

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 1**

 **Topic: Meaning of Physical Education**

Lesson Objectives

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

1. Define physical education.
 2. State the purposes of physical education.
 3. Define health education.
 4. Differentiate between physical education and health education.
 5. Describe the scope of physical education.
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I. Meaning of Physical Education

Physical Education (PHE) is the **study and practice of physical activities** such as sports, exercises, and games that help develop the body and improve overall health and fitness.

It includes structured activities like athletics, gymnastics, football, swimming, and fitness training.

II. Purpose of Physical Education

- To develop **physical fitness** and strength
- To improve **mental alertness** and discipline
- To teach **teamwork, cooperation, and leadership**
- To reduce stress and promote **emotional well-being**
- To lay the foundation for a **healthy lifestyle**

- To prepare students for **sports and recreation**
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III. Meaning of Health Education

Health Education is the **teaching and learning process** that helps individuals and communities **gain knowledge and develop healthy attitudes and behaviors** to promote, maintain, and improve health.

It includes topics like:

- Personal hygiene
 - Nutrition
 - Disease prevention
 - Drug abuse
 - First aid
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IV. Differences Between Physical Education and Health Education

Physical Education	Health Education
Focuses on body movement, sports, and fitness	Focuses on knowledge and habits for good health
Involves practical activities like exercises and games	Involves classroom learning and discussions
Develops physical abilities	Promotes health awareness and choices

V. Scope of Physical Education

The **scope** of physical education covers many areas, including:

1. **Physical fitness** – exercises and workouts
2. **Games and sports** – both indoor and outdoor
3. **Athletics** – running, jumping, throwing

4. **Gymnastics** – balance and flexibility activities
5. **Recreation** – leisure-time activities
6. **First aid** – basic emergency care
7. **Rhythmic activities** – dance and movement to music
8. **Health-related fitness** – focusing on heart, lungs, and muscles