



ST. PETER'S COLLEGE GARAKU

Scheme of work for:

Term: 3rd , **Session:** 2019/2020, **Class:** JSS3, **Subject:** Physical & Health Education

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S/N	TOPIC/PAGE	CONTENT	STUDENT ACTIVITIES
1.	SWIMMING Theme 10 (Unit 1 page 72)	<ul style="list-style-type: none"> ✓ History & development of swimming ✓ Mediums or facilities of swimming ✓ Equipment of swimming. ✓ Basic strokes in swimming 	They mention some mediums of equipment of swimming.
2	Swimming	<ul style="list-style-type: none"> ✓ Types of competition in swimming ✓ Swimming officials ✓ Various competition events in swimming 	The students point out officials and competition events.
3.	Pathogens, diseases and their prevention Theme 10 (Unit 2 page 75)	<ul style="list-style-type: none"> ✓ Meaning of pathogens and diseases. ✓ Types of Pathogens ✓ Meaning of communicable diseases ✓ List some communicable diseases ✓ Nature of communicable diseases 	They identify 2 types of pathogens, also list some communicable diseases
4	Communicable diseases. Theme II (Unit I page 77)	<ul style="list-style-type: none"> ✓ Mode of transmission of communicable diseases. ✓ Causative agents of communicable diseases. ✓ Preventive measures against communicable diseases. 	They demonstrate the mode of transmission of communicable diseases.
5	Non-communicable diseases. Theme II (Unit 2 page 82)	<ul style="list-style-type: none"> ✓ Meaning of non-communicable diseases. ✓ List some non-communicable diseases. ✓ The nature of some non-communicable diseases. ✓ Preventive measures for some non-communicable diseases 	The students name some non-communicable diseases.

6	HIV/AIDs Education Theme 12 (unit 2 page 86)	<ul style="list-style-type: none"> ✓ Description of HIV/SIDs Signs and symptoms of HIV/AIDs. ✓ Mode of transmission of HIV/AIDs ✓ Prevention and control of HIV/AIDs 	They point out some signs and symptoms of AIDs
7	HIV/AIDs education Theme 12 (unit 2 page 84)	<ul style="list-style-type: none"> ✓ Health consequences of HIV/AIDs transmission on sports development and schooling. ✓ Care and support for people living with HIV/AIDs 	They states the consequences of HIV/AIDs on sports development.
8	Violence in sport Theme 12 (unit page 85)	<ul style="list-style-type: none"> ✓ Meaning of violence in sport. ✓ Causes of violence in sports ✓ Ways of reducing violence in sports. ✓ Possible solutions to violence in sports. 	Students identify causes of violence in sports.
9.	Qualification in physical and health education specialist. Theme 13 (unit page 90)	<ul style="list-style-type: none"> ✓ Diploma in PHE ✓ NCE (PHE) ✓ B.Ed or BSC.in (PHE) ✓ Med, MA, M.sc ✓ PHD. 	The write the full meaning of the abbreviation of the acronyms.
10.	Sport heroes and heroines in Nig Theme 13 Units page 91	<ul style="list-style-type: none"> ✓ Meaning of heroes and heroines. ✓ Names of heroes and heroines. 	

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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