

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 2**

 **Topic: Physical Fitness and Body Conditioning Programmes**

Lesson Objectives

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

1. Define physical fitness.
 2. List and explain the components of physical fitness.
 3. Identify health-related components of physical fitness.
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I. Meaning of Physical Fitness

Physical fitness is the ability of the body to perform daily tasks **effectively** and **efficiently** without becoming tired easily, and still have energy left for leisure and emergency situations.

It includes:

- Strength
- Flexibility
- Endurance
- Speed
- Coordination

A physically fit person can carry out school, home, and recreational activities with ease.

II. Components of Physical Fitness

There are two main categories of components:

A. Health-Related Components

These are essential for general well-being and healthy living:

1. **Cardiovascular Endurance** – Ability of the heart and lungs to work efficiently over time.
Example: Jogging or long-distance running.
 2. **Muscular Strength** – The amount of force a muscle can produce.
Example: Lifting heavy objects.
 3. **Muscular Endurance** – The ability of muscles to perform repeated tasks without getting tired.
Example: Sit-ups, push-ups.
 4. **Flexibility** – The ability of joints and muscles to move through a full range of motion.
Example: Stretching, bending.
 5. **Body Composition** – The ratio of fat to lean mass (muscle, bone, organs).
Maintained through: diet and regular exercise.
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B. Skill-Related Components

(Mentioned here for clarity, though not the main focus of the week)

1. Speed
2. Agility
3. Balance
4. Coordination
5. Reaction Time
6. Power