



ST. PETER'S COLLEGE GARAKU

Scheme of work for:

Term: 3rd , **Session:** 2019/2020, **Class:** JSS1, **Subject:** Physical & Health Education

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WEEK	TOPIC /PAGE	CONTENT	STUDENT ACTIVITIES
1	Physical atones and body conditioning . Theme 5 (unit page 51)	<ul style="list-style-type: none"> ✓ Meaning of physical fitness components of physical fitness. ✓ Features of health related component. ✓ Features of performance related components. ✓ Importance of physical fitness. ✓ Characteristics of physically fit person. ✓ Facts that promote physical fitness. ✓ Safety precaution while performing exercises. ✓ Meaning of body conditioning. 	Practice skills related components of physical fitness. Differentiate between health and performance related component of physical fitness,
2	Fitness exercise. Theme 5 (unit 2 page 54)	<ul style="list-style-type: none"> ✓ Meaning of fitness exercises ✓ Muscular strength. ✓ Muscular endurance ✓ Cordiorespiratory endurance ✓ Agility, balance flexibility. ✓ Speed, power, accuracy. ✓ Isometric training ✓ Weight training ✓ Circuit training. 	They perform fitness exercises in order to have first hand information.
3	Fundamental human movement. Theme 6 (page 61)	<ul style="list-style-type: none"> ✓ Meaning of fundamental human movement. ✓ Types of fundamental human movement. ✓ Groups of locomotors movement ✓ Groups of non-locomotors movement 	Students demonstrates some examples of locomotors and non-locomotors movements.
4	Recreation, leisure and Dances activities. Theme 7 (page 65)	<ul style="list-style-type: none"> ✓ Meaning of recreation. ✓ Components of recreation. ✓ Aims and objectives of recreation ✓ Characteristics of recreation. ✓ Meaning of leisure, rest & relaxation. ✓ Benefits of recreation. 	They identify several ways of recreating themselves during leisure time e.g reading visiting zoo, etc
5	Food nutrition and health. Theme 8 (unit 1 page 70)	<ul style="list-style-type: none"> ✓ Meaning of food nutrition & health ✓ Types of food. ✓ Classes of food. ✓ Importance of food. 	The students Identify food items

6	Food nutrition and health. Theme 8 (unit 2 page 75)	✓ Meaning of the following terms:- (i) Health (ii) balance (iii) balance diet (iv) ingestion (v) Digestion ✓ Describe food name.	They state six classes of food and their sources
7	Martial Arts Theme 9 (page 77)	✓ Meaning of martial Arts ✓ Common examples of martial arts. ✓ Meaning of wrestling. ✓ Types of wrestling. ✓ Skills of wrestling. ✓ Importance of wrestling. ✓ Basic rules of wrestling.	Students point out some martial arts activities e.g boxing karate, kungfu, etc
8	Swimming Theme 10 (page 83)	✓ History and development of swimming. ✓ Medium or facilities of swimming ✓ Swimming equipment. ✓ Basic swimming skills ✓ Safety precaution in swimming	They mentioned mediums of swimming such as:- swimming Pool, River, Dam, etc
9	Pathogens, diseases and their prevention (communicable diseases) Theme II (unit I page 88)	✓ Meaning of pathogens and diseases ✓ Types of pathogens. ✓ Some pathogens ✓ Ways through which diseases enter the body.	They name some true pathogens and opportunistic pathogens.
10	Pathogens, diseases and their prevention (communicable diseases) Theme II (page 89)	✓ Meaning of communicable diseases. ✓ Some examples of communicable diseases. ✓ Preventive measures of communicable diseases.	Mention some communicable diseases .
11	Revision		
12	Examination		
13	Compilation and vacation.		
	Reference		

Reference Textbooks

1. A. Fundamentals of physical and health education for junior secondary schools (Jss1) by O. Oworu, S. Adewumi, U. Agomoh and B. Musa.
2. B. comprehensive physical education for junior secondary schools. (AFP) by J.O utis and E.O. Ojeme.
3. C. Essentials of physical and health education for junior secondary schools. (upper basic education) Jss1 by David, O. Ogundairo.

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