

FUNTAJ INTEGRATED CURRICULUM FOR PHE

FIRST TERM

YEAR 9

Week:

1. Personal, School, Community Health
 - Family life Education
 - Meaning and types of family
 - Duties and members of the family
2. Puberty in boys and girls
 - Teenage pregnancy and its consequences
 - Assertive and Communication skills
 - Carrier guidance
3. Sport promotion agencies in Nigeria
 - Sport association
 - NAPHER-SD
 - Nigerian Institute of Sports
4. Agencies and Organisation promoting Health Education In Nigeria e.g. Nafdac, WHO
5.
 - Description of Ageing and Death
 - Life enhancing measures against ageing e.g. nutrition, exercise, rest and sleep
 - Supporting a dieing, grieving and ageing person
6. Meaning of drug use, misuse and abuse
 - Categories of Drugs i.e Prescription and non-prescription
 - Family health (Types of disease and mode of transfer)
 - Disease vectors
7. Life of Mosquitoes and other vectors

- Control measures
- STD's , HIV/AIDS
- Consequences and prevention

8. Pathogens, Diseases and Prevention

9. Revision and Exam

SECOND TERM

YEAR 9

Week:

1. Nigerian Sports Heros

- Ball and Games
- Career guidance in Physical Education
- Past and present heros and their contributions in Nigeria.

2. Hockey Game

- Basic skills and techniques
- Rules and Regulations

3. Pathogens disease and prevention

- Nature of communicable disease
- Mode of transmission of disease
- Factors and causative agents

4. Prevention and management of communicable disease

- Drugs and Substance abuse
- Effects of drug abuse
- Prevention of drug abuse

5. Activities of Drug control agencies i.e. Nafdac, NDLEA

- Misuse of herbal medicines

6. Revision and Exam

THIRD TERM

YEAR 9

Week:

1. Contact and Non-Contact Sports

- Taekwondo and basic techniques
- Importance of Taekwondo
- Safety rules and regulations in Taekwondo

2. Officiating in Taekwondo

- Boxing and basic techniques
- Safety rules and regulations in boxing
- Officiating in boxing
- Official and their duties

3. Safety rules for non-contact games

- Physical Fitness and recreational Activities
- Benefits of physical fitness
- Factors that influence physical fitness

4. Pre-colonial or folk-traditional dances, like atilogwu, ibo, bata, agidigbo e.t.c.

- Social foreign and modern dances. E.g reggae, disco, highlife
- Types and values of computer games e.g. soccer, cricket

5. Athletics (Track and Field)

- Pole vault and javelin
- Combine event: pentathlon, decathlon e.t.c.