PHYSICAL AND HEALTH EDUCATION

JUNIOR SECONDARY SCHOOL (JSS 2)

FIRST TERM

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<th>WEEK</th>
<th>TOPICS/CONTENTS</th>
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<td>RECREATION, LEISURE AND DANCE ACTIVITIES</td>
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<td>I. Indoor and Outdoor Recreational Activities</td>
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<td>II. Examples of each</td>
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<td>III. Difference between the Indoor and Outdoor Recreational Activities</td>
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<td>DEMONSTRATION OF RECREATIONAL ACTIVITIES BY TEACHER</td>
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<td>I. Table Tennis</td>
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<td>II. Ludo</td>
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<td>III. Soccer</td>
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<td>EXPLANATION AND DEMONSTRATION OF DRAMATIC AND CREATIVE RHYTHMS FOR EXAMPLE GYMNASTICS AND AEROBIC (DIFFERENTIATE THEM)</td>
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<td>TYPES OF DANCES AND ACTIVITIES</td>
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<td>Demonstration of Different Dance Activities –</td>
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<td>I. Bata</td>
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<td>II. Pokiti</td>
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<td>III. Atilogwu</td>
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IV. Koroso

5. FIRST AID AND SAFETY EDUCATION
   I. Accidents and Injuries
   II. Safety Measures at Home, on Playground, on the Road.
   III. Sport Injuries, Cause and First Aid Treatments

6. DOMESTIC AND ROAD ACCIDENTS
   I. Causes of Domestic Accident and First Aid Treatments
   II. Causes and First Aid Treatments

7. | 8. MEASURES FOR PREVENTING
   I. Sport Injuries
   II. Domestic Injuries
   II. Road Traffic Accidents

9. FIELD EVENTS (MEANING AND SCOPE)
   I. Throws - Types, Throwing Sectors, Phases of Throws, Weight Specifications, Rules and Regulations of Throws
   II. Jumps - Types, Equipments, Styles and Rules of Jumps

10. JUDO
    I. Brief History of Judo
    II. Judo Court
III. Basic Skills of Judo

IV. Rules and Regulations

11. | 12. REVISION AND EXAMINATION
PHYSICAL AND HEALTH EDUCATION

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SECOND TERM

WEEK | TOPICS/CONTENTS
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1. | THE STRIKING GAMES – TABLE TENNIS AND LAWN TENNIS
Basic Skills and Techniques of Table Tennis, e.g. Grip, Service, Drive, Chop and Smash

2. | EQUIPMENT AND FACILITIES OF TABLE TENNIS
I. Rules and regulations of table tennis
II. Officials of table tennis

3. | BASIC SKILLS AND TECHNIQUES OF TABLE TENNIS
Grip, Service, Drive, Chop and Smash

4. | EQUIPMENT AND FACILITIES OF TABLE TENNIS
I. Rules and Regulations of Table Tennis
II. Officials of Table Tennis

5. | PERSONAL, SCHOOL AND COMMUNITY HEALTH
I. Meaning and Components of School Health Programme
II. Skill Based Health Education
III. School Health Services
IV. Healthful Living/Healthful School Environment/School Feeding Services, School, Home and Community Relationship

6. TYPES OF ENVIRONMENTAL POLLUTION

7. | 8. EFFECT OF POLLUTION ON THE ENVIRONMENT AND PERSONAL HEALTH

9. PREVENTIVE MEASURES AGAINST ENVIRONMENTAL POLLUTION

10. FRESH APPROACH TO SCHOOL HEALTH PROGRAMME

11. | 12. REVISION AND EXAMINATION
PHYSICAL AND HEALTH EDUCATION

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THIRD TERM

WEEK TOPICS/CONTENTS

1. NON COMMUNICABLE DISEASES AND THEIR PREVENTION
   I. Meaning of Non communicable diseases
   II. Nature of Sickle Cell, Obesity, Asthma, Anaemia, Kwashiorkor, etc.

2. PREVENTIVE MEASURES AGAINST NON COMMUNICABLE DISEASE

3. POSTURE AND POSTURAL DEFECTS
   I. Meaning of Posture and Postural Defects
   II. Kinds of Posture and Postural Defects

4. POSTURAL DEFECTS
   Kyphosis, Lordosis, Scoliosis, Flat Feet, Bow Leg.

5. CAUSES OF POSTURAL DEFECTS
   Poor Nutrition, Lack of Exercise, Poor Sitting, Walking and Sleeping Habit
6. SPORTS AND SOCIETY
   I. Definition of Sport and Society
   II. Values Sports in the Society
   III. Ways Sports can be used to control Youth Restiveness (Crime and Drug Abuse).

7. ISSUES AND CHALLENGES IN PHYSICAL AND HEALTH EDUCATION

8. MEANING OF HUMAN TRAFFICKING

9. HEALTH IMPLICATIONS OF HUMAN TRAFFICKING ON VICTIMS
   Solutions to Human Trafficking

10. SPORT LAWS
   I. Explain and List Sport Laws
   II. Define - Tort Negligence and Assault in Sports.

11. | 12. REVISION AND EXAMINATION