

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 4**




 **Topic: Exercises to Develop Strength, Endurance, and Flexibility**

Lesson Objectives

By the end of this lesson, students should be able to:

1. Define strength, endurance, and flexibility.
 2. Identify exercises that develop each component.
 3. Demonstrate simple exercises that improve physical fitness.
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I. Definition of Key Terms

1. **Strength:** The ability of the muscles to apply force.
 Example: Lifting a heavy object.
 2. **Endurance:** The ability to keep performing physical activity without getting tired quickly.
 Example: Running long distances.
 3. **Flexibility:** The ability of the joints and muscles to move freely and easily.
 Example: Bending and stretching.
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II. Exercises to Develop Strength

These exercises help to build muscle power:

- Push-ups
- Squats
- Sit-ups
- Pull-ups

- Weight lifting (light for young learners)
 - Lunges
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III. Exercises to Develop Endurance

These exercises help improve stamina and keep the heart healthy:

- Jogging or running
 - Skipping (Jump rope)
 - Cycling
 - Swimming
 - Brisk walking
 - Dancing
 - Hiking
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IV. Exercises to Improve Flexibility

These help the muscles and joints stay loose and injury-free:

- Stretching exercises (arm and leg stretches)
- Toe-touching
- Yoga poses (e.g., child's pose, cobra stretch)
- Side bends
- Forward and backward bending
- Neck rolls