

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 5**

 **Topic: Safety Precautions While Performing Exercises**

Lesson Objectives

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

1. Explain the meaning of safety in exercise.
 2. Identify common risks and injuries during exercise.
 3. State safety rules and precautions to follow while exercising.
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I. Meaning of Safety in Exercise

Safety in exercise means taking proper care and following guidelines to avoid injuries or accidents while doing physical activities or sports.

II. Common Risks or Injuries from Unsafe Exercise

- Sprains and strains
 - Muscle cramps
 - Broken bones (fractures)
 - Bruises
 - Dehydration
 - Exhaustion or fainting
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III. Safety Precautions While Performing Exercises

1. **Warm Up Before Exercise**

- Helps prepare the body for activity
- Increases blood flow to muscles

2. Use Proper Equipment

- Wear appropriate sportswear and footwear
- Use safe, non-slippery surfaces

3. Start Slowly and Progress Gradually

- Avoid doing too much at once
- Increase intensity gradually

4. Stay Hydrated

- Drink water before, during, and after exercise

5. Pay Attention to Body Signals

- Stop if you feel pain, dizziness, or discomfort

6. Cool Down After Exercise

- Helps bring the body back to normal
- Prevents muscle stiffness

7. Perform Exercises Correctly

- Use the right posture and techniques
- Avoid careless or rough movements

8. Avoid Overexertion

- Don't try to lift more or run farther than your capacity

9. Exercise in Safe Environment

- Clean, spacious, well-ventilated area
- Free from sharp or dangerous objects

10. Supervision for Beginners

- Always exercise under the guidance of a teacher or instructor