

SUBJECT: PHYSICAL HEALTH EDUCATION
SCHEME OF WORK

CLASS: JSS 1
3RD TERM LESSON NOTE

WEEKS	TOPICS	Learning Objectives: By the end of the lessons, students should be able to:
1	Revision of last term's work. / Welcome Test	1- Revise work on contact and non-contact sport , explain pathogen and two components of diseases, summarise food nutrition and health, highlights basic skills in badminton game
2	Athletics (Track and Field)	Give concept of Athletic , identify track and field events equipment, differentiate between track and field events, describe field events
3	Field events, skills, shot put, discus	Demonstrate shot-put techniques , construct the sectors of throw events, List the safety measures in shot put, explain and dramatise the phases in shot put
4	Field events- shot put, discus	Demonstrate discus techniques, construct the sectors of throw events , List the safety measures in discus, dramatise the phases in discus
5	Execution of basic skills and techniques of shot put and Discus	Compare and contrast throwing techniques in discus and shot put, execute the techniques, demonstrate the skills in discus throw, appraise the general rules and regulations of various throws and jumps events
6	Ball Games (Volleyball)	Discuss history of volleyball, basic skills, types of facility and equipments, volleyball court construction, rules and regulations
7	Mid Term Test	Mid-term break / Open day
8	Practical performance of volley ball game (Theory)	Demonstrate the basic skills, (service, digging, setting, spiking, blocking, etc.) skills in volleyball, identify the officials in volleyball game
9	Ball game(history of soccer/football	Describe history of football, demonstrate basic skills in football, types of facility and equipments, construct football field, appraise rules and regulations in football
10	Practical performance of soccer game	Demonstrate skills such as (kicking, heading, dribbling, etc.) shooting, throw-in, trapping skills in football, identify the officials in soccer game and their duties
11	Revision	Revision of termly works
12	EXAMINATION	EXAMINATION
12-13	EXAMINATION	EXAMINATION

REFERENCES

UNIFIED SCHEME OF WORK

WEEK: 1 **DAY:** **SUBJECT:**
DATE: **TOPIC: REVISION**
SUBTOPIC: **PERIODS:** **DURATIONS:**
LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Define Food
2. State classes of food nutrition
3. Functions and their importance

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards
CONTENT: REVISION

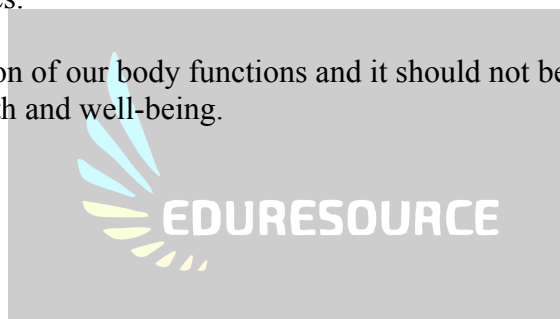
TOPIC: IMPORTANCE OF FOOD

CONTENT: What is Food?

Food is a substance which when taken into the body yields materials which can produce energy, yields substance for growth and repair of our body tissues.

It should be valuable in the regulation of our body functions and it should not be harmful to the body.
Good food is the basis of good health and well-being.

There are six classes of food.



Classes of Food

1. Carbohydrates
2. Proteins
3. Fats and oil
4. Mineral salts
5. Vitamins
6. Water

Food Classification, Sources and Functions

Class	Sources	Functions
Carbohydrates	Cassava, yam, maize, sugar-cane, honey, potatoes, rice, millet etc.	Provide energy needs of the body.
Proteins	Fish, meat, milk, vegetables, fruits, beans	Boyd building, repair and replace worn-out tissues.
Fats and Oil	Animal oil, palm oil, butter, groundnut oil, cheese, fish oil, cod liver oil, coconut oil	Regulate body temperature Secondary source of energy.
Mineral Salts	Milk, meat, liver, cheese, vegetables, seafoods	Proper functioning of the body.
Vitamins	Liver, eggs, milk, fish oil, citrus, tomatoes	Protection against diseases.
Water	Rain, Springs, brooks, vegetables, fruits, Beverages tea etc.	For easy digestion and maintenance of body fluid.

Importance of Food

1. Food eliminate hunger.
2. Food is use for entertainment.
3. Food serves a source of income.
4. Food helps in resistance of disease.
5. Food provides energy.
6. Food helps in recovery from illness.

EVALUATION QUESTIONS

1. What is Food?
2. Mention the six (6) classes of food.

READING ASSIGNMENT

Read pages 106 – 112 of Essentials of Physical and Health Education for J.S.S.1 Bk. 1.

GENERAL EVALUATION/REVISION QUESTION

1. List five sources of carbohydrate.
2. Write out examples of proteinous food.
3. What substances eliminate hunger?

WEEKEND ASSIGNMENT

1. The substance for growth and repair of our body tissues is called ____ A. good B. mood C. food D. none of the above
2. Which of these is a class of food? A. Beans B. Rice C. Egg D. None of the above
3. The following are sources of Fats and oil except ____ A. fish oil B. millet C. coconut oil D. palm oil
4. The secondary source of energy is ____ A. water B. vitamins C. proteins D. none of the above
5. The class of food that provide energy is ____ A. mineral salt B. vitamins C. carbohydrates D. proteins

THEORY

1. Mention any five importance of food.
2. List any five sores of fats and oil.

WEEK: 2

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Define Shot put
2. Discuss about discus

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: ATHLETIC (FIELD EVENT)

TOPIC: ATHLETICS (FIELD EVENTS)

CONTENT: Discuss and Shot put

Shot Put

Shot put is a field event that involves the putting of a missile called the shot for a horizontal distance. A competitor is allowed three trials. The put is made from within a circle of 2.135 to a landing sector of 40°

Weight

Female- 4kg

Male – 7.26kg

The putting circle – 2.135m

The landing sector – 40°

The Discus Throw

Discus is a field event which involves throwing a missile called discus for a horizontal distance. A competitor is allowed three trials. The throwing is made from within a throwing circle of 2.50m to a landing sector of 40°

Specification

The weight

Female – 1 kilo

Male – 2 kilos

The throwing circle – 2.50m in diameter

The landing sector – 40°

EVALUATION QUESTIONS

1. What is shot put?
2. How many trials a competitor is allowed in shot put?

READING ASSIGNMENT

Read pages 24 – 26 Essentials of Physical and Health Education for J.S.S 1 Bk. 1

GENERAL EVALUATION/REVISION QUESTIONS

1. What is the weight of female shot put?
2. The diameter of the shotput circle is ____
3. The shot put landing sector is ____
4. What is the weight of male shot put?

WEEKEND ASSIGNMENT

1. The weight of female shot put is ____ A. 6kg B. 2kg C. 8kg D. 4kg
2. The weight of male discus is ____ A. 4 kilos B. 2 kilos C. 5 kilos D. 3 kilos
3. A competitor is allowed how many trials? A. 1 B. 2 C. 3 D. 4
4. The diameter of putting circle in shot put is ____ A. 2.135m B. 3.155m C. 4.162m D. 1.124m
5. Discus is a _____ event. A. track B. jumping C. field D. none of the above

THEORY

1. Explain the term shot put
2. Draw and label the putting circle and the landing sector in shot put.

WEEK: 3

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. **Demonstrate shot-put techniques**

2. List safety measures in discus , dramatize the phases in discus

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: FIELD EVENT - BASIC SKILLS

TOPIC: BASIC SKILLS IN SHOT PUT AND DISCUS

CONTENT: The skills and Techniques in Shot Put

The Hold

The shot is held by the fingers and not on the palm (clean palm, dirty fingers, rough neck)

The Stance (starting position)

The stance depends on the method

Methods of Putting They are:

- (a) The standing put method
- (b) The O'Brien's method

The Glide

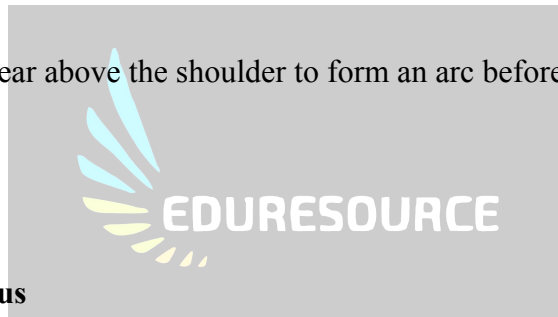
The glide is the movement towards the stop board

The Release (Putting)

The shot is released from under the ear above the shoulder to form an arc before landing

The follow through

The Recovery



The Skills and Techniques in Discus

The Hold

The discus is placed on the palm and the spread fingers curl over to hold it.

The Stance

The thrower stands at the rear of the circle with the feet slightly and backing the landing sector

The Swing

The discus is swung to meet the other hand near the shoulder to gather momentum

The Release

The release is done at about shoulder level

Note: The discus must land within the landing sector which is 40° and both legs must be behind the metal rim.

EVALUATION QUESTIONS

- 1. Mention the methods of putting shot in shot put.
- 2. List the six techniques in shot put.

READING ASSIGNMENT

Read pages 38 – 41 Essentials of Physical and Health Education for J.S.S 1 Bk1

GENERAL EVALUATIONS/REVISION QUESTION

1. Write out the skills in Discus throw.
2. Swing is related to which event?
3. Explain the term swing
4. Discus landing sector, is how many degree landing sector?

WEEKEND ASSIGNMENT

1. Which event is clean palm, dirty fingers, and rough neck? A. Discus B. Long jump C. Javelin D. Shot put
2. The shot put landing sector is _____ A. 29° B. 60° C. 50° D. 40°
3. How many methods of putting is shot put? A. Three B. Two C. Four D. Five
4. Swing is associated to which of the following events? A. Shot put B. Discus C. Javelin D. Hammer
5. The term “glide” is common to which event? A. Hammer B. Javelin C. Shot put D. Discus

THEORY

1. Name the two methods of putting in shot put.
2. List out the skills in Discus throw.

WEEK: 4 – 5

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. **Demonstrate discus techniques**
2. **Demonstrate skills in discus throw**

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT:

TOPIC: Practical Demonstration of Skills in Shot put and Discus

CONTENT: Warm – up Activities Before the Lesson.

- Jogging round
- Star jump
- Banana jump
- Push – ups
- Throwing an imaginary ball
- Arm swinging
- Bend and reach
- Alternate leg to alternate hand.

Practical Skills in Shot put

The hold

The shot shall be held by the fingers not on the palm

The Stance

The standing method is the best to adopt for the beginners.

The O'Brien's method is for the advanced Shot putter

The Release

The shot putter releases the shot from under the ear above the shoulder to form an arc before landing

The Follow Through

The shot putter makes an upper body movement to follow

The Recovery

The shot putter recovers by withdrawal from the movement she/he makes towards the stop board

Practical Skills in Discus throw

The Hold

The discus throwers place the discus on the palm, and spread fingers curl over to hold it.

The Stance

The thrower stands at the rear of the circle with the feet slightly apart and backing the landing sector

The Swing

The discus is swung to meet the other hand near the shoulder to gather momentum.

The thrower rotates to bring him near to the metal rim.

The Release

The release is done at about shoulder level, so that the discus must land within the landing sector.

EVALUATION QUESTIONS

1. Gliding is associated to which of the event?
2. Clean palm, dirty fingers and rough neck is for which of the event?

GENERAL EVALUATIONS/REVISION QUESTIONS

1. Explain the stage "Hold" in discus throw
2. Demonstrate "Stance" position for your teacher to check in discus throw
3. Assume "Release" position in shot put for your teacher to go through.

READING ASSIGNMENT

Read pages 38 – 41 of Essentials of Physical and Health Education for J.S.S 1 Bk. 1

WEEKEND ASSIGNMENT

1. The following are simple warm – up activities except ____ A. banana jump B. arm swinging C. high jump D. jogging round
2. One of these is a method of putting in shot put A. Sitting method B. Bending method C. Standing method D. Walking method
3. Which of the following is a term in discus? A. Flick B. Glide C. Scoop D. Swing
4. Which of the following events deals with putting – in? A. Javelin B. Discus C. Hammer D. None of the above
5. Both shot put and discus are ____ events A. throwing B. jumping C. track D. none of the above

THEORY

1. Write out the skills in shot put
2. List all the skills in discus throw

WEEK:6

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Describe history of volleyball
2. Demonstrate basic skills
3. Types of facility or equipments
4. Rules and regulations in volley ball

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: BALL GAMES (VOLLEYBALL)

TOPIC: Ball Games: (Volleyball)

CONTENT: Brief History of Volleyball

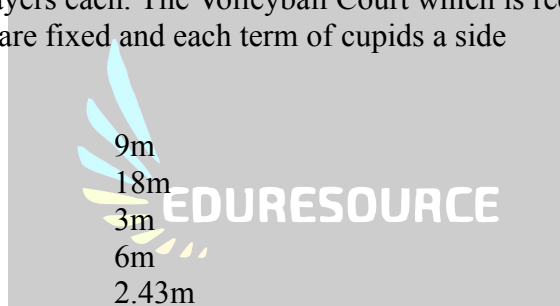
Volleyball as a game was invented by William J. Morgan at Holyoke Y.M.C.A gymnasium in America in 1895. The international Volleyball Association was formed in 1947.

Volleyball became an Olympic game in 1964 and was first played at the Olympic games in Tokyo, Japan.

The Nigeria Volleyball Federation was formed in 1970 with Dr. J.COMoruanas its first Chairman. It is a game played between two teams of six players each. The Volleyball Court which is rectangular in shape is divided into two by a centre line where the net poles are fixed and each term of cupids a side

The Volleyball Court Dimension

The baseline or width	-	9m
The sideline or length	-	18m
The length of front court	-	3m
The length of back court	-	6m
The height of net for men	-	2.43m
The height of net for women	-	2.24m
The service zone	-	9m



The Facilities and Equipment in Volleyball

The Facilities

- The court
- The net support
- The referee's stand

The Equipment

- The ball
- The net
- The whistle
- The score board
- The score sheets
- The wears for the players

EVALUATION QUESTIONS

1. Write out brief history of volleyball
2. Write out the dimension of volleyball court.

The Skills and Techniques in Volleyball

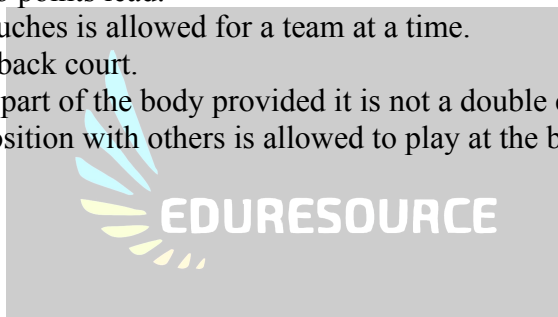
- The Service
- The Digging
- The Setting
- The Spiking
- The Blocking
- The Volleying
- The Retrieving

The Basic Rules in Volleyball

1. Start the game by tossing/toss the ball at service.
2. Rally and scoring – either team wins a point depending on which team faults.
3. Position of players (number in one team – six, 3 players in front court, 3 players in back court)
4. Service must be from anywhere from the baseline.
5. Six substitutes are allowed in a game.
6. Rotation of players is clockwise.
7. It is side – out when a serving team loses a rally or service.
8. Ball is out of play – when the ball touches the ground or any object outside the boundary.
9. 25 points to win with at least two points lead.
10. A maximum of 3 consecutive touches is allowed for a team at a time.
11. Spiking is not allowed from the back court.
12. The ball can be played with any part of the body provided it is not a double contact.
13. A libero who may not change position with others is allowed to play at the back court.

The Officials in Volleyball

- The first referee
- The second referee
- A scorer
- Two or four linesmen



Volleyball Terminologies

1. **Time outs:** - Is a pause for rest or substitution or both. Each team may take two time outs for rest or substitutions.
2. **Side out:** - Is used when a server loses a service. Or when a serving team commits an infringement during a rally.
3. **Rally:** - Is a prolong exchange of ball between the two teams
4. **Set Point:** - Is a situation where a team has only one point left to win a game.
5. **Deuce:** - Is called when the points tie at 24 – 24 or any tied points after 24 – 24
6. **Match:** - a match is the winning of three games out of five games.
7. **Deadball:** - A term used when the ball is not in play
8. **Double Contact:** - Used when the ball touches a player's uniform or body in his attempt to return it.
9. **Double Foul:** - Is called when two players of a team commit an infringement at the same time.

READING ASSIGNMENT

Read Pages 45 – 53 of Essentials of Physical and Health Education for J.S.S 1 Bk. 1

GENERAL EVALUATION/REVISION QUESTIONS

1. Mention three facilities of volleyball game

2. List the four official in volleyball game
3. What is “side out” in volleyball
4. Explain the term “Timeout” in volleyball game.

WEEKEND ASSIGNMENT

1. The game of volleyball was invented by A. James Naismith B. Peter Torch C. William J. Morgan D. Luggard Elliot
2. Volleyball became an Olympic game in ____ A. 1946 B. 1952 C. 1975 D. 1964
3. A team in volleyball consists of how many players? A. Six B. Seven C. Eight D. Nine
4. The height of the net for male in Volleyball is ____ A. 2.43m B. 3.43m C. 4.43m D. 5.43m
5. The length of the Volleyball court is ____ A. 11m B. 16m C. 12m D. 18m

THEORY

1. Draw and label the Volleyball court
2. Draw out the ball in Volleyball game.

WEEK: 7 MID-TERM BREAK/TEST OPEN DAY

WEEK: 8

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Identify practical demonstration in volley ball

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT:

TOPIC: Practical Demonstration of Skills in Volleyball

CONTENT: Warm-up Activities Before the Lesson

- Jogging round
- Hand swinging
- Wind mill
- Beating imaginary drum
- Running on the spot
- Waist rotation
- Press up
- Frog jump

The Skill

- Player hits the ball with one hand open or closed or any part of the arm.
- To send it over the net into the opponents' court
- Service is made anywhere from the baseline
- Server must wait for the referee's signal whistle
- Legs must be behind the line
- Service could be:
 - a. Underarm
 - b. Overhead
 - c. Windmill

- d. Push
- Warm-down activities
- Light jogging – up
- Breathing in and out
- Neck rotation
- Shuttle race

EVALUATION QUESTIONS

1. Mention any five warm-up activities before the lesson.
2. What is a match?

READING ASSIGNMENT

Read pages 45 – 53 of Essentials of Physical and Health Education J.S.S 1 Bk. 1

GENERAL EVALUATION/REVISION QUESTIONS

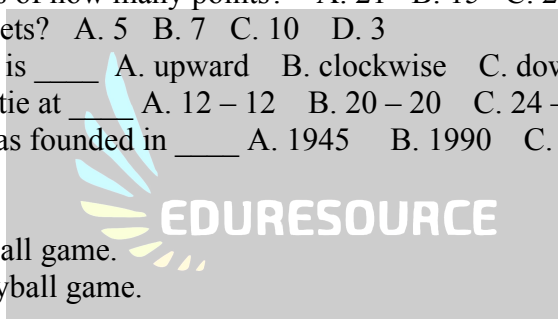
1. How many substitutes are allowed in a game of volleyball
2. Explain “deadball” in volleyball
3. What is set point?

WEEKEND ASSIGNMENT

1. A set/game in volleyball consists of how many points? A. 21 B. 15 C. 25 D. 12
2. A match consists of how many sets? A. 5 B. 7 C. 10 D. 3
3. In volleyball, rotation of players is ____ A. upward B. clockwise C. downward D. anticlockwise
4. Deuce is called when the points tie at ____ A. 12 – 12 B. 20 – 20 C. 24 – 24 D. 18 – 18
5. Nigeria Volleyball Federation was founded in ____ A. 1945 B. 1990 C. 1970 D. 1981

THEORY

1. Write out the officials in volleyball game.
2. List any six equipments in volleyball game.



WEEK:9

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Discuss history of soccer
2. Basic skills in football
3. State equipments
4. Rules and regulations

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT:

TOPIC: History of Soccer

CONTENT

The game of soccer which is popularly thought to have originated in England dates back to the 10th century. However, there is considerable evidence to show that a form of soccer was played by the Romans who learnt it from the Greeks.

The game was also introduced to United States of America around 1870. The English called it association football while the Americans called it soccer. The beginning of international Football started in 1872, between England and Scotland in Glasgow.

The first World Cup Championship was organized in 1930 in Uruguay, South America, where thirteen (13) countries participated.

Since then, soccer has become a household name and World Championship.

Federation of International Football Association (FIFA) was founded on the 21st May, 1904 with Guerin as the first president, with the responsibilities of overseeing the game Worldwide.

The headquarters is situated in Zurich, Switzerland.

Origin of the Game in Nigeria

The game was brought to Nigeria by the colonial masters in the early 19th century, the British sailors that made stopover in Nigeria played the game as recreation.

In 1945, Nigeria Football Association (NFA) was founded till 2007 and Nigeria Football Federation (N.F.F) was formed in 2007 till date.

Dimension of the Soccer Pitch

The shape	-	Rectangular
The side/touchline	-	100m – 120m
The goal line	-	75m – 90m
The goal area	-	5.5m by 18.32m
The penalty area	-	16.5m by 40.32m
The radii of circles	-	9.15m
The penalty spot to the goal line		11m
The height of the goal post	-	2.44m
The length of the cross bar	-	7.32m

The radii of corner arches	-	1m
The corner flag post	-	1.5m

The Facilities in Soccer

- Playing pitch / field
- Goal posts

The Equipment in Soccer

1. The nets
2. The ball
3. The jerseys
4. The soccer boots
5. The hand gloves
6. The socks/hose
7. The stopwatch
8. The whistle
9. The flags
10. The referee's cards (Yellow and Red)

The Skills and Techniques

- Kicking or shooting
- Passing
- Dribbling
- Goal keeping
- Feinting (Faking)
- Heading
- Throw – in
- Tackling
- Trapping (Ball control)



The Officials in Soccer

- The referee
- Match commissioner
- Two assistant referees (lines men)
- Reserve referee

EVALUATION QUESTIONS

1. Narrate briefly the history of soccer
2. What are the facilities of soccer?

READING ASSIGNMENT

Read pages 54 – 63 of Essentials of Physical and Health Education for J.S.S 1 Bk. 1

GENERAL EVALUATION/REVISION QUESTIONS

1. Write out five equipments in soccer.
2. Write out the skills in soccer.
3. Explain the term kicking in soccer.
4. What player prevents the ball from scoring in soccer game?

WEEKEND ASSIGNMENT

1. FIFA was founded in which year? A. 1972 B. 1985 C. 1904 D. 1958
2. The headquarters of FIFA is at ____ A. Maryland B. England C. Switzerland D. Holland
3. Nigeria Football Association was founded in the year? A. 1945 B. 1954 C. 1909 D. 1967
4. Nigeria Football Association was later change to ____ A. C.A.F B. N.I.S C. N.F.F D. N.B.A
5. What is the shape of the soccer pitch? A. Triangle B. Rectangle C. Square D. Circle

THEORY

1. Draw out and label the standard soccer pitch
2. Draw the soccer ball and the soccer boots.

WEEK: 10

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. **Demonstrate skills in football**
2. **Identify officials in soccer game and their duties**

KEY VOCABULARY WORDS:

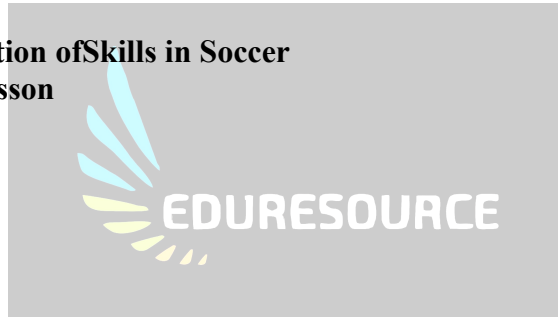
INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT:

CONTENT: Practical Demonstration of Skills in Soccer

Warm-up Activities before the Lesson

- Jogging round the field
- Running on the spot
- Neck Rotation
- Wind mill
- Press-up
- Push-up
- Sit-up
- Frog Jump



Practical Skills in Soccer game

The Kicking: A player makes use of the leg to move the ball from place to place either by the side of the toes or instep.

The Passing: A player sends the ball from one player to other members of the team by kicking, chesting or heading.

The Dribbling: A player moves with the ball and avoiding the opponents in a zigzag manner while the ball is kept close to the feet.

EVALUATION QUESTIONS

1. What does yellow card means in soccer game?
2. Which equipment is used to time the game of soccer?
3. Red card in soccer game, simply indicate what?
4. Mention two duties of the assistant referee in soccer game.

READING ASSIGNMENT

Read page 54 – 63 of Essentials of Physical and Health Education J.S.S.1 Bk. 1

WEEKEND ASSIGNMENT

1. In soccer game, yellow card is for ____ A. killing B. warning C. penalty D. playing
2. Red card in soccer game, simply indicate ____ A. warning B. play on C. out of the match D. pardon
3. The referee in soccer game blow ____ A. saxophone B. trumpet C. flute D. whistle
4. Who have the final says in the game of soccer? A. The spectators B. The coach C. The referee D. The players
5. The game of soccer usually start with ____ A. Jump ball B. kick-off C. throw-off D. play-on

THEORY

1. Write out the position of soccer players
2. What is the full meaning of the following: a. F.I.F.A b. C.A.F c. N.F.A d. N.F.F

WEEK: 11-

REVISIONS

WEEK: 12-

EXAMINATIONS

