

**PHYSICAL AND HEALTH EDUCATION**

**JUNIOR SECONDARY SCHOOL (JSS 2)**

**FIRST TERM**

<b>WEEK</b>	<b>TOPICS/CONTENTS</b>
<b>1.</b>	<b>RECREATION, LEISURE AND DANCE ACTIVITIES</b>  I. Indoor and Outdoor Recreational Activities  II. Examples of each  III. Difference between the Indoor and Outdoor Recreational Activities
<b>2.</b>	<b>DEMONSTRATION OF RECREATIONAL ACTIVITIES BY TEACHER</b>  I. Table Tennis  II. Ludo  III. Soccer
<b>3.</b>	<b>EXPLANATION AND DEMONSTRATION OF DRAMATIC AND CREATIVE RHYTHMS FOR EXAMPLE GYMNASTICS AND AEROBIC (DIFFERENTIATE THEM)</b>
<b>4.</b>	<b>TYPES OF DANCES AND ACTIVITIES</b>  Demonstration of Different Dance Activities –  I. Bata  II. Pokiti  III. Atilogwu

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**

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**SECOND TERM**

<b>WEEK</b>	<b>TOPICS/CONTENTS</b>
<b>1.</b>	<b>THE STRIKING GAMES – TABLE TENNIS AND LAWN TENNIS</b>  Basic Skills and Techniques of Table Tennis, e. g Grip, Service, Drive, Chop and Smash
<b>2.</b>	<b>EQUIPMENT AND FACILITIES OF TABLE TENNIS</b>  I. Rules and regulations of table tennis  II. Officials of table tennis
<b>3.</b>	<b>BASIC SKILLS AND TECHNIQUES OF TABLE TENNIS</b>  Grip, Service, Drive, Chop and Smash
<b>4.</b>	<b>EQUIPMENT AND FACILITIES OF TABLE TENNIS</b>  I. Rules and Regulations of Table Tennis  II. Officials of Table Tennis
<b>5.</b>	<b>PERSONAL, SCHOOL AND COMMUNITY HEALTH</b>  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

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**THIRD TERM**

<b>WEEK</b>	<b>TOPICS/CONTENTS</b>
<b>1.</b>	<b>NON COMMUNICABLE DISEASES AND THEIR PREVENTION</b>  I. Meaning of Non communicable diseases  II. Nature of Sickle Cell, Obesity, Asthma, Anaemia, Kwashiorkor, etc.
<b>2.</b>	<b>PREVENTIVE MEASURES AGAINST NON COMMUNICABLE DISEASE</b>
<b>3.</b>	<b>POSTURE AND POSTURAL DEFECTS</b>  I. Meaning of Posture and Postural Defects  II. Kinds of Posture and Postural Defects  III. Kinds of Posture – Sitting, Walking, Lifting.
<b>4.</b>	<b>POSTURAL DEFECTS</b>  Kyphosis, Lordosis, Scoliosis, Flat Feet, Bow Leg.
<b>5.</b>	<b>CAUSES OF POSTURAL DEFECTS</b>  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**