**TERM: THIRD TERM**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**CLASS: J.S.S. ONE**

**SCHEME OF WORK**

**WEEKS TOPICS**

1. **Revision of last term`s work**

**Recreation, Leisure and Dance activities**

1. **Importance of food**

**3 Athletics :- (Track and field event)**

**-Discus and shot-put.**

**-Drawing and labeling the sectors of shot-put, Discus with dimensions.**

**4. Basic skills and techniques in the following events:**

**I. Shot put.**

**ii. Discus.**

* **Safety measures in shot put and discus.**
* **The benefits of taking part in athletics.**

**5. Execution of basic skills and techniques in:**

**(A) Discuss**

**-The hold**

**-Stance**

**-The swing**

**-The turns**

**(B) Shot put**

**-Hold**

**-Stance**

**-Glide**

**-Release**

**6. Ball games: Volleyball**

**Volleyball - History of volleyball.**

**Basic skills and techniques in volleyball.**

**7 & 8 Practical performance of volleyball**

**9 History of soccer**

**-Basis skills and techniques in soccer.**

**-Application of the rules and regulations governing soccer and their functions**

**-Facilities and equipments.**

**-Values of soccer.**

**10. –Practical performance of soccer**

**11. Revision**

**12 Examinations**

**Week 1**

**Topic: Recreation, Leisure and Dance**

**WHAT IS RECREATION?**

**Recreation:-** Can be defined as the activities which a person participates in, during leisure hour either individually or collectively through which one may better develop physically, mentally, emotionally and socially.

**Scope Of Recreation**

1. Indoor recreation: indoor activities are activities that are performed inside the house, hall, or generally under a roof. Examples are :playing music, television, playing ludo, draught, snake and ladder reading or writing .
2. Outdoor recreation: outdoor activities are activities that are performed outside or in an open place such as parks, and sport field. Examples are : swimming, gardening, jogging .

**LEISURE**:- This is the free time after the day`s work. It is during leisure time that recreational activities take place in form of games, dancing, singing and so on.

**WAYS OF SPENDING LEISURE TIME INCLUDE**: Dance, Rest, Sleep, and Relaxation.

**Dance** is an expressive movement of turning, twisting and rolling of the body (part) to conform with the rhythm of a sound, beat or music. It involves the movement of the body which is meant to achieve physical fitness through the five fundamental movements of walking, running, jumping, leaping and hopping. There are different dance steps to different beats, Songs and sounds.

**Rest:** This is a state of inactivity which occur when an individual is in a comfortable place and is not making use of any part of the body to do any work.

**Sleep:** This is a complete resting state in which the eyes are closed .

**Relaxation:** This is the state of being free from stress and anxiety.

**Benefits of recreation, Leisure and dance**

1. Refreshment of both body and mind
2. Create room for fun and enjoyment
3. Carry over values of skills learnt in physical education classes.
4. Promotion of mental alertness, social and emotional stability.
5. It helps to correct bad posture
6. It prevents crime among young people

**Characteristics of recreation, Leisure and dance**

1. It must be voluntary

2. It must be enjoyable to the participants

3. It does not require a great deal of skill.

4. It may and may not be competitive in nature.

5. It must be beneficial and socially approved

**Evaluation**

1. What is dance
2. What is outdoor recreation and give examples activities of outdoor recreation.

**Assignment**

1. List ways of spending leisure period and expain two.

**WEEK TWO**

**TOPIC: - FOOD**

**SUB TOPIC: - IMPORTANCE OF FOOD**

Food is any substances that provide the body with energy, growth, heat and repair of body tissues.

Food is any substance which when taken is capable of maintaining growth and development. Good food is the basis of good health and well being. There are six classes of food:

1. Carbohydrate

2. Proteins

3. Fat and oil

4. Vitamin

5. Mineral salt

6. Water

**IMPORTANCE OF FOOD**

1. It satisfies hunger
2. It keeps us healthy
3. It protect the body against diseases
4. It supplies energy to the body
5. It eliminates hunger
6. It provides energy for various physical activities

**EVALUATION**

1. Define food
2. List four importance of food

**ASSIGNMENT**

Write-out twenty types of food.

**WEEK 3**

**TOPIC:- ATHLETICS(Track and Field events)**

**Sub-topic:- Discus and shot-put**

Athletics is a competitive sport which involves running, jumping and throwing. It can be grouped into two broad heading, that is track and field.

Discus:- Is a throwing event. It is also a field event in athletics.

**RULES OF DISCUS**

1. All throws shall be made within the throwing sector
2. All competitors shall be credited with the best throw
3. No competitors shall over step the throwing sectors line
4. Competitors must not leave the throwing sector until the implement has landed
5. The implement or missile must land must land within the landing area
6. The use of glove is not allowed
7. Each competitors is allowed a maximum of six and a minimum of three throws

Throwing sector: the discus shall be thrown from within a circle whose diameter shall be 2.50M.

The throwing sector shall have an angle of 45° degrees constructed

**SHOT-PUT:-** Is a field event in athletics. It is also a throwing event.

RULES AND REGULATIONS OF SHOT-PUT

1. Each competitors shall be credited with the best of his put
2. The athlete throw must commence from inside the circle
3. The athlete must commence throw from stationary position
4. The athlete must not touch the ground outside the circle after he has commenced to make throw
5. The athlete must not leave the until the missile has landed
6. The shot-put must be held with fingers
7. For a throw to be valid , missile must land within the sector

1.22m×11.4m×10m

45° sector

LANDING SECTOR

**EVALUATION**

1. Define discus?
2. List six rules and regulations of discus and shot put.

**ASSIGNMENT**

1. Define Athletics?
2. Mention the officials in shot put.

**WEEK 4**

**TOPIC:- BASIC SKILLS AND TECHNIQUES IN SHOT PUT AND DISCUS EVENTS.**

**BASIC SKILLS AND TECHNIQUES IN SHOT PUT EVENT.**

1. Grip and carriage
2. The stance
3. Turning put or the glide put
4. The release or delivery or throw
5. The recovery

**BASIC SKILLS AND TECHNIQUES IN DISCUS**

1. Carriage/Hold
2. The stance
3. The swing
4. The stand throw
5. The turn and throw
6. The delivery
7. The release/ throw
8. The recovery/ follow through

**SAFETY** **PRECAUTIONS IN SHOT PUT AND DISCUS**

1. The missile is dangerous and destructive if it is not used or handled with care
2. The throwing area should be accident free.
3. No person should walk across the landing area until all throws have been made.
4. All throws must be in one direction
5. The shot put and discus must be carried in the correct manner.
6. After throwing, the missile must be returned by hand and not thrown back to the starting line.
7. The throwing sectors must be marked out so that people will stay clear from it.

**BENEFITS OF TAKING PART IN ATHLETICS.**

1. It helps in mental development
2. Fitness improvement
3. It impacts value like discipline, responsibilities, self-confidence, sacrifice and accountability.
4. Provision of life career
5. It make pupils have love for athletics
6. To acquire skills

**EVALUATION**

1. Mention five basic skills and techniques in discus event
2. List five basic skills and techniques in shot put event
3. List five safety precaution in discus and shot-put events
4. Write out four benefits of athletics

**ASSIGNMENT**

1. Draw a standard 400meter running track and field

**WEEK 5**

**EXECUTION OF BASIC SKILLS AND TECHNIQUES IN SHOT PUT**

**1.** The hand hold: - The shot-put is picked up with spread fingers so that the thumb and the small finger lie to the side and the other to the back. It is then placed in the hollow of the collar bone and against the neck.

**2.** The stance:-The shot-putter stands comfortably erect at the front half of the circle with the left foot placed near the throwing arc. The left shoulder points to the direction of put the right foot is placed behind, near the centre, bend to the right with the weight of the body over the right leg.

The left leg is raised slightly to the direction of throw.

**3.** Turning put or the glide put:- The handhold is for standing put.

The shot putter standing on the right leg near the rear circle, faces the rear,

He/ She bends right knee so much that his chest touches his knee.

The left leg is raised up and it points to the direction of put.

**4.** THE RELEASE OR DELIVERY OR THROW:-The putting elbow is gradually brought sides ways. The shot is released at an angle of approximately forty-five degrees (45o).

**5**. THE RECOVERY:- This is the getting out of the putting circle. The putter should see the missile land, before he/she comes out of the circle through the rear half.

**EXECUTION OF BASIC SKILLS AND TECHNIQUES IN DISCUS**

1. The handhold or grip:- This depends on the size of the hand and the length of the fingers. The discus is placed on the palm and the right hand is placed on it with the fingers evenly spread on the missile or implement. The hold must be relaxed before practicing rolling
2. The stance:-The athlete stands astride position in the front half of the circle with the left side to the line of throw.
3. The swing: - This is swinging to the right or left of the body. The weight of the body is transferred either on the right or to the left leg as the swinging is being made to the right or left.
4. The stand throw: - Good throws are initiated by legs. Drive your right leg hard and upward so that your right hip is forced to the front, let the arm swing through easily.
5. The turn and throw: - The athlete should position himself in the back half of the circle with his back turned into the direction of throw.
6. The delivery:-The athlete should have both feet firm on the ground, he should try to regain his balance when attempting to deliver the missile.
7. The release:- The flight of the missile must be smooth. The flight depends on the speed and the direction of the wind.
8. The recovery: - This is when the athlete regains the body balance from stepping either on or outside the circle.

**EVALUATION**

Execution of basic skills and techniques in shot put and discus

**ASSIGNMENT**

2 List five techniques /phases of shot put

**WEEK 6**

**TOPIC: - HISTORY OF VOLLEYBALL**

**SUB-TOPIC:- BASIC SKILLS AND TECHNIQUES IN VOLLEYBALL**

Volleyball as a game was invented by William J. Morgan at Holyoke Y.M.C.A. gymnasium in America in 1895. The international volleyball Association was formed in 1947.

Volleyball became an Olympic game in 1964 and was first played at the Olympic game in Tokyo, Japan.

The Nigeria volleyball federation was formed in 1970 with Dr. J. C. Omoruan as its first chairman. It is a game played between two teams of six players each. The volleyball which is rectangular in shape is divided into two by a center line where the net poles are fixed and each team occupies a side.

**BASIC SKILLS AND TECHNIQUES OF VOLLEYBALL**

The skills involved in the game include:

1. The service/ serving:- is the way the game is started or the act of putting the game into play.
2. The spiking/ spike:- is the offensive and forceful hitting of a set ball over the net to make it difficult or impossible for the opponents to return the delivery
3. The blocking/ block:- is a defensive way of obstructing a spiked ball so that it bounces back to the spiker or touch the ground on the spiker`s
4. The digging/ dig pass:- is the act of making contact with the ball using the forearms joined together by the fingers.
5. The volleying/ volley:- is the act of keeping the ball in the air with the finger tips during game situation
6. The setting up/ set-up:-is the act of putting up the ball for a spike.
7. The set-up:- is the act of putting up the ball for a spike

**THE OFFICIALS OF VOLLEYBALL**

A match is conducted by

1. The first referee
2. The Umpire
3. One scorer
4. Two or four linesmen

**THE DUTIES OF THE REFEREE**

1. Is the principal officers of the game
2. He has absolute control over all officials and the members of the teams
3. Signifies with the hand offence committed by players

**THE DUTIES OF THE UMPIRE**

1. He signs the score sheet
2. He controls the players on the warm-up area
3. He assists the referee

**THE DUTIES OF THE SCORER**

1. Obtaining correct records of all players before the commencement of the game.

Ensuring that all the players keep their rotation order

1. He records any sanctions.
2. Ensuring that all players keeps their rotation order

**THE DUTIES OF THE LINESMEN**

1. To watch and indicate to the referee by raising their flags up above their heads and pointing to the back when the ball is out, lowering and pointing to the front when the ball is in

**FACILITIES AND EQUIPMENT IN VOLLEYBALL**

1. The balls
2. The canvas
3. The vests and shorts
4. The knee cap
5. The net
6. The court
7. The whistle
8. The score board
9. The referee`s stand
10. Wrist bound e.t.c

**VALUES OF VOLLEYBALL**

1. It promotes friendship.
2. It provides fun and enjoyment
3. It helps to develop team spirit
4. It enhance total physical well-being
5. As the body meets rigorous demands of playing volleyball, the heart will become stronger and more efficient.

**COMMON INJURIES IN VOLLEYBALL**

1. Dislocation
2. Bruises
3. Strain
4. Sprain
5. Dislocation

**EVALUATION**

1. The game of volleyball was invented by……………………….
2. The game of volleyball became Olympic sports in the year……………..
3. List four officials for the game of volleyball
4. Mention four common injuries in volleyball

**ASSIGNMENT**

Instruction: Write your answers in words.

1. Mention basic skills and techniques in volley ball
2. List 10 equipment’s and facilities for the game of volleybal

**WEEK 7 & 8**

**TOPIC:- PRACTICAL PERFORMANCE OF VOLLEYBALL**

**THE BASIC SKILLS AND TECHNIQUES IN VOLLEYBALL**

1. The service/ serving:- is the way the game is started or the act of putting the game into p
2. The spiking/ spike:- is the offensive and forceful hitting of a set ball over the net to make it difficult or impossible for the opponents to return the delivery
3. The blocking/ block:- is a defensive way of obstructing a spiked ball so that it bounces back to the spiker or touch the ground on the spiker`s
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**EVALUATION**

1. Demonstration of the techniques and skills in volleyball

**ASSIGNMENT**

1. Explain two basic skills in volley ball.

**WEEK 9**

**TOPIC:- HISTORY OF SOCCER**

**SUB-TOPIC:- BASIC SKILLS AND TECHNIQUES**

The true origin of soccer is difficult to determine, but one historian reported that soccer originated in Greece where it was called harpaston. The Romans obtained the game from the Greeks and in turn passed it on to England. The English called it football while the Americans called it soccer.

The game was brought to Nigeria by the colonial masters in the early 19th century, the British sailors that made stopover in Nigeria played the game as recreation.

**BASIC SKILLS OF SOCCER/FOOTBALL**

1. KICKING:- Is the act of moving the ball with the leg from place to place either by the side of the toes or instep.
2. PASSING:- Is the act of sending the ball from one player to other members of the team by kicking, chesting or heading.
3. TRAPPING:- Is the act of stopping a moving ball with the sole of the foot, chest or head
4. DRIBBLING:- Is the act of moving with the ball and avoiding the opponents in a zigzag manner, in doing this, the ball is kept close to the feet.
5. THROW –IN:- Is the act of putting the ball to play after it has over the touch line or side line
6. SHOOTING:- Is the act of kicking the ball at the goal post with the aim of scoring.
7. HEADING:- Is the act of playing the ball with the head
8. GOALKEEPING:- Is the of preventing the ball from going into the goal. Only the goal keeper is allowed to use the hands during match.

**FACILITIES AND EQUIPMENT OF FOOTBALL/SOCCER**.

1. Nets
2. Balls
3. Jerseys
4. Score board
5. Football boot
6. Football Socks/hose
7. Shin guard
8. Stop watch
9. Whistle
10. Corners flags
11. Referee`s cards(yellow and red)
12. Biro/pencil
13. Knee cap
14. Hand gloves etc
15. The field of play
16. The goal posts

**OFFICIALS OF FOOTBALL AND THEIR DUTIES**

1. The Referee:-is the most important official in a game of football. He/she controls and enforces the laws of the game.
2. The linesmen:-two linesmen are required to assist the referee. They are to signal by the use of the linesman`s flag to the referee when there is infringement on rules of the game
3. Match commissioner:-he is responsible for substitution and also records number of book players on the field
4. Reserved Referee:-is the referee on standby

**RULES AND REGULATIONS OF SOCCER/FOOTBALL**

There are numerous rules of the game

1. Charging an opponent dangerously
2. Holding an opponent
3. Striking an opponent
4. Kicking an opponent
5. Handling the ball (except the goal keeper within his penalty area)
6. Tripping an opponent
7. Jumping at opponent
8. Using abusive language on players or officials

**VALUES OF SOCCER**

1. Fun and enjoyment
2. Life career
3. Mental development
4. Social development
5. Development of skills

**EVALUATION**

1. Mention ten equipment’s and facilities of soccer
2. List four values of soccer

**ASSIGNMENT**

1. Narrate the history of soccer

2. List four officials of soccer

3. Write out five rules and regulation governing soccer

**WEEK TEN**

**TOPIC:- PRACTICAL PERFORMANCE OF SOCCER**

1. KICKING:- Is the act of moving the ball with the leg from place to place either by the side of the toes or instep.
2. PASSING:- Is the act of sending the ball from one player to other members of the team by kicking, chesting or heading.

3. TRAPPING:-Is the act of stopping a moving ball with the sole of the foot, chest or head

4. DRIBBLING:- Is the act of moving with the ball and avoiding the opponents in a zigzag manner, in doing this, the ball is kept close to the feet.

5. THROW IN:- Is the act of putting the ball to play after it has over the touch line or side line

6. SHOOTING:- Is the act of kicking the ball at the goal post with the aim of scoring.

7. HEADING:- Is the act of playing the ball with the head

8. GOALKEEPING:- Is the of preventing the ball from going into the goal. Only the goal keeper is allowed to use the hands during match.

**EVALUATION**

1. Demonstration of techniques and skills involved in soccer

**ASSIGNMENT**

List and explain two basic skills and techniques in soccer

**WEEK ELEVEN**

Revision

**WEEK TWELVE**

Examination