

Second Term PHE E-Lesson Note

PRY 6 PHE SECOND TERM E-NOTE

WEEK 1: HOCKEY

SUB TOPIC(S)

- The history of hockey in Nigeria.
- facilities and equipment of hockey
- drawing and Labelling of hockey board with dimensions

WEEK 2: HOCKEY – Officials and their duties, officiating rules.

WEEK 3: HAND BALL

SUB TOPIC(S)

- History of handball
- Nature of handball
- Basic skills in handball
- Rules and regulation in hand ball
- Officials and their duties.

WEEK 4: HAND BALL

SUB TOPIC(S)

- Rules and regulation in hand ball
- Officials and their duties.

WEEK 5 & 6: FIRST AID – (PHE)

SUB TOPIC(S)

- Common emergency conditions that require first aid.
- How to handle emergency condition.
- Signs and symptoms with treatment of emergency condition.

WEEK 7: MENTAL AND SOCIAL HEALTH – Meaning of self-understanding.

SUB TOPIC(S)

- Floor activities
- Gymnastic activities with apparatus

WEEK 8: BENEFITS OF HAVING GOOD FRIENDS- MENTAL AND SOCIAL HEALTH

SUB TOPIC(S)

- Social interaction
- interdependence

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WEEK 9: MEANING AND IMPORTANCE OF ENVIRONMENTAL HEALTH

WEEK 10: PERSONAL HEALTH

SUB TOPIC(S)

- Importance of vision, structure of the teeth, dental problems and prevention.

WEEK 11: ENVIRONMENTAL HEALTH

SUB TOPIC(S)

- Method of waste disposal.
- Importance of waste disposal.

WEEK 12: Pollution

WEEK 13: REVISION AND EXAMINATION

WEEK: WEEK 1

CLASS: 6

DURATION: 40 MINUTES

TOPIC: HOCKEY

SUB TOPIC(S)

- The history of hockey in Nigeria.
- facilities and equipment of hockey
- drawing and Labelling of hockey board with dimensions

PERFORMANCE OBJECTIVES

At the end of this discussion in this unit, students should be able to know about:

- Narrate the history of hockey in Nigeria.
- Identify the facilities and equipment of hockey
- Draw and Label the hockey board with the right dimensions

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures

Second Term PHE E-Lesson Note

- Explanatory videos

REFERENCE MATERIALS

- NERDC Basic Education Curriculum.
- Universal Basic Education Curriculum (UBE)
- Physical and Health Education for Primary Schools.

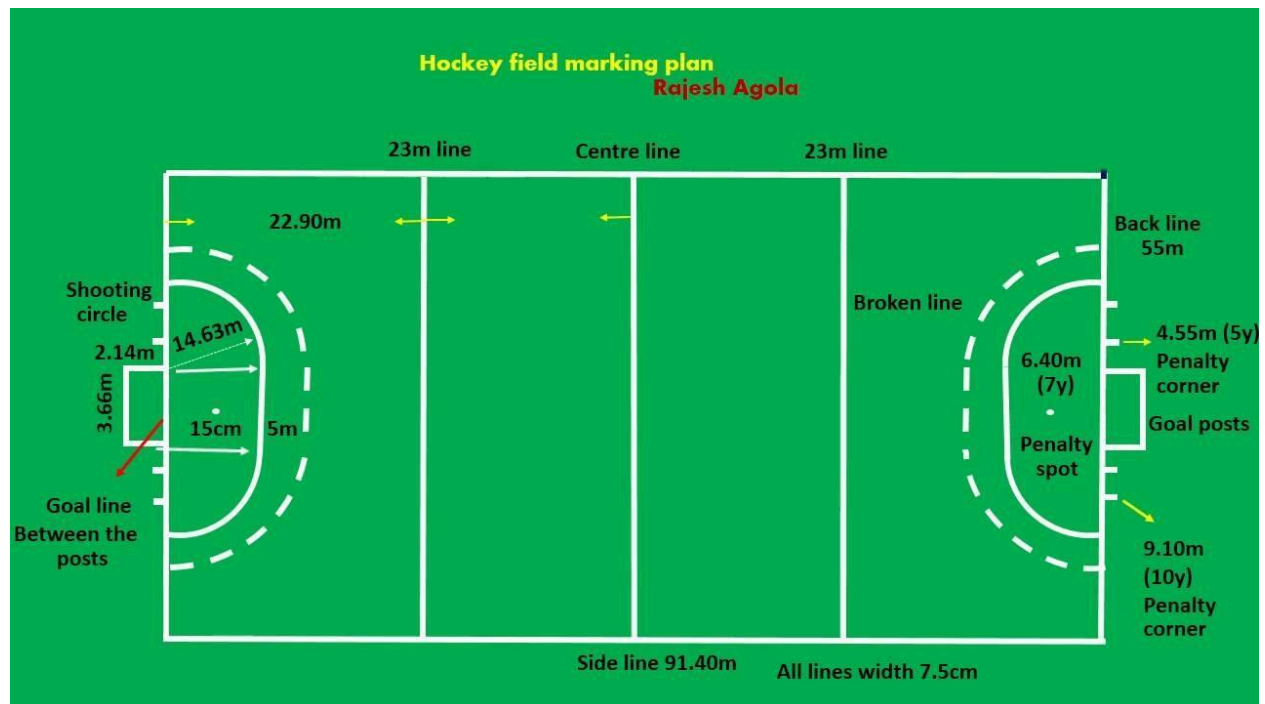
ENTRY BEHAVIOUR/ PREVIOUS LESSON: The students are familiar with Basketball.

CONTENT

HOCKEY

Hockey is a game that is played on an open field; two opposing teams use curved sticks try to drive a ball into the opponents' net (field Hockey). it is also A game played on an ice rink by two opposing teams of six skaters each who try to knock a flat round puck into the opponents' goal with angled sticks(Ice Hockey)

We have Field Hockey and ice Hockey



HISTORY OF HOCKEY IN NIGERIA

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Hockey started far back 4000 years in Egypt, India. The first hockey club in the world was the Black heath hockey club in 1862 before the formation of hockey association in 1886. Since then, hockey game have prospered and developed in both men's and women's game.

Modern hockey started from Great Britain. It became an Olympic sport for men in 1908 and for women in 1980. Hockey sport was introduced to Nigeria by the British administrators and Christian missionaries during the colonial rule. The game of Hockey was first played in Lagos in 1928. The governing body of Field Hockey in Nigeria is called The Nigeria Hockey Federation (NHF)

FACILITIES AND EQUIPMENT OF HOCKEY

- **Rectangular hockey pitch with length of 91.40 m and a width of 55m.**
- **Two goal post**
- **Hard ball (hockey ball)**
- **Hockey stick**
- **Hockey shoes**
- **Hockey socks**
- **Knee pads**
- **Shoulder pads**
- **Throat protector**
- **Elbow pads**
- **Protective cup**
- **Hockey player helmets**



WEEK 2

HOCKEY OFFICIALS AND DUTIES

An umpire: it is the person with the authority to make decisions on a hockey pitch. These umpire can also be called field umpire

Reserve umpire: they serve as a backup in the event of injury or other issue.

Video Umpire: this umpires control the match, apply the rule of hockey, keep the game safe, and be the judges. He is the only one allowed to award penalty, corner, and give penalty cards to players.

INSTRUCTIONAL PROCEDURE

- The Teacher revises the previous lesson (**BASKETBALL**).
- The Teacher introduces the topic (**HOCKEY**).
- The Teacher explains the lessons.

LEARNERS ACTIVITIES

- Learners participate in the class discussion
- Learners practice how to play hockey

EVALUATIVE ACTIVITIES

Teacher ask the learners to:

- What is hockey?
- Narrate the history of hockey.

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- Mention four skills in hockey.

CONCLUSION: the teacher summarize the lesson.

WEEK: 3

CLASS: PRIMARY 6

DURATION: 40 MINUTES

TOPIC: FIRST AID – (PHE)

SUB TOPIC(S)

- Common emergency conditions that require first aid.
- How to handle emergency condition.
- Signs and symptoms with treatment of emergency condition.

PERFORMANCE OBJECTIVES

At the end of this discussion in this unit, people should be able to:

- Know Common emergency conditions that require first aid.
- Know How to handle emergency condition.
- Know Signs and symptoms with treatment of emergency condition

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures
- Explanatory videos

REFERENCE MATERIALS

- NERDC Basic Education Curriculum.
- Universal Basic Education Curriculum (UBE)
- Unified Schemes of Work for Lagos State Primary Schools (MIDDLE BASIC)
- Lagos State Scheme of Work for Physical and Health Education.
- Online Materials.
- Physical and Health Education for Primary Schools.

ENTRY BEHAVIOUR/ PREVIOUS LESSON: The students are familiar with.

CONTENT

Second Term PHE E-Lesson Note

First Aid is the first help given to an injured or sick person before professional medical treatment can be given.

COMMON EMERGENCY CONDITIONS THAT REQUIRE FIRST AID

1. **Shock**
2. **bleeding**
3. **Wounds**
4. **Sprain**
5. **Fracture**
6. **Dislocation**
7. **Fainting**
8. **Burns**
9. **Bites**
10. **Heart attack**
11. **Poisons**

HOW TO HANDLE EMERGENCY CONDITIONS

SHOCK

Shock happens when important organs are not getting the required blood

Causes of shock

1. **Severe infection**
2. **Heart stroke**
3. **Trauma**
4. **Allergic reactions.**
5. **Poisoning**
6. **Injury**

Symptoms of shock

1. **Vomiting**
2. **Feeling weak**
3. **Slow breathing**
4. **Dilated pupils**
5. **Cool clammy skin**

Treatment of shock

1. **Let the person lie down**
2. **Of raising of the legs is painful, keep the person still.**
3. **If the person is not breathing, loose the person's clothes.**
4. **Cover him with a blanket**
5. **Take the person to the hospital.**

B LEEDING

CAUSES OF BLEEDING

1. **Blow to the head**

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2. **Scurvy**
3. **Tooth extraction**
4. **Accident and fall**
5. **Scalp wound**

Symptoms of bleeding

1. **Bruising**
2. **Blood in stool**
3. **Blood in urine**
4. **Blood from wound**
5. **Blood coming from the mouth, nose.**

Treatment of Bleeding

1. **Wash your hand**
2. **Put on a synthetic gloves.**
3. **lie the victim down**
4. **Use clean water and Dettol to wash the wound.**
5. **Stop the bleeding by pressing the blood vessel that supplies the wounded area.**
6. **Dress it with cotton wool and bandage.**
7. **Take the person to the nearest hospital.**

SPRAIN

It is caused by a sudden twist in arm, ankle, etc.

Causes of sprain

1. **Lumps**
2. **Inability to move the joint**
3. **Trauma**
4. **Accident**
5. **Lifting of heavy object.**

TREATMENT OF SPRAIN

1. **Apply ice block or ice water to the injured area for 20 minutes.**
2. **Use a plastic bag with crushed iced wrapped in a wool.**
3. **Use compressed bandages to reduce swelling.**
4. **Rest for some time**
5. **Go to the hospital.**

DISLOCATION

Dislocation forces bones out of its socket. It temporarily deforms or immobilizes the joints.

CAUSES OF DISLOCATION

1. **Trauma like fall or blow.**
2. **Caused by rheumatoid arthritis**

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SYMPTOMS OF DISLOCATION

1. **Swelling**
2. **Ain**
3. **Tenderness**
4. **Discolouration**

Treatment of dislocation

1. **Do not move the joints or try to place it back.**
2. **Place ice to control swelling**
3. **If skin is cut, clean gently.**
4. **Bandage with sterile gauze.**
5. **Cover patient with blanket.**
6. **Take the person to the hospital.**

Prevention of dislocation

1. **Make your environment safe.**
2. **Teach safety habit to children**
3. **Wear protective gear while sporting**
4. **Do not stand on unstable objects like unstable chair.**

BONE FRACTURES

Bone fractures occurs when pressure is applied to the bone.

Type of fracture

1. **Open fracture**
2. **Closed fracture**
3. **Complicated fracture**
4. **Green stick fracture**

Symptoms of fracture

1. **Swelling**
2. **Bleeding**
3. **Deformity**
4. **Severe pain**

Treatment of fracture

1. **Check the bleeding**
2. **Calm the person**
3. **Examine for other injuries**
4. **Immobilizes the broken wound**
5. **Apply ice to reduce pain and swelling**
6. **Take the victim to the hospital**

Prevention of fracture

1. **Wear protective helmet when driving**
2. **Keep to safety rules in home and at school.**

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FAINTING

Fainting occurs due to decreased blood supply to the brain. Which make the patient to be weak and unconscious sometimes.

Common causes of fainting

1. **Anxiety**
2. **Stress**
3. **Severe pain**
4. **Blood pressure**
5. **Emotional upset**

Treatment of fainting

1. **Let the patient lie down or sit**
2. **If sitting, the patient's head should be between the knees.**
3. **Check to see if airways are clear.**
4. **Restore blood flow by losing the person's belt, shirt or collar**
5. **Elevate feet above the head level**
6. **Take the person to the hospital.**

Prevention of fainting

1. **Lie down**
2. **Avoid stress and anxiety**
3. **Carefully evaluate your medication**

WOUND

Wounds occurs as a result of an accident or injury. It includes cuts, scrapes, punctured skin.

SYMPTOMS OF WOUNDS

1. **Bleeding**
2. **Problems with function or feeling below the wounded side**
3. **Pain**

Treatment of wounds

1. **Wash your hands with soap or antibacterial cleanser to prevent infection**
2. **Wash the wound with soap and waster**
3. **Use direct pressure to stop the bleeding**
4. **Use an antibiotic ointment to prevent infection**
5. **Bandage the wound if it is an area that might get dirty**
6. **Watch for swelling and redness**
7. **Go to hospital**

INSTRUCTIONAL PROCEDURE

- **The Teacher revises the previous lesson (HANDBALL).**
- **The Teacher introduces the topic (FIRST AID).**
- **The Teacher explains the lessons.**

Second Term PHE E-Lesson Note

LEARNERS ACTIVITIES

- Learners participate in the class discussion.

EVALUATIVE ACTIVITIES

Teacher ask the learners to:

- Mention Four Common emergency conditions that require first aid.
- State Three Ways to handle emergency condition.
- Mention three Signs and symptoms with treatment of emergency condition.

CONCLUSION: the teacher summarize the lesson.

WEEK: WEEK 6

CLASS: PRIMARY 5/6

DURATION: 40 MINUTES

TOPIC: MEASURING PHYSICAL FITNESS COMPONENT

SUB TOPIC(S)

- Identify physical fitness component.

PERFORMANCE OBJECTIVES

At the end of this discussion in this unit, students should be able to know about:

- Identify activities for measuring endurance, strength and speed.
- Explain how endurance, strength and speed are measured
- Measure their endurance, strength and speed levels in various activities.

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures
- Explanatory videos

REFERENCE MATERIALS

- NERDC Basic Education Curriculum.
- Universal Basic Education Curriculum (UBE)
- Unified Schemes of Work for Lagos State Primary Schools (MIDDLE BASIC)
- Lagos State Scheme of Work for Physical and Health Education.
- Internet.

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- Physical and Health Education for Primary Schools.

ENTRY BEHAVIOUR/ PREVIOUS LESSON: The students are familiar with.

CONTENT

MEASURING PHYSICAL FITNESS COMPONENTS

To Measure ones physical fitness the following activities are used:

1. endurance activities
2. Strength activities
3. Speed activities

ENDURANCE

Endurance is the power to withstand hardship or stress.

Endurance activities includes:

1. Minute run
2. Bench step
3. Press ups
4. Push ups
5. Squat thrust

Type of endurance

- **Cardiovascular endurance:** it is the endurance when you exercise for a long period of time. I.e. jogging 3 kilometers daily.
- **Muscular endurance:** it is the power to exercise continuously for some time without been tired. Exercises like push-ups, press ups, squat thrust.

CARDIOVASCULAR ENDURANCE ACTIVITIES

The following exercise are used to measure cardiovascular endurance

1. Nine (9) minute run or walk
2. 1.6 km run or walk
3. Bench stepping

NINE (9) MINUTE RUN OR WALK ACTIVITIES

The activities can be done on the school track or a particular measured area.

Steps for 9 minutes' walk or runs activities

1. A command is given using a whistle or mouth to the students to start running or walking
2. Once it is up to nine minute a command is given to stop

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3. And all students will remain where they are without movement
4. We use the distance covered by each student in metres to know his or her cardiovascular endurance.

BENCH STEP

These can be done indoor or outdoor using a bench. The following are steps to carry out Bench step cardiovascular endurance activity.

1. **The students should stand upright in front of the bench.**
2. **They raise their left foot and place it on the bench while the right foot remain on the ground and bring down their left foot again. They do it over and over again.**
3. **The number of times a student is able to carry out this exercise shows his/her endurance level.**

STRENGTH ACTIVITIES

Strength activities is the power to resist stress or force.

The activities used for measuring stress are Pull ups and sit ups.

SPEED ACTIVITIES

Speed the rate at which something move or happen.

The activity used for measuring speed is the fifty (50) meters dash or race.

INSTRUCTIONAL PROCEDURE

- The Teacher revises the previous lesson (**Table – Tennis**).
- The Teacher introduces the topic (**MEASURING PHYSICAL FITNESS COMPONENT**).
- The Teacher explains the lessons.

LEARNERS ACTIVITIES

- Learners participate in the class discussion
- Learners practice different physical fitness activities

EVALUATIVE ACTIVITIES

Teacher ask the learners to:

- Mention three physical fitness component
- Mention three physical fitness activities

CONCLUSION: the teacher summarize the lesson.

WEEK: WEEK 8

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CLASS: PRIMARY 6

DURATION: 40 MINUTES

TOPIC: BENEFITS OF HAVING GOOD FRIENDS- MENTAL AND SOCIAL HEALTH

SUB TOPIC(S)

- Social interaction
- interdependence

PERFORMANCE OBJECTIVES

At the end of this discussion in this unit, children should be able to:

1. Know what we benefit from having good friends.
2. Know what we benefit from social interaction.
3. Know what we benefit from interdependence.

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures
- Explanatory videos

REFERENCE MATERIALS

- NERDC Basic Education Curriculum.
- Universal Basic Education Curriculum (UBE)
- Unified Schemes of Work for Lagos State Primary Schools (MIDDLE BASIC)
- Lagos State Scheme of Work for Physical and Health Education.
- Online Materials.
- Physical and Health Education for Primary Schools.

ENTRY BEHAVIOUR/ PREVIOUS LESSON: The students are familiar with One Self.

CONTENT

According to this, proverb it say “show me your friend and I will tell you who you are”.

Choosing your friends is very important to human, because our friend will either influence us negatively or positively.

BENEFIT OF HAVING A GOOD FRIENDS

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1. Your academic performance will improve.
2. You will also know the truth
3. You will have good character.
4. Your problems will be solved by yielding to good advice from your friends.
5. You will enjoy good things of life like sports, parties, birthdays and jokes.
6. You will worry less.
7. You will be healthy mentally
8. It will boost your happiness
9. You will be able to cope with traumas such as sickness, death of loved ones.
10. He or she will encourage you to change and avoid unhealthy life styles like excessive drinking, smoking, drug abuse.
11. It will not allow you to engage in any criminal activities like stealing and cheating.

SOCIAL INTERACTION

Social interaction is an exchange between two or more individual. Social group is the product of social interaction. Just like there is interaction among animals like birds, we human we also like to interact with each other because we are social being.

FORMS OF SOCIAL INTERACTION

1. Between individual and individual. That is a doctor and patient, mother and child.
2. Between individual and group: like Teacher and student.
3. Between compound groups like two team playing a match.
4. Between individuals and culture. I.e. people listening to radio, watching television, observing exhibitions.

BENEFIT FOM SOCIAL INTERACTION

1. Our voice will be heard.
2. People will be able to fulfill our basic needs when we lack some. Like food, shelter.
3. It make us more knowledgeable.
4. It make one feel loved and live longer and health life.
5. It create an avenue for fun.
6. It make us feel acceptable.
7. It improve our brain function.

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8. It kills fear from us.
9. It makes us interact well with other people.
10. It brings out our social traits in us.
11. It reduces suicide, mental illness.
12. It solves our emotional problems
13. It helps us to develop our purpose in life.

INTERDEPENDENCE

Interdependence is the condition of a group of people or things that all depend on each other.

- Marriage create a state of interdependence between husband and wife.
- Plant and animals needs each other.
- A country depends on another country for something and that country may depend on another country like importing and exporting of goods and services.

BENEFITS FROM INTERDEPENDENCE

1. It create less fear.
2. We share relationship together.
3. It brings about meaningful association.
4. It build trust.
5. It encourage commitments between people and friends.
6. It helps us to tolerate one another
7. It gives room for open communication
8. It helps us to understand and treat people very well.
9. It leads to meaningful personal and professional relationship.
10. It helps in the production of effective and efficient services.

INSTRUCTIONAL PROCEDURE

- The Teacher revises the previous lesson (**ONE SELF**).
- The Teacher introduces the topic (**BENEFITS OF HAVING GOOD FRIENDS**).
- The Teacher explains the lessons.

LEARNERS ACTIVITIES

- Learners participate in the class discussion

EVALUATIVE ACTIVITIES

Teacher ask the learners to:

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- Benefits from having good friends.
- Benefits from social interaction.
- Benefits from interdependence

CONCLUSION: the teacher summarize the lesson.

WEEK: WEEK 9

CLASS: PRIMARY 6

DURATION: 40 MINUTES

TOPIC: ENVIRONMENTAL HEALTH

SUB TOPIC(S)

- Meaning of environmental health.
- Importance of environmental health.

PERFORMANCE OBJECTIVES

At the end of this discussion in this unit, people should be able to:

- Know the Meaning of environmental health.
- Know the Importance of environmental health.

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures
- Explanatory videos

REFERENCE MATERIALS

- NERDC Basic Education Curriculum.
- Universal Basic Education Curriculum (UBE)
- Unified Schemes of Work for Lagos State Primary Schools (MIDDLE BASIC)
- Lagos State Scheme of Work for Physical and Health Education.
- Online Materials.
- Physical and Health Education for Primary Schools.

ENTRY BEHAVIOUR/ PREVIOUS LESSON: The students are familiar with benefits of having good friends.

Second Term PHE E-Lesson Note

CONTENT

ENVIRONMENTAL HEALTH

When we are not healthy, we will not be effective to work. We need to live in a healthy environment because Health is wealth.

Environmental health is the practice of preventing human injury and illness and promoting human well-being. It is the activity of trying to protect against things that might harm people's health in the place where they work and live.

Environmental health Practitioners can be called environmental specialist, public health inspectors, and sanitarians.

ENVIRONMENTAL HEALTH DISCIPLINES

1. Epidemiology
2. Toxicology'
3. Exposure science

ENVIRONMENTAL HEALTH CONCERN

1. Food safety
2. Quality air
3. Housing
4. Medical
5. Waste management and disposal.
6. Climate change and its effect.
7. Vector control like mosquitoes, flies, cockroach.
8. Noise pollution

IMPORTANCE OF ENCIRONMENTAL HEALTH

Some of the importance of environmental health are:

1. **It reduce the level of diseases in our community.**
2. **It teaches us how to keep our environment clean.**
3. **It guides us on how to deal with natural disasters like flood.**
4. **It reduce pollution.**
5. **It helps us to know the food that is safe for consumption.**
6. **It increase the quality of our life.**
7. **It helps us live long.**

INSTRUCTIONAL PROCEDURE

Second Term PHE E-Lesson Note

- The Teacher revises the previous lesson (**BENEFITS OF HAVING GOOD FRIENDS**).
- The Teacher introduces the topic (**ENVIRONMENTAL HEALTH**).
- The Teacher explains the lessons.

LEARNERS ACTIVITIES

- Learners participate in the class discussion
- They sweep their class and school compound

EVALUATIVE ACTIVITIES

Teacher ask the learners to:

- Meaning of environmental health.
- Importance of environmental health.

CONCLUSION: the teacher summarize the lesson.

TOPIC: AIR POLLUTION

Sub topic(s)

- Meaning of air pollution
- Causes/sources of Air pollution
- Effect of air pollution
- Prevention of air pollution

PERFORMANCE OBJECTIVES

At the end of this lesson, Pupils should be able to:

1. Define Air pollution
2. Know the Causes/sources of Air pollution
3. Know the Effect of Air pollution
4. Mention ways of Preventing Air pollution.

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures showing Air pollution.
- Explanatory videos on Air pollution.

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SUB TOPIC(S)

- Explanation
- Discussion
- Questions and answer

REFERENCE MATERIALS

- NERDC Basic Education Curriculum for primary schools.
- Universal Basic Education Curriculum for primary schools.
- Lagos State Scheme of Work for Basic Science and Technology.
- Unified Schemes of Work for Lagos State Primary Schools (MIDDLE BASIC)
- Online Materials.
- Basic Science and Technology for Primary Schools.

ENTRY BEHAVIOUR/ PREVIOUS KNOWLEDGE: the students are familiar with Water pollution.

WORD FILE: contaminates, Poisonous, ventilation.

LESSON CONTENT

Pollution are Waste matter that contaminates the water, air or soil. It make our environment unsafe for plant and animals. Pollutant are in solid, liquid and gaseous forms.

AIR POLLUTION

Air pollution is the discharge of waste matter into the air.

CAUSES AND SOURCES OF AIR POLLUTION

1. Poisonous chemicals
2. Cigarette and tobacco smokers
3. Bush burning
4. Urinating outside the toilet
5. Excreting outside the toilet
6. Smokes from vehicles, firewood, cooking stoves.
7. Coughing without covering the mouth
8. Sneezing without covering the mouth
9. **Fumes from factories released into the air**
10. **Fumes from vehicle exhaust pipe**
11. **Bad odor from rotting waste.**

Effect of Air Pollution

- Lead to running nose.

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- Causes skin diseases.
- Cause eye problem.
- Causes headache.
- Causes deafness
- Lead to lung diseases.
- Cause plant diseases.
- Lead to suffocation if inhaled.
- Leads to Global warming
- Causes irritation of the respiratory tract.

CONTROL OF AIR POLLUTION

1. **Use of water system or pit latrine instead of defecating on a bare ground.**
2. **People should be educated on maintaining adequate ventilation in their environment.**
3. **Encouraging the Recycling of waste.**
 1. Industries should be located far away from where people live and take care of dirty things produced.
 2. Land lords should be encouraged to provide modern toilet facilities in their houses.
 3. Practice regular environmental sanitation.
 4. The government should provide Good drinking water for the people.
 5. The government should encourage farmers to go into the business of making fish pond.
 6. Government intervention through Laws and public awareness programmes.
 7. **Government should make laws to prevent the military from using explosives.**

INSTRUCTIONAL PROCEDURE.

- The Teacher revises the previous lesson (**Water pollution**).
- The Teacher introduces the lesson through question and answer (**AIR POLLUTION**).
- The Teacher explains the lessons.
- The Teacher write the note on the board.

LEARNERS ACTIVITIES

Learners participate in the class discussion

LESSON EVALUATION

Second Term PHE E-Lesson Note

Teacher ask the learners to:

1. Define Air pollution.
2. Causes/sources of Air pollution
3. List three Effect of Air pollution.
4. State three ways to Prevent Air pollution.

CONCLUSION: the teacher summarize the lesson.

TOPIC: AIR POLLUTION

Sub topic(s)

- Meaning of air pollution
- Causes/sources of Air pollution
- Effect of air pollution
- Prevention of air pollution

PERFORMANCE OBJECTIVES

At the end of this lesson, Pupils should be able to:

1. Define Air pollution
2. Know the Causes/sources of Air pollution
3. Know the Effect of Air pollution
4. Mention ways of Preventing Air pollution.

TEACHING AND LEARNING MATERIALS

- Whiteboard/Chalkboard
- Explanatory posters/pictures showing Air pollution.
- Explanatory videos on Air pollution.

SUB TOPIC(S)

- Explanation
- Discussion
- Questions and answer

REFERENCE MATERIALS

- NERDC Basic Education Curriculum for primary schools.
- Universal Basic Education Curriculum for primary schools.
- Lagos State Scheme of Work for Basic Science and Technology.

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- Unified Schemes of Work for Lagos State Primary Schools (MIDDLE BASIC)
- Online Materials.
- Basic Science and Technology for Primary Schools.

ENTRY BEHAVIOUR/ PREVIOUS KNOWLEDGE: the students are familiar with Water pollution.

CONTENT

Pollution are Waste matter that contaminates the water, air or soil. It make our environment unsafe for plant and animals. Pollutant are in solid, liquid and gaseous forms.

AIR POLLUTION

Air pollution is the discharge of waste matter into the air.

CAUSES AND SOURCES OF AIR POLLUTION

1. Poisonous chemicals
2. Cigarette and tobacco smokers
3. Bush burning
4. Urinating outside the toilet
5. Excreting outside the toilet
6. Smokes from vehicles, firewood, cooking stoves.
7. Coughing without covering the mouth
8. Sneezing without covering the mouth
9. **Fumes from factories released into the air**
10. **Fumes from vehicle exhaust pipe**
11. **Bad odor from rotting waste.**

Effect of Air Pollution

- Lead to running nose.
- Causes skin diseases.
- Cause eye problem.
- Causes headache.
- Causes deafness
- Lead to lung diseases.
- Cause plant diseases.
- Lead to suffocation if inhaled.
- Leads to Global warming
- Causes irritation of the respiratory tract.

Second Term PHE E-Lesson Note

CONTROL OF AIR POLLUTION

1. **Use of water system or pit latrine instead of defecating on a bare ground.**
2. **People should be educated on maintaining adequate ventilation in their environment.**
3. **Encouraging the Recycling of waste.**
1. Industries should be located far away from where people live and take care of dirty things produced.
2. Land lords should be encouraged to provide modern toilet facilities in their houses.
3. Practice regular environmental sanitation.
4. The government should provide Good drinking water for the people.
5. The government should encourage farmers to go into the business of making fish pond.
6. Government intervention through Laws and public awareness programmes.
7. **Government should make laws to prevent the military from using explosives.**

INSTRUCTIONAL PROCEDURE.

- The Teacher revises the previous lesson (**Water pollution**).
- The Teacher introduces the lesson through question and answer (**AIR POLLUTION**).
- The Teacher explains the lessons.
- The Teacher write the note on the board.

LEARNERS ACTIVITIES

Learners participate in the class discussion

LESSON EVALUATION

Teacher ask the learners to:

1. Define Air pollution.
2. Causes/sources of Air pollution
3. List three Effect of Air pollution.
4. State three ways to Prevent Air pollution.

CONCLUSION: the teacher summarize the lesson.

PREVIOUS LESSON:

Second Term PHE E-Lesson Note