

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 3**

 **Topic: Characteristics of a Physically Fit Person & Importance of Physical Fitness**

Lesson Objectives

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

1. Identify the characteristics of a physically fit person.
 2. Explain the importance of physical fitness in everyday life.
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I. Characteristics of a Physically Fit Person

A physically fit person typically shows the following traits:

1. **Good Posture** – They stand and sit properly without slouching.
 2. **Strong Muscles and Bones** – Their body shows strength and can carry out tasks easily.
 3. **High Energy Level** – They rarely get tired easily after doing physical activities.
 4. **Healthy Skin and Eyes** – They look healthy and fresh.
 5. **Normal Heartbeat and Breathing** – Their body recovers quickly after exercise.
 6. **Flexibility** – They can bend and stretch without pain or difficulty.
 7. **Balanced Body Weight** – They are not overweight or underweight.
 8. **Good Coordination and Agility** – They move easily and with balance.
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II. Importance of Physical Fitness

1. **Prevents Illnesses** – Keeps the heart, lungs, and muscles healthy.
2. **Improves Strength and Stamina** – Makes everyday tasks easier.

3. **Improves Mental Health** – Reduces stress, anxiety, and depression.
4. **Promotes Better Sleep** – Fit people often sleep better.
5. **Increases Life Span** – Keeps the body strong and healthy for longer.
6. **Improves Confidence and Self-Esteem** – Physically fit people often feel better about themselves.
7. **Improves Academic Performance** – Physical activity boosts brain function.
8. **Encourages Discipline and Healthy Habits** – Regular fitness promotes responsibility and good lifestyle choices.