

NAME:.....CLASS:.....

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SECOND TERM: E-LEARNING NOTES

JS2 (BASIC 8)

SUBJECT: PHYSICAL & HEALTH EDUCATION

SCHEME OF WORK

WEEK TOPIC

1. **Revision of work done in the first term.**
2. **Components of school health program:** (a) meaning of school program (b) the components of school health program –(i) health instruction (ii) school health services (iii) healthful school living/healthful school environment (iv) school community relationship.(c) FRESH approach, meaning, initiative, skill based teacher effective application of resources. Effective health related policies. Integrated teaching. (Infusing health components into related subject areas).
3. **Environmental pollution:** (a) type of environmental pollution –air, water, land and noise pollution. (b) Effects of environmental pollution (c) prevention of environmental pollution.
4. **Posture and postural defects:** (a) meaning of posture. (b) kinds of posture- (i) standing posture, (ii) sitting posture, (iii) walking posture (iv) running posture, (v) lifting posture (vi) climbing posture. (c) Posture defects, - (i) hypnosis, (ii) vague knee, (iii) virus knee, (iv) lordosis and (v) scoliosis. (d) Causes of posture defects: (i) poor nutrition, (ii) lack of exercises, (iii) uneven soled shoes, (iv) tight wears, (v) poor sleeping position,(vi) disproportionate growth.
5. **Gymnastic—Apparatus Activities:** (a) definition of apparatus activities. (b) Classification of apparatus: (i) horizontal ladder,(ii) parallel bars – balance beams (girls), (iii) vaulting box, (iv) buck, etc. (c) activities done with apparatus: through vault, astride vault, lift vault, dive forward roll over box, neck spring, balancing on beam (girls), cartwheel. (d) Definition and functions of spotters in gymnastic activities and other safety precautions.

6. **Types of Recreational activities:** (a) the types of indoor recreational activities – lido, draught, scrabble, table tennis. (b) types of outdoor recreational activities --- hunting, fishing, jogging etc.
7. **Dramatic and creative rhythms:** (a) definition of rhythmic activities. (b) Classification of rhythmic activities: (i) fundamental rhythms (walking, running and skipping). (ii) Creative rhythms (imitate animal and old soldier) (iii) dramatic rhythm (dramatization, poems and stories).
8. **Computer Games:** Computer sports – (i) football (ii) volleyball (iii) basketball.
9. **Consumer health:** (a) meaning of consumer health. (b) examples of consumer right – (i) display of production and expiry dates. (ii) Display of nutrient composition. (iii) Choice of food.
- 10. Revision.**
- 11. Examination.**

WEEK 1

DATE :.....

Topic: Revision of last term work.

Content: Detail revision of last term work.

WEEK 2

DATE :.....

Topic: Components of School Health Programme.

Contents: 1. Meaning of school health program me.

2. The components of school health programs.

3. Fresh approach, meaning, initiative, practical skill.

Meaning of school health programs: the school health program is an integral (important) part of community health, it is mainly refers to all the health activities and measures that are carried out with the community to promote and protect the health of the students as well as

the school personnel, These activities may take place both within and outside the school compound.

The components of school health program: school health program has been divided into four interrelated areas

1. healthful school environment.
2. health services.
3. school education.
4. school community relationship.

Healthful school environment: This is the totality of physical, social, mental and emotional aspect of the school and the measure provided to ensure health and safety of students and staff.

Health services: Health education means science of health behavior, as well as education process used to bring about positive and mental health.

In school health services activities involved include,

- ✓ Community scientific health information.
- ✓ Developing favorable health attitudes.
- ✓ Bringing about the target population involvement.
- ✓ Planning for meeting the needs.
- ✓ Helping to promote voluntary health habits.

School health education: knowledge and experiences gained that enables students, community as well as individual to practice health habits and live a healthy life.

School community relationship: This is concerned with all scientific measure for improving the quality of life so that people will enjoy long life.

Evaluation:

1. What is school health program?
2. list three components of school health program

Reading Assignment: essential of PHE for JS 2 by A S Erasmus page. 69----70.

Weekend Assignment: Identify five examples of school health services activities.

WEEK 3

DATE :.....

Topic: Environmental Pollution

Content: i. Meaning of environmental pollution

ii. Types of environmental pollution

iii. Effects of environmental pollution

iv. Prevention of environmental pollution

Meaning: Environmental Pollution is the introduction of unwanted materials into the environment, thereby making it unfit for human habitation.

Types of environmental pollution

The following are types of environmental pollution

- Air Pollution
- Water Pollution
- Land Pollution
- Noise Pollution

Others include:

Visual Pollution

Thermal Pollution

Radioactive Pollution

Air Pollution: This is the addition of harmful substances to the atmosphere resulting in damage of the environment, human health and quality of life e.g. examples of such pollutants are smoke, carbon monoxide dust etc. industrial pollution.

Water Pollution: This is the contamination of streams, lakes, underground, water, bays or oceans by substances harmful to living things e.g. oil spillages, faeces sewage etc.

Land Pollution: Land pollution involves the deposition on land of solid wastage e.g. Wed cars, cans bottles, plastic container paper etc. Noise is combination of sound in pleasant to the hearing e.g. traffic generator radio etc.

Visual pollution: refers to presence of overhead power lines motor way bill board or pornography.

Thermal Pollution: This is a temperature change in natural water e.g use of water as collant in a power plant.

Radioactive contamination: Such as nuclear power penetration, nuclear weapon search

Effect of environmental pollution

The following are effects of environment pollution

- * Natural pollution
- * Respiratory diseases
- * Chest pain
- * Depletion of the Ozone layer
- * deadly effects on human ad ecosystem

Prevention of environmental pollution

- Incorporating pollution prevention into federal legislation.
- Develop innovative pollution prevention programs
- Educate the public about pollution prevention
- Punishment for offenders
- Train relevant groups in the technical aspects of pollution prevention evaluation.

Evaluation:

- a. What is environmental pollution?
- b. Mention four (4) types of pollution

Reading assignment:

Essentials of PHE for Junior Secondary School Book 2by – Akinseye Saint Erasmus Page 71 – 72

Week end assignment:

- 1) List three example of air pollutants
- 2) Mention three (3) effects of environment pollution

WEEK 4

Topic: Posture and Postural Defects :

Contents

- Meaning of posture
- Kinds of posture
- Postural defects
- Causes of postural defects

Meaning of posture:- posture is the way the body is carried during the performance of activities such as sitting, standing, walking , running dancing etc.

Factors that influence posture include: age, occupation, habit, environment heredity etc.

Kind of posture:-

- i. Standing posture
- ii. Sitting
- iii. Walking
- iv. Running
- v. Lifting
- vi. Climbing posture

Characteristics of good posture

- ❖ The head is well back
- ❖ The chin is in.
- ❖ The abdomen is flat
- ❖ The Back is straight
- ❖ The knees are straight and relaxed
- ❖ The feet are slightly apart
- ❖ The weight balance on both feet

- ❖ The head is pointed straight ahead
- ❖ The chest is lifted forward and upward
- ❖ The buttocks are tucked under slightly
- ❖ Weight is borne chiefly on the balls of the feet

Value of good posture

- Good appearance
- Efficient movement
- Positive self image
- Vital organs of the body are kept in the best functioning position
- Muscular, nervous and respiratory fatigue are delayed due to good posture.

Postural defects

This is the abnormal way of holding or carrying the body the performance of various activities as a result of deviation from the normal axis of the bones.

Type of postural defect

- * Scoliosis
- * Kyphosis :- (round shoulder) defect of the spine due to deficiency of vitamin d which is essential for building of strong bones.
- * Sunken chest
- * genu valgum (k.lleg)
- * Lordosis
- * abdominal protuberance
- * genu recurvatum (bow –leg)
- * valgus knee
- * varus knee

Causes of postural defects

- poor nutrition

- Lack of exercise
- Uneven soled shoes
- Tight wears
- Poor sleeping position
- Disproportionate growth
- Heredity
- Muscular weakness
- Occupation or bad habit
- Injury, disease and infection
- Defective sense organs
- Rapid growth
- Overweight
- Accident
- Imitation

KYPHOSIS OR (ROUND SHOULDER) is a defect of the spine due to deficiency of vitamin D which is essential for the building of strong bones.

Causes:

- * carrying load on the back
- * sitting an infant too early
- * accident
- * diseases
- * Lack of physical exercise/ activities

Treatment

Participation in sports and exercises

LORDOSIS:- Over extension of the lumbar region excessive lateral curvature of the lumbar region.

Causes:

- * Congenital problem
- * Weak abdominal muscle
- * accident
- * diseases

Treatment

- * diet rich in vitamin D and calcium should be given
- * exercise to strengthen the muscles

SCOLIOSIS due to the sideways curvature of the spine due to poor standing or sitting posture habit or malformation.

Causes of scoliosis

- * Accident
- * Diseases
- * Lack of physical exercise

Treatment

Physical exercise

Evaluation:

1. Define posture
2. What is a postural defect?

Reading assignment: Essentials of PHE for Junior Secondary School

Bk2 by S.A Erasmus Page 73 -76

Weekend assignment

- 1) List three kinds of posture
- 2) Mention four examples of postural defeat
- 3) State three types of postural defects

WEEK 5

Topic: Gymnastic – Apparatus Activities Contents:

Contents

- * Brief history
- * Definition of gymnastics
- * Nature of gymnastics
- * Value of gymnastics
- * Equipments
- * Scope of gymnastics
- * Safety precaution

History: Gymnastic originated in ancient Greece. It is believed that the Chinese were the first people to develop activities that resemble gymnastics. Gymnasium is also a Greek word for a place where gymnastic activities are performed. The word gymnastics means naked art. Johann Basedow (1723 – 1790) was the first European to teach organized gymnastics. Johann Guts Muts published first book on gymnastics titled Gymnastic for youths. He is referred to as the grand father of gymnastics. Fredrick Ludwig John established the first gymnastic club called. Turnverein in 1811 in Germany He also invented the parallel bars, still rings horizontal bars. He was known as the father of modern gymnastic. Gymnastic began in USA in 1877 under Captain Cilia. The first school of gymnastics was built in England in 1890. Gymnastics was included in the modern Olympic games in Athens in 1896. Women gymnastics were introduced in 1928.

Nature of gymnastics

The performance commence when the gymnast raises his hand to indicate “ readiness” and when he raises the two hands to signal end of the performance. The grading is done according to how complex the events and activities are.

Values of gymnastics

- It develops the muscles of the arms shoulders, chest and abdomen
- It develops physical strength and power
- It develops physical fitness, agility and flexibility
- It develops the ability to coordinate and balance
- It is designed for alertness
- It is for the development to skills that are useful sports and games

Equipment

- ✓ The pommel horse
- ✓ The vaulting horse
- ✓ The Long horse
- ✓ The spring board
- ✓ The parallel bars
- ✓ The still rings
- ✓ The beam
- ✓ The buck
- ✓ The horizontal bars
- ✓ The Uneven parallel bars
- ✓ The Medicine ball
- ✓ The mats /trampoline

Scope of gymnastics

Gymnastics cover a range of activities which include:-

1. The Stunts
- 2 .The tumbling/agilities
3. The apparatus i.e. activities on ropes, beams

Stunt with partner: They are:

- * The cock fight
- * The duck “
- * The rocking chair
- * Lift the log
- * The wheel barrow
- * The firemen lift
- * The leg wrestling

Tumbling: performed with apparatus they are:

The forward roll

The backward roll

The side roll

The drive forward roll

The tip up

The head stand

The hand stand

The cartwheel

Activities on ropes: They are :

Climbing using hands

Swinging on ropes

Hanging

Heavy vault using rope

Making fast on rope

Stand on rope

Crossed leg climbing

Activities on beams: They are:

Heavy vault

Gate vault

Balance walk

Eat walk

Safety in gymnastics

Accident often occur during gymnastics. To reduce accident therefore, certain safety precaution must be taken.

- ❖ Have a proper warm up before activities
- ❖ Start from simple to complex
- ❖ Apparatus must suit the activity.
- ❖ Enough landing foam to prevent jars and injuries during vaulting
- ❖ The floor must not be slippery.
- ❖ Never carry out any activity with instruction
- ❖ Check the activity areas and be sure they are free from hazards
- ❖ Wear the correct customer (sports wears)
- ❖ Master the fundamental skills before performing
- ❖ Ask questions when in doubts
- ❖ Practice skills within your capacity
- ❖ Always follow instructions
- ❖ Avoid wearing ornament during activities

Evaluation

1. Give a brief history of gymnastics
2. State the contribution of Johann Base doo in gymnastic

Reading assignment: Essential of PHE for JSS Bk 2 by S.A Erasmus page 77 – 84

WEEKEND ASSIGNMENT

1. Mentioned the three scope of gymnastics
- 2.State four equipment of gymnastics
- 3.Mention two safety precaution in the game of gymnastic

WEEK 6

Topic: Types of Recreational Activities Contents

- * Definition of Recreational activities
- * types of recreational activities as well as activities done.
- * values of outdoor recreation

Definition of recreational activities:

These are sporting activities done or engage in during one free time or leisure time.

Types of recreational activities

Recreational activities can be classified into two

- 1 . Indoor recreational activities
2. Outdoor recreational activities

But for the purpose of this study , we are discussing outdoor recreational

Leisure.

What is outdoor recreation? Outdoor recreation are the activities that we engage in outside the door in the open and our natural environment during our free time. It is voluntarily participation and it must be during free time.

Values of outdoor recreation

1. It helps individual to relax and recreate
2. It helps to learn and acquire skills
3. For fun and enjoyment

- 4 It leads to social integration
5. It helps to build self reliance and cooperation among students

Outdoor recreational activities: These include;

- * Camping
- * hiking
- * picnic
- * overnight outing
- * canoeing
- * visiting game reserves
- * nature game reserves

Camping:- Camping involves the move of students under the guidance of adults from home or school to an environment. Which is less familiar The site of the camp may be a remote village, a hill foot, in a dense jungle or a heavily wooded forest.

During the trips, students are exposed to various experiences. The main aim of the camping is to make the students learn by doing. During the period students are grouped to take care of their needs. some to fetch water, some fire wood etc.

Safety precaution during camping

- roll call of campers should be taken from time to time
- campers should work in group
- camp site must be well cleared to keep away dangerous animals e.g snakes, scorpions etc.
- Adequate provision should be made in terms of materials needed

Hiking

Hiking involves a long trekking to places of interest. The purpose is to improve physical fitness, for fun and enjoyment.

Types of hiking include

- Physical fitness hike
- Moonlight hike – walking to enjoy breeze at night

- Natural hike – long walk to countryside

Evaluation:

- What is recreational activities
- Define outdoor recreational activities

Reading assignment: Essential of PHE by S.A Erasmus Page 85 – 86

Weekend assignment

1. What is camping
2. Mention three precaution during camping

WEEK 7

Topic: Dramatic and Creative Rhythms

Contents

- * definition of rhythmic activities
- * fundamental movement

Definition: Movement is an observable shift of the body from one position to the other. The movement can be complete shift or the movement of a segment (part) of the body. Fundamental movement is the natural way of shifting the body from one place to another e.g. Crawling

Walking

Running

Hopping

Jogging

Leaping

There are three types of movement :

- Loco motor movement
- Non – loco motor movement
- Manipulative movement

Loco motor movement: This is the shifting of the body from one place to another. The rhythm can be woven into an even or uneven pattern e.g.

Crawling

Walking

Running

Jumping

Skipping

leaping

galloping

sliding

Non – locomotor movement:- This the movement that does not involve the shifting of the whole body but the movement of some parts of the body at a position. It is called axial movement e.g.

Swinging

Swaying

Bending

Stretching

Jerking

Rocking

Manipulative movement: This is the movement of the part of the body to control, turn, twist, bend, beat, bounce, throw, catch or cause an object to move. Manipulative movements are mostly involved in the performance of sports and games e.g.

Heading

Bouncing

Striking

Kicking

Throwing

Catching

Turning

Rhythmic and dance activities

The **origin of dance** can be traced to the early men. Dance involves the movement of the body which is a means to achieve physical fitness through the five fundamental movements of walking, running, jumping, leaping and hopping.

There are different dance steps to different beats, songs and sounds since the beginning of time people have danced to celebrate important events in their lives. They have danced to appease their gods, to celebrate new year festival, burials, naming ceremonies and to express their feelings of joy and happiness.

What is dance? Dance is expressive movement of turning, twisting and rolling of the body (parts) to conform with the rhythm of a sound, beat or music. It is a way of expressing our inner feelings of joy and happiness.

Reasons for dance

- To influence and appease the gods
- To arouse the feeling of bravery during war.
- To please the spirit of a dead relative
- To reduce sorrow
- To bring people together in gathering
- To entertain people

- To express their feelings of joy and happiness

For the purpose of this study, dances will be classified into two:

1. Foreign dances/ social dance
2. Traditional dance

Foreign dance: - Foreign dances are the imitations of the dance rhythms from other

countries are mostly played for social dances by the younger generation.
these music include- Reggae, pop, jazz, Highlife, Rock and roll, calypso, rumba.

Traditional music/dance: - Traditional music/dance are of folk and ethnic origin, ethnic dances have a racial cultural bond which tie them to a race or tribe.

Ethnic dance may be based upon

- * religious beliefs
- * cultural development
- * racial heroes
- * gods or other ideas

Examples of ethnic dances include

- Ekiti dance
- Obitun dance
- Eyo dance
- Oyoyo dance
- Fuji dance
- Sango dance
- Gunda dance etc.

Some notable Nigerian Musicians

King Sunny Ade

Chief Ebenezer Obey

Sir Victor Uwaifo

Sunny Okosun (Late)

Fela Anikulapo Kuti

Lagbaja

Yinka Ayefele etc

Reasons for traditional dance

- For religions purpose e.g. during festival
- For communal entertainment and enjoyment
- For celebration of events e.g. new yam festival , marriages etc
- For physical fitness
- For the performance of traditional rite

Values of dance/rhythmic activities

Apart from the relaxation and the feeding of the soul, good music and active dancing contribute to mental and emotional development of an individual

It contributes to self expression

Development of physical strength, agility, flexibility and coordinator

Social integration

Evaluation

1. Mention two occasions when people dance
2. List two foreign dances
3. List five local dance

Reading assignment: Essential of PHE by S.A Erasmus Bk 2 Pg 86 – 89.

Weekend assignment

1. Mention one fundamental movement
- 2 List the three types of movement

WEEK 8

Topic: Computer Games

Content

- * Meaning of computer game
- * Types of computer games
- * How to operate a computer game
- * Stages of computer games
- * Advantages of computer game

Meaning of computer game:- It is a game played on computer in the form of computer software run on a personal computer or game machine and played by one or more people using all the following:

Keyboard

Mouse

Control Pad

Joystick

Computer games usually combine sound and graphics and range from traditional games such as chess to fast moving action game.

Types of computer games

- ___ Nature park
Beach rally
- ___ Vehicle rally
- ___ Play Station
Scrabble
- ___ Soccer
- ___ Volley ball
- ___ Basket ball

- ____ Tennis etc.

Computer game is played for the following reasons

- a. entertainment
- b .challenges
- c. educational purpose
- d recreation
- e. reduction of tension
- f. for relaxation

How to operate a computer game

The Stage of starting a computer are as follows

- 1.Switch on the power
- 2 Switch on the UPS
- 3.Switch on the CPU for electricity supply

Advantage of computer game

- Player could store their progress continue the game at a later time.
- Source of entertainment
- It has a standard sound protocol to give the game a robust music

Evaluation

- What is computer game
- Mention three types of computer games

Reading assignment : Essential of PHE by S.A. Erasmus B 2 Page 90 – 92

Weekend assignment

1. State three reasons for computer sound
2. Mention three advantages of computer games.

WEEK 9

Topic: Consumer Health

Content

- * Meaning of consumer
- * Examples of consumer rights

Meaning of consumer health: consumer health can be defined as all the measures that are often taken to protect the unsuspecting buyer or consumer from buying and using fake or harmful products and services.

It refers to the abilities of adaption wise choices especially on the use of healthy products.

Consumer education: This is the process of helping individual become informed consumers

Importance of consumer education

- It Provides the consumer on how and where to buy goods and services needed.
- It provides the consumer with maximum satisfaction of his or her money.
- It gives the consumer an insight or information upon which proper interpretation can be made

It enables the consumer to know his or her rights.

- Waste in consumption is reduced
- It safeguards consumers from the activities of quack

Consumer program

These are programs that are put in place for the interest and protection of the consumer. Such programs ensure the safety of consumers and help them to obtain necessary goods and services at reasonable prices as well as when and where they so desire.

Right of consumer

- Display of production and expiring date
- Display of nutrient composition
- Choice of food

- The right to safety
- Right to be informed about the goods and services
- The right to choose what he wants
- Right to good and efficient services

Government Agencies responsible for consumer protection in Nigeria

- * Standards Organization of Nigeria (SON)
- * Price Control Board
- * The Price Intelligent Agency
- * The Food and Drug Department
- * National Agency for Food Drugs and Administration control (NAFDAC)
- * Consumer Protection Council (CPC)
- * Nigeria Communication Council (NCC)
- * Professional Bodies like Medical Association of Nigeria (NNA)
- * Pharmaceutical Association of Nigeria (PAN)
- * Law Enforcement Agencies e.g. Police, Task force, Sanitary Inspectors etc.

Evaluation

- a. Define consumer Education?
- b. What is consumer health?

Reading assignment: essential of PHE for JSS BK 2 by SA Erasmus Page 92 – 93

Weekend assignment

- a) Mention three (3) rights of consumer
- b) State three (3) government Agencies responsible for consumer protection in Nigeria.

WEEK 10: Revision

Week 11: Examination

