

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 7**

 **Topic: Personal, School, and Community Health**

◆ **Subtopic: Characteristics of a Healthy Person**

Lesson Objectives

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

1. Define who a healthy person is.
 2. List and explain the characteristics of a healthy person.
 3. Identify signs of good physical, mental, and social health.
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I. Who is a Healthy Person?

A healthy person is someone who is **physically fit, mentally sound, emotionally stable**, and **socially active**.

According to the World Health Organization (WHO), health is a state of **complete physical, mental, and social well-being**, and not just the absence of disease.

II. Characteristics of a Healthy Person

A healthy individual shows signs of wellness in different areas:

1. Physical Health Characteristics

- Has a strong body and muscles
- Has clear skin and bright eyes
- Eats a balanced diet

- Sleeps well and wakes up refreshed
 - Has normal weight and good posture
 - Is free from illness or infections
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2. Mental and Emotional Health Characteristics

- Thinks clearly and makes good decisions
 - Handles stress and pressure well
 - Feels confident and positive about life
 - Can control emotions like anger or sadness
 - Has a good memory and ability to learn
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3. Social Health Characteristics

- Gets along well with others
 - Respects others' opinions
 - Communicates freely and listens well
 - Participates in group activities
 - Builds good friendships
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Summary Table

Health Area	Characteristics
Physical Health	Strong body, no disease, good posture, clear skin
Mental/Emotional	Confident, manages stress, good decisions
Social Health	Friendly, cooperative, respectful, good communication