

FUNTAJ INTEGRATED CURRICULUM FOR PHE

FIRST TERM

YEAR 7

Week:

1. Community health
 - Meaning of Community Health
2. Sanitation
 - Nutrition
 - Balanced diet
3. Determinant of health
 - Characteristics of a healthy person
4. Drugs and substance abuse
 - Examples and effects of drugs
5. Meaning of physical fitness
 - Components of Physical fitness
6. Factors that can affect our physical fitness
 - Exercise to develop Endurance and flexibility
7. Athletics (Track and field)
 - Definition of Athletics
 - Components of athletics
8. Describe basic skills in Discus and Short put
 - Rules and regulations in Discus and short put
 - Revisions and Exams

SECOND TERM

YEAR 7

Week:

1. Sports and Games

- Basic skill in Volleyball and soccer

2. Rules and regulations in Volleyball and Soccer

- Officials, their duties, facilities and equipment

3. Pathogens, disease and their prevention

- Meaning of Pathogen Diseases

4. Disease caused by pathogens

- List different types of pathogen diseases
- List the preventive measures e.g adequate nutrition, clean environment, exercise, good hygiene, immunization, proper disposal of refuse and sewage.

5. Contact and non-Contact Sport

- Meaning
- Types e.g wrestling, judo, swimming, gymnastics etc

6. Practical Taking students for swimming

- Basic skills in contact and non-contact sports
- Benefits " " " " "

7. Officials and their duties

8. Revision and Exams

THIRD TERM

YEAR 7

Week:

1. Recreation Leisure and Dance Activities

- Meaning of recreation, Leisure and Dance Activities
- Difference between dance, Recreation and Leisure
- Benefits of Recreation, Leisure and Dance.

2. Demonstration of some local dance steps

- Invite a traditional Dancer to Demonstrate some dancing skills.
- Dancing Competition should be organized

3. Food and Nutrition

- Meaning of Food
- Types of Foods
- Classes of Food

4. Revision and Examination