioye:

1. He was the first professional to be appointed as Director of sports at the National sports Commission. During his tenure, the Nigeria polytechnic game association (Nipoga), the Nigeria colleges of education games association (NICEGA) and the Nigerian schools sports federation (NSSF) were founded

4. Prof. John Adedeji he was one of the pioneers of physical and health education in Nigeria. He started as a lecturer in the university of ife at the institute of physical education

He was a member of the committee that wrote the physical education syllabus for junior and senior secondary schools in Nigeria.

5. Prof. James Abodunrin

1. He has been involved in the promotion of Health education

2. He served the country in various capacities.especially as a consultant on health education for the world health organisation (WHO).

There are other outstanding professionals, many of whom are the university professionals who have contributed greatly to the development of physical and health education in Nigeria.

Some of these professionals include:

1 Mr Funsho Adeolu

2. Mr Hemi Tells

3. Prof. Dr Eniola Lasun etc

WEEK FIVE

Topic - Puberty.

Sub topic- Teenage pregnancy and it's consequences

Puberty is the period when a person develops from a child into an adult. It is the time when the physical development of the secondary sexual characteristics begins. This is the period when boys and girls experience a swift increase in body size, change in shape or composition of the body. Hormones are responsible for the Physical and emotional changes in the body. For girls, the hormone that starts puberty is allergies Oestrogen, while the hormone that starts puberty is called testosterone

The Physiological changes that occur in boys at puberty include:

1. Development of broad chest and shoulders

2. Development of deep voice

3. Enlargement of penis and testicles

4. Development of strong bones and muscles

5. Growth of public hair, armpit hair

6. Constant erection and wet dream

Physiological changes that occur in girls at puberty include;

1. Growth and development of breast

2.Beginning of monthly period (menstruation)

3. Development of wide hips and narrow waistline

4. Growth of hair in the armpit and pubic area

5. Enlargement of the uterus; and

6. development of high-pitch tiny voice.

Teenage pregnancy and it's consequences

The teenage is usually between 13 and 19 years. This is the when the body is beginning to mature. The willing to take risk during puberty is so high and very dangerous. The start of the monthly period (discharge) in girls means that pregnancy can occur any time she decided to engage in unprotected sex for whatever reason.

The consequences of teenage pregnancy are;

1. It can lead to interruption in studies

2. It can destroy the teenagers future ambition

3. It can lead to frustration, depression and unhappiness

4. It can lead to prostitution , drug abuse if she is not well catered for

5. Abortion, if not properly done, can destroy the womb making the teenage girl childless in future

Assignment

1. Outline three health implications of unprotected sex

WEEK SIX & SEVEN

Topic-- Career Guidance in physical and health education

Sub topic-agencies promoting sports, health in Nigeria and career opportunities

Physical education

A career is defined as a chosen profession in which someone acquires skills or eduction to do as a in order to earn a living.

Career opportunities in physical education

These are some of career opportunities in physical and health education

1. Teaching

2. Coaching

3. Sports officiating

4. Sports marketing

5. Sports journalism

6 .Sports management

7. Sports Physiotherapy

8. Health counseling

9. Health Journalism

10. Health research

11. Sports Pyscholog

12. Sports Administrator

13. Fitness instructor etc

1. Teaching: As a career in pysical and health education, Teaching is equired at all levels of education.

2. Coaching: it is required at sports councils, clubs and others physical activity oriented organizations.

3. Physical instructors: they are responsible for developing conditioning programmes in various sports

4.Sports marketing: Sports marketers raise funds by selling sports events to interested groups especially those interested in advertising their products through sports

5.Sports Physiotherapy: they are meant to improve mobility, relieve pain and prevent sports injury.

6. Sports psychology: Sports psychologist use their techniques and procedures to improve on the performance of their athletes

7. Health Journalism: the health journalist reports Health related matters in the media, especially newspapers and magazines

8. Health consultant: the health consultant gives advice in particular area on health.

Sports promotion Agencies and bodies in Nigeria

Sports promotion agencies are organized bodies that supports and encourage sports in Nigeria

The following are some of the sports-promoting agencies and bodies in Nigeria.

1. National sports Commission (NSC

2. National institute for sports (NIS)

3. National Association for physical, Health education, Recreation sports and dance --NAPHERSD

4. Athletics federation of Nigeria (AFN)

5. Badminton federation of Nigeria (BFN)

6. Cricket federation of Nigeria (CDN)

7. Gymnastics federation of Nigeria (BFN)

8. Nigeria football federation (NFF)

9. Nigeria boxing federation (NBF)

10. Nigeria hockey federation (NHF)

11. Nigeria table tennis federation (NTTF)

12. Nigeria volleyball federation (NVBF) etc

The agencies and bodies promoting health education in Nigeria

There are various agencies or organisation that take care of health problems of the public. They do this through research , fund raising, preventive medicine and education.

Some of these organisations include:

1. Ministry of health

2. Federal Road Safety Commission (FRSC)

3. National drug Law Enforcement Agency (NDLEA)

4. National Agency For Food and Drugs Administration and Control (NAFDAC)

5. Nigeria Association of Health education Teachers (NAHET

6. Nigeria School Health Association (NSHA)

Assignment

1. What does these acronyms stands for

A. NAPHER-Sd

B. NUGA

C. NIPOGA

D. NDLEA

E. UNICEF

**WEEK 8**

**Topic - The basic swimming strokes.**

**There are four basic swimming strokes, which are:**

**1. Front crawl or free style**

**2. Breast Stroke**

**3. Back stroke**

**4. Butterfly stroke**

**1. Front crawl or freestyle ; This is when a swimmer uses any stroke he chooses and rules relating breast Stroke, butterfly and back strokes do not apply. In turning and and finishing, the swimmer must touch the end of the pool. He may do so with any part of his body. The crawling style is the fastest and most efficient swimming stroke**

**2. Breast Stroke: Swimming on breast stroke, both hands must move forward and backward together, with shoulders pararrel to the water surface and at right angles. Legs must be drawn with a distinct bend I.e ( Flexion) at the knees, followed by an outward and backward kicking motion.**

**3. Back stroke: A stroke on the back in which arms stroke alternately with recovery out of the water, and the legs using a flutter kicks. A swimmer will be disqualified for changing from his back before his or her hands touches the finishing line.**

**4. Butterfly stroke: the Stroke requires some stamina and strength than the other strokes. In butterfly stroke, the swimmer lifts both arms simultaneously above and over the head while kicking both feet in an upward and downward motion. Butterfly stroke is also called Dolphin stroke.**

**It is the second fastest stroke in the swimming world.**

**The Equipment and Facilities For Swimming**

**The equipment and Facilities for Swimming include:**

**1. Swimming trunks**

**2. Swimming goggles**

**3 . Starting blocks**

**4. Swimming float**

**5. Swimming flippers**

**6. Earplug for swimmers**

**7. Whistles**

**8. Swimming cap**

**9. Swimming pool**

**10. Towers**

**11. Slippers**

**12. Kick board**

**The Various Competitions/ Events in Swimming**

**There are various Swimming competitions. These include:**

**1. 100m freestyle**

**2. 200m freestyle**

**3. 400m freestyle**

**4. 100m breaststroke**

**5. 200m breaststroke**

**6. 100m butterfly stroke**

**7. 200m butterfly stroke**

**8. 100m back stroke**

**9. 200m backstroke**

**10. 100m individual medley**

**11. 4\* 100m freestyle women**

**12. 4\* 200m freestyle men**

**13. 4\*400m medley**

**Assignment**

**1. Outline four safety rules or precautions in and around a Swimming pool**

**2. Describe the dimensions of a Swimming pool**

**WEEK NINE**

**Topic Gymnastics**

**The word gymnastics means naked art and it originated in ancient Greece.**

**Gymnastics are physical exercises designed to improve strength, balance, flexibility, agility and co-ordination of the body.**

**Scope of gymnastics.**

**Gymnastics floor activities can be classified into three, which are**

**1. The stunts activities (individual or with a partner)**

**2. The tumbling activities**

**3. The balancing activities**

**1. The stunts are brief activities performed on the floor, mat or foams. Stunt can be done individually or with a partner.**

**Examples of individual stunt activities include:**

**a. Frog jump**

**b. Sit up**

**C. Cat spring**

**d.Trunk curl**

**e. Push-up**

**f.Cycling in the air**

**g. Rabbit Jump**

**h.Bear walk**

**Examples of stunts with a partner include:**

**A. See saw**

**B. Wheelbarrow walk**

**C. Leg wrestling**

**(2) Tumbling: is an activity that involves turning, twisting , rolling and springing of the human body.**

**Examples of tumbling activities include:**

**A. Cartwheel**

**B. Headstand**

**C. Handspring**

**D. Forward roll**

**F. Backward roll**

**E. Front somersault**

**G. Back somersault**

**3. Balancing is a gymnastics activity that can also be carried out on the floor.**

**Examples of balancing activities include:**

**A. Head stand balance**

**B. Hand stand balance**

**C. Squat balance**

**D. Knee balance**

**E. Crab balance**

**F. Chest balance**

**G. Side arm balance**

**H. Side arm balance**

**The sequence of forward roll in gymnastics**

**1. Spread a mat and stand at the end of the mat, facing the direction of rolling**

**2. Take a squating position , place palms forward on the mat , shoulders wide apart and knees between the arms.**

**3. Tuck the chin to the chest , making a rounded back.**

**4. Raise the buttocks and look between the legs as far back as possible**

**5. Roll over the neck and shoulders With the knees close to the chest**

**6. Roll out and stand up.**

**Values of Gymnastics**

**The following are the values and benefits of gymnastics**

**1. Gymnastics enchance alertness and quick reasoning. Participant become creative and discover new movement patterns.**

**2. Participants build courage and self-confidence, determination and endurance**

**3. Participants learn cooperation, team work, loyalty and patriotism**

**4. It devep the muscles and improve body posture, flexibility, agility and strength.**

**5. It provides means of livelihood**

**Assignment**

**1 Who is a gymnast?**

**2. Who is a spotter in gymnastics?**

**WEEK TEN.**

**Topic - Officials of gymnastics and their duties**

**Sub topic-The safety rules in gymnastics**

**The officials of gymnastics include:**

**1 . The judges**

**2. The scorers**

**3. The time-keepees**

**4. The Referee's**

**5. The Announcers**

**6. The clerk**

**7. The linesman**

**8. Doctors/ First aiders**

**The duties of each gymnastics officials are the following:**

**1. The judges : the judges evaluate the exercise correctly, fairly and quickly**

**2. They also ensure adherence to gymnastics guidelines.**

**3. Add up gymnastics points and declare winners.**

**The duties of the scorers**

**1. Read the scores of all judges**

**2. Compute and record the average score.**

**3. They also supply the referee with relevant information**

**The duties of the time-keeper**

**1. Record time on all floor exercises.**

**2. Record the result and handover to the referees**

**The duties of the referees**

**1. Preside over meetings**

**2. Ratify and sign all results**

**3. Take final decisions**

**4. Carry-out all the activities of a referee during gymnastics.**

**The duties of the announcers.**

**1. Read to the public the names and Number of gymnasts taking part in the event.**

**2. Announce Starting line ups.**

**3. Announce the result of each event**

**The duties of the clerk**

**1. Act as the secretary of the committee**

**2. Organises meetings**

**3. Hosts the officials**

**4. Keeps records of all the scores and passes them to the appropriate channel**

**The duties of the linesman**

**1. Indicate whenever a gymnast goes beyond the boundary line by raising a flag/ hand or by notation to the judge.**

**The duties of the doctors/ first aiders.**

**1. They give health education and instructions to all participants**

**2. Attend to gymnast when injured.**

**The safety precautions on gymnastics**

**In sports, such as gymnastics, accidents often occur. In order to minimise thse, important safety precautions must be taken and observe strictly.**

**1. Ensure proper warm-up before participating in any gymnastics activity.**

**2. Ensure the Sports ground is well lit, with very bright lights so as to avoid poor vision.**

**3. Ensure the apparatus are in good working conditions and are up to standard.**

**4. Ask questions when in doubt .**

**5. Ensure full concentration is maintained and avoid distraction**

**6. Ensure strict adherence to instructions**

**7. Ensure items of jewellery such as bangles, rings, necklace, etc are not worn during activity**

**8. Ensure convenient sport wears are worn during activity**

**9. Ensure a spotter is close by whenever advanced skills are being performed**

**Assignment**

**1. Write four sentences on the nature of gymnastics**

**2. List four key words that are associated with gymnastics**