

SUBJECT: PHYSICAL HEALTH EDUCATION

CLASS: PRIMARY 1

SCHEME OF WORK

3RD TERM LESSON NOTE

WEEK S	TOPICS	Learning Objectives: By the end of the lessons, students should be able to:
1	Health and hygiene	Explain how to wash hands, describe how to care for the skin correctly
2	Teeth brushing	List items used in cleaning mouth, demonstrate how to brush teeth correctly, explain why is it necessary
3	Care of the Nails and Hair	Describe how to cut our nails and hair, describe the materials used in maintain hair
4	Cleanliness	Meaning , mention the benefit of cleaning our body, explain the benefit of cleaning our body
5	First aid	Explain the meaning, explain who is a first aid, say how to become a first aider
6	First aid	State the basic objective of first aid, list the content of first aid , identify the content in first aid box
7	Mid Term Test	Mid-term break / Open day
8-9	Content of first aid box	List the content , explain the use of each content , make their own first aid box, demonstrate how
10-11	Benefit of first aid	List the benefit of first aid, explain, identify contents
12	Revisions	Revisions and Final Examinations
12-13	Revision	Revisions and Final Examination

REFERENCES

UNIFIED SCHEME OF WORK

WEEK: 1 **DAY:** **SUBJECT:**
DATE: **TOPIC:**
SUBTOPIC: **PERIODS:** **DURATIONS:**

PERFORMANCE OBJECTIVES: By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –

1. Explain how to wash hands,
2. Demonstrate how to take a bath,
3. Explain to care for the skin.

ENTRY BEHAVIOUR: \Soap, sponge and water.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of:
Charts, Posters, Sponge, Water, Scissors/clippers, Chewing stick, Tooth brush and paste, Towels, Pomade, Slippers/shoes, Stocking, Blouses, Skirts and Shorts.

METHOD OF TEACHING – Choose a suitable and appropriate methods for the lessons.

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information – **Physical and Health Education (Primary 1)**

CONTENT OF THE LESSON

INTRODUCTORY ACTIVITIES

Teacher's/Pupil's Activities – Asks the pupils questions regarding bath, washing hands before eating, etc. Listen to the pupils and leads them to the concept of health and hygiene.

PERSONAL HEALTH AND HYGIENE

The health of a person is very important and how to maintain good health is called hygiene.

Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.

HOW TO CARE FOR THE SKIN

1. Bathing
2. Washing hands

After bathing and hands washing,

- always use dry and clean towel.

- do not share towel.
- always wash your towel at least once a week.

TEACHER'S/PUPIL'S ACTIVITIES – DEMONSTRATE HOW TO TAKE A BATH AND WASHING HANDS

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;

2. Leads the pupils to identify the general body cleanliness.

Pupil's Activities – Identify and mention the general body cleanliness.

3. Guides the pupils to demonstrate how to care for the skin – hands washing and bathing.

Pupil's Activities – Participate and demonstrate how to wash hands and a take bath.

LESSON EVALUATION: The teacher ask Pupils to:

1. State 5 ways of maintaining general body cleanliness.
2. Describe how to care for your skin – wash hands and taking bath.
3. Demonstrate how to wash the hands and take bath.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.
- Next Lesson – **Health and Hygiene II – General Body Cleanliness – Teeth Brushing (Primary 1)**

WEEK:	2	DAY:	SUBJECT:
DATE:		TOPIC:	
SUBTOPIC:		PERIODS:	DURATIONS:

PREVIOUS LESSON – Personal Health and Hygiene I – How to Care for the Skin – Bathing and Hand Washing (Primary 1)

TOPIC – HEALTH AND HYGIENE – TEETH BRUSHING

LEARNING AREA

Teeth Brushing

PERFORMANCE OBJECTIVES: By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –

1. Mention things used for cleaning the mouth.
2. Demonstrate how to brush the teeth.
3. Explain why it is necessary for us to brush our teeth.

ENTRY BEHAVIOUR Toothbrush and toothpaste

INSTRUCTIONAL MATERIALS The teacher will teach the lesson with the aid of:

Charts, Posters, Sponge, Water, Scissors/clippers, Chewing stick, **Tooth brush and paste**, Towels, Pomade, Slippers/shoes, Stocking, Blouses, Skirts and Shorts.

METHOD OF TEACHING – Choose a suitable and appropriate methods for the lessons.

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information **Physical and Health Education (Primary 1)**

CONTENT OF THE LESSON

INTRODUCTORY ACTIVITIES

Teacher's/Pupil's Activities – Leads the pupils to sing, this is the way I brush my teeth,... Asks them to describe benefits of daily brush.

GENERAL BODY CLEANLINESS – TEETH BRUSHING

General body cleanliness how you keep your body clean and neat always.

Tooth brushing is the act of scrubbing teeth up and down with a toothbrush with toothpaste.

HOW TO CARE FOR THE TEETH

1. Always brush twice a day.
Every morning before meal and at night after meal.
2. Always use clean water to brush our teeth.
3. You can use toothbrush with toothpaste or chewing stick.

Chewing stick is an alternative for toothbrush with toothpaste.

REASONS FOR BRUSHING OUR TEETH

To prevent mouth odour, tooth decay and toothache.

TEACHER'S/PUPIL'S ACTIVITIES – DEMONSTRATE HOW TO BRUSH YOUR TEETH

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;

2. Asks pupils to show you their teeth.

Pupil's Activities – Show the teacher their teeth.

3. Asks pupils, what are the things used for washing our teeth.

Pupil's Activities – Toothbrush with toothpaste or chewing sticks and clean water to rinse our teeth.

4. Guides the pupils to demonstrate how to use toothbrush with toothpaste.

Pupil's Activities – Participate and demonstrate how to use toothbrush with toothpaste.

5. Guides the pupils to demonstrate how to brush their teeth.

Pupil's Activities – Demonstrate how to brush their teeth.

LESSON EVALUATION: The Teacher ask Pupils to:

1. Mention things used for cleaning the mouth.
2. Demonstrate how to brush the teeth.
3. Explain why it is necessary for us to brush our teeth.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.
- Next Lesson – **Health and Hygiene III – Care of the Nails and Hair (Primary 1)**

WEEK: 3 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

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

1. Describe how to cut our nails
2. Describe the materials used in maintain hair

KEY VOCABULARY WORDS:

Downloaded from eduresource.com.ng ©Educational Resource Concept

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

CONTENT: CARE OF THE NAILS AND HAIR

NAIL

The main purpose of the nails are to protect the fingers and toes, however, the fingernail also assists with certain physical activities in daily life.

Taking care of your teeth means –

1. Trim the nails
2. Remove the and Keep fingernails dry and clean.
2. Apply a protective layer. Applying a nail hardener might help strengthen nails.
3. Keep them short and clean. And apply moisturizers
4. Cut them in the shape of the tip of your finger.
5. Ask your mom or dad for help if you don't know how to cut your nails.

HAIR

Your hair is the fine threads that grow in a mass on your head and other parts of the body.

Taking care of your hair means:

1. Combed regularly.
2. Trim from time to time.
3. Keep dry and clean.
4. Use appropriate hair cream.
5. Plaited or weaved in the case of a girl.
6. Wash with shampoo and rinse properly regularly
7. Do not share hair tools or materials e.g. comb, scarf or even barbing clippers

EVALUATION / ASSIGNMENT

1 Mention three ways we can care for the nails

2 Describe four ways we can care for the hair

CONCLUSION: The Teacher commends the pupils positively

WEEK: 4 **DAY:** **SUBJECT:**
DATE: **TOPIC:**
SUBTOPIC: **PERIODS:** **DURATIONS:**

LEARNING AREA

1. Meaning of Cleanliness
2. Benefits of Cleanliness

PERFORMANCE OBJECTIVES: By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –
mention benefits of cleanliness.

ENTRY BEHAVIOUR: Hands washing, bathing, cutting fingernails and toenails, teeth brushing, etc.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of:

Charts, Posters, Sponge, Water, Scissors/clippers, Chewing stick, Tooth brush and paste, Towels, Pomade, Slippers/shoes, Stocking, Blouses, Skirts and Shorts.

METHOD OF TEACHING – Choose a suitable and appropriate methods for the lessons.

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information



CONTENT OF THE LESSON

INTRODUCTORY ACTIVITIES

Teacher's/Pupil's Activities – Displays a chart showing a dirty child for the pupils to discuss how the child can maintain general cleanliness of the body. Listen to their discussion and note their points on the board.

GENERAL BODY CLEANLINESS

Cleanliness is the act of being clean without dirt, dust, stains and bad smells. Cleanliness is very important for physical and mental well-being.

It is essential for everyone to learn about cleanliness and stay clean.

General body cleanliness how you keep your body clean and neat always.

WAYS MAINTAIN GENERAL BODY CLEANLINESS

1. Always taking regular bath with soap and sponge.

2. Brush your teeth twice a day. Before meal in the morning and after meal at night.
3. Cutting your nails from time to time.
4. Washing your hand before and after meals.
5. Always wash your hands with soap immediately after toilet.
6. Wash your clothes.
7. Maintain a clean and good hair style.
8. Always use clean water taking your bath, washing your hands and cloth.

BENEFITS OF CLEANLINESS

1. It prevents disease contamination.
2. It kills germs.
3. It prevents spread of disease.
4. It boosts mental health.
5. It prevents sickness.
6. It boosts self-confidence.
7. It attracts more friends and respect from family and friends.



PRESENTATION

To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. Explains the meaning of cleanliness.

Pupil's Activities – Explain the meaning of cleanliness.

3. List the benefits of cleanliness.

Pupil's Activities – Mention some benefits of cleanliness.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.

- Next Lesson – **Meaning of First Aid and First Aider (Primary 1)**

LESSON EVALUATION: The Teacher ask Pupils to:

1. Explain what cleanliness is.
2. List 5 benefits of cleanliness.

WEEK: 5 DAY: SUBJECT:
 DATE: TOPIC:
 SUBTOPIC: PERIODS: DURATIONS:

PREVIOUS LESSON – Health and Hygiene IV – Benefits of Cleanliness (Primary 1)

TOPIC – FIRST AID AND FIRST AIDER

LEARNING AREA

1. Introductory Activities
2. Meaning of First Aid and Who is A First Aider
3. How to become A First Aider

PERFORMANCE OBJECTIVES: By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –

1. Explain the meaning of first aid and first aider.
2. State how to become a first aider.

ENTRY BEHAVIOUR : Iodine, scissors, spirit, etc.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of:

First Aid Box. , Chart or pictures

METHOD OF TEACHING – Choose a suitable and appropriate methods for the lessons.

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information

CONTENT OF THE LESSON

INTRODUCTORY ACTIVITIES

Teacher's/Pupil's Activities – Displays a first box with basic content for pupils to identify and state uses of each item of a first box.

Plays a short video on emergency situation where first aid is administered.

Shows the pupils the first aider and asks them to describe, who first aider is?

Teacher's remark – Many lives are saved through first aid, given before the emergency services arrived.

MEANING OF FIRST AID

First aid is the immediate care and support given to someone who is injured or sicked.

WHO IS A FIRST AIDER

A first aider is the one who gave first aid to the injured and sicked person. A first aider is a qualified person.

A first aider is someone who is qualified to give first aid treatment in the event of an injury or illness.

HOW TO BECOME A FIRST AIDER

Teacher's/Pupil's Activities – Discuss with the pupils, how to become a first aider.

For someone to become a first aider, the person needs a training to how to give first aid to an injured or sicked person and at the end of his/her training, he/she gets certified first aider.

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. States the meaning of first aid and first aider.

Pupil's Activities – State the meaning of first aid and first aider.

3. Discusses how to become a first aider.

Pupil's Activities – Participate in the discussion.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.
- Next Lesson – **Objectives of First Aid (Primary 1)**

LESSON EVALUATION: The Teacher asks Pupils to:

1. State what first aid is.
2. Describe who is a first aider.
3. Discuss how to become a first aider.

WEEK: 6 DAY: SUBJECT:
DATE: TOPIC:
SUBTOPIC: PERIODS: DURATIONS:

PREVIOUS LESSON – Meaning of First Aid and First Aider (Primary 1)

TOPIC – OBJECTIVES OF FIRST AID

LEARNING AREA

Objectives of First Aid

PERFORMANCE OBJECTIVES: By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –

1. Explain the meaning of first aid.
2. State the objectives of first aid.

ENTRY BEHAVIOUR: Iodine, scissors, spirit, etc.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of:

First Aid Box. Chart or pictures

METHOD OF TEACHING – Choose a suitable and appropriate methods for the lessons.

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information

CONTENT OF THE LESSON

INTRODUCTORY ACTIVITIES

Teacher's/Pupil's Activities – Discuss with the pupils reasons for first aid.

First aid is the immediate care and support give to someone who is injured or sicked.

OBJECTIVES OF FIRST AID

The objectives of first aid are –

1. To preserve life.
2. To promote recovery.
3. To relieve pain.
4. To protect the unconscious.
6. To prevent infection.
7. To prevent further infections.
8. To stop bleeding.

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. States the meaning of first aid.
Pupil's Activities – State the meaning of first aid.
3. Guides pupils to list and explain some objectives of first aid.
Pupil's Activities – List objectives of first aid.

LESSON EVALUATION: The Teacher ask Pupils to:

1. State what first aid is.
2. State at least three objectives of first aid.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.
- Next Lesson – **Content Inside the First Aid Box (Primary 1)**

WEEK: 7 MID-TERM BREAT / TEST OPEN DAY

WEEK:	8	DAY:	SUBJECT:
DATE:		TOPIC:	
SUBTOPIC:		PERIODS:	DURATIONS:

PREVIOUS LESSON – Objectives of First Aid (Primary 1)

TOPIC – CONTENT INSIDE THE FIRST AID BOX

LEARNING AREA

1. Content Inside the First Aid Box
2. Uses of the Content Inside the First Aid Box
3. Making of First Aid Box

PERFORMANCE OBJECTIVES: By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –

1. List some contents first aid box.
2. State the uses of content inside the first aid box.
3. Making first box.
4. Demonstrate how a first aid work.

ENTRY BEHAVIOUR : Iodine, scissors, spirit, etc.

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of:

First Aid Box. Chart or pictures

METHOD OF TEACHING – *Choose a suitable and appropriate methods for the lessons.*

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information

CONTENT OF THE LESSON

INTRODUCTORY ACTIVITIES

Teacher's/Pupil's Activities – Asks the pupils, what is first aid? Open the first aid box for them to state the uses of each items inside the first a box.

MEANING OF FIRST AID BOX

First aid is the immediate care and support give to someone who is injured or sicked.

WEEK 7 – CONTENT OF FIRST AID BOX

There are the various items found in the first aid box or kit.

A basic first aid kit may contain –

1. First aid books
2. Bondages
3. Scissors
4. Cotton wool
5. Iodine
6. Plaster of different sizes
7. Safety pins
8. Hand towel
9. Antiseptic (Dettol)
10. Cleansing agent/soap
11. Splint, etc.



WEEK 8 – TEACHER’S/PUPIL’S ACTIVITIES – MAKING FIRST AID BOX

WEEK 9 – USES OF FIRST AID MATERIALS

Guides and lets the pupils to state the uses of each materials in first aid box.

PRACTICAL DEMONSTRATION OF HOW TO USE FIRST AID BOX

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. States the meaning of first aid.
Pupil’s Activities – State the meaning of first aid.
3. Presents a first aid box with its content and guides pupils to identify and state the uses the contents.
Pupil’s Activities – Identify and state the uses of content of first aid box.
4. Teacher’s/Pupil’s Activities – Making First Aid Box

LESSON EVALUATION: The Teacher ask Pupils to:

1. List, at least, three contents of a first aid box.
2. State the uses of each content of a first mentioned in question 1.
3. Demonstrate how to use first box.
4. Making first box.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.
- Next Lesson – **Benefits of the First Aid (Primary 1)**



WEEK: 10 – 11

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

PREVIOUS LESSON – Content Inside the First Aid Box and Uses of Content Inside the First Aid Box (Primary 1)

TOPIC – BENEFITS OF THE FIRST AID BOX

LEARNING AREA

Benefits of the First Aid Box

PERFORMANCE OBJECTIVES By the end of the lesson, the pupils should have attained the following objectives (cognitive, affective and psychomotor) and should be able to –

Benefits of the First Aid Box

ENTRY BEHAVIOUR :

INSTRUCTIONAL MATERIALS: The teacher will teach the lesson with the aid of:

First Aid Box. Chart or pictures

METHOD OF TEACHING – *Choose a suitable and appropriate methods for the lessons.*

Note – Irrespective of choosing methods of teaching, always introduce an activities that will arouse pupil's interest or lead them to the lessons.

REFERENCE MATERIALS

1. Scheme of Work
2. 9 – Years Basic Education Curriculum
3. Course Book
4. All Relevant Material
5. Online Information

CONTENT OF THE LESSON

INTRODUCTION

First aid is the immediate care and support give to someone who is injured or sicked.

IMPORTANCE OF FIRST AID

Many lives are saved through first aid, given before the emergency services arrived.

1. It reduces or stop bleeding
2. It is for saving life.
3. It prevents injury from becoming worse.

PRESENTATION

To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. Discusses the benefits of the first aid box.

Pupil's Activities – Participate in the class discussion.

LESSON EVALUATION: The Teacher ask Pupils to:

State 3 benefits of the first aid box.

CONCLUSION

- To conclude the lesson for the week, the teacher revises the entire lesson and links it to the following week's lesson.
- Next Lesson – Revision on **LAGOS STATE UNIVERSAL BASIC EDUCATION THIRD TERM EXAMINATION 2023**

WEEK: 12

REVISION / FINAL EXAMINATIONS