



ST. PETER'S COLLEGE GARAKU

Scheme of work for:

Term: 3rd , **Session:** 2019/2020, **Class:** JSS2, **Subject:** Physical & Health Education

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WEEK	TOPIC	CONTENT	STUDENT ACTIVITIES
1.	Consumer health Theme 8 (page 71)	<ul style="list-style-type: none"> ✓ Meaning of consumer health. ✓ Consumer health education ✓ Consumer right ✓ Organization and agencies protecting consumer health in Nigeria. ✓ Importance of consumer health education . 	The students display the packs of some different manufactured products.
2.	Martial Arts. Theme 9 Units 1 Judo (page 73)	<ul style="list-style-type: none"> ✓ History and development of judo. ✓ Skills in judo ✓ Rules in judo ✓ Terms used in judo ✓ Terms used in judo ✓ Benefits derived in judo 	They mention past and present judo stars and heroes.
3	Martial Arts. Theme 9 Unit 2 karate Page 75	<ul style="list-style-type: none"> ✓ History and development of karate ✓ Basic skills in karate ✓ Basic terminologies used in karate ✓ Rules in karate ✓ Benefits involved in karate 	They demonstrate some Karate skills
4	Swimming Theme 10 Page 78	<ul style="list-style-type: none"> ✓ Meaning of swimming ✓ Mediums or facilities of swimming ✓ Basic swimming stroke. ✓ Life saving devices ✓ Swimming safety rules 	Students mention some swimming mediums. Also identify swimming devices.
5	Non-communicable diseases. Theme II Unit I page 82	<ul style="list-style-type: none"> ✓ Meaning of non-communicable diseases ✓ Nature of non-communicable diseases ✓ List some non-communicable diseases. 	They list some non-communicable diseases.
6	Non-communicable diseases. Theme II Unit 2 page 83	<ul style="list-style-type: none"> ✓ Each of the non-communicable diseases will be explain causes, symptoms, nature and prevention ✓ Preventive measures for each of the diseases. 	They states the nature causes, symptoms of each diseases.

7	Human trafficking Theme 12 Unit I page 88	<ul style="list-style-type: none"> ✓ Meaning of human trafficking ✓ Types of human trafficking ✓ Groups of human trafficking victims. ✓ Health implication of human trafficking for the victims. ✓ Solutions to human trafficking 	Students state health implication of human trafficking
8	Sports laws Theme 12 Unit 2 page 89	<ul style="list-style-type: none"> ✓ Meaning of sports laws ✓ Tort ✓ Negligence ✓ Legal liability ✓ Assault in sports 	They demonstrate, tort, negligence, etc
9	Sports and society Theme 13 Page 91	<ul style="list-style-type: none"> ✓ Meaning of sports ✓ Meaning of society. ✓ Values of sports in the society. ✓ The role of sports in management of in desirable habits 	The mention names of sports men and women who excel in sport.
10	Career and branches of physical & health education Theme 14 Page 94	<ul style="list-style-type: none"> ✓ Meaning of career. ✓ Career opportunities in PHE ✓ Ways of choosing a career in sports. ✓ Branches of physical and health education. 	Students list branches of physical and health education .
11	Revision		
12	Examination		
13	Compilation and vacation		

Recommended Text

- A. Fundamentals of physical and health education for junior secondary school (Jss2) UBE Edition by O. Oworu, S.Adewumi, U. Agomoh and B. Musa
- B. Comprehensive physical education for junior secondary schools (AFP) by J.O uti and E.O Ojeme
- C. Essentials of physical and health education for junior secondary schools (Jss2) (upper Basic education) by David O. Ogundairo.
- D. Melrose physical and health education for junior secondary school (Jss2) by B. Edegbai, C.I Ekelledo and A.A. Adewale.

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