

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 10**

 **Topic: Community Health**

◆ **Subtopic: Sources of Water Supply**

---

### **Lesson Objectives**

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

1. Identify various sources of water supply.
  2. Differentiate between clean and unsafe water sources.
  3. Understand the importance of clean water for health.
  4. List ways of protecting water sources.
- 

### **I. Sources of Water Supply**

Water supply can come from **natural** or **artificial** sources. They include:

#### **1. Rainwater**

- Collected directly from rainfall using roofs and stored in containers or tanks.
- Can be clean if properly collected and stored.

#### **2. Rivers and Streams**

- Flowing water bodies found on land.
- May contain germs or pollutants, especially near communities.

#### **3. Wells**

- Dug into the ground to reach underground water.
- Can be clean if covered and maintained properly.

#### 4. **Springs**

- Natural water flowing from rocks or underground.
- Often very clean and fresh.

#### 5. **Boreholes**

- Deep narrow holes drilled into the ground to access clean water from underground.
- A modern, safe and common source in urban and rural areas.

#### 6. **Lakes and Ponds**

- Still water bodies.
- Often polluted and not safe for drinking without treatment.

#### 7. **Public Tap / Pipe-borne Water**

- Supplied by water corporations.
- Treated and generally safe for drinking.

---

## II. Importance of Clean Water Supply

- Prevents waterborne diseases (e.g. cholera, typhoid)
- Promotes good hygiene and sanitation
- Necessary for cooking, drinking, bathing, and cleaning
- Essential for survival

---

## III. Dangers of Unsafe Water Sources

- Germs and parasites
  - Pollution from human or animal waste
  - Industrial and agricultural chemicals
  - Can lead to sickness and death
-

#### IV. Ways to Protect Water Sources

- Avoid dumping waste near water bodies
- Always cover wells and tanks
- Treat water before drinking (boiling, filtering, adding water purification tablets)
- Educate others about water safety