

# **FUNTAJ INTEGRATED CURRICULUM FOR PHE**

## **FIRST TERM**

### **YEAR 8**

Week:

1. First Aid and Safety Education
  - Meaning of First Aid
  - Content of a good first Aid box
2. Application of Simple First Aid
  - Qualities of a good first aider
  - Definition of Accidents and Injuries
3. Safety measures, at home, play ground and on the road
  - Sport Injuries
  - Domestic Injuries
4. Road accidents and first aid
  - Measures of preventing sport injuries, domestic injuries and road traffic injuries
5. Practical on Different games and sport
6. Revision till Exam

## **SECOND TERM**

### **YEAR 8**

Week:

1. Rescue Operation
  - Meaning of rescue operation
  - Different aspects of rescue operation
2. Securing the environment vehicles and victims

- Steps involved in rescue operations.
- 3. Personal School and Community Health
  - Meaning of school Health
  - Meaning of Personal Health
- 4. Components of School health Programme
  - Types of environmental Pollution
- 5. Effects of Personal Health
  - Preventive measures
  - Fresh approach to school health programme
- 6. Practicals
- 7. Revision and Exams

## **THIRD TERM**

### **YEAR 8**

Week:

1. Non communicable diseases and their prevention
  - Meaning of communicable and non-communicable diseases
  - Nature of sickle cell, obesity, asthma, kwashiorkor etc
  - Preventive measures
2. Posture and Postural Defects
  - Meaning of posture and postural defects
  - Kinds of Posture e.g, sitting, standing, walking e.t.c.
3. Postural Defects e.g. Kyphosis. Lordosis. Scolosis, Flat feet, Bow leg e.t.c.
  - Cause of postural defects