

PHYSICAL AND HEALTH EDUCATION

JUNIOR SECONDARY SCHOOL (JSS 3)

FIRST TERM

WEEKS	TOPICS/CONTENTS
1.	TRACK AND FIELD POLE VAULT SKILLS Grip, Run Up, Pole Carrying, Take – Off, Hang, Swing Up, Pull Up and Bar Clearance I. Describe the Pole Vault Event II. Mention the skills involved in Pole Vault III. Perform the Pole Vault Skills IV. Draw and Label the Sector with Dimensions
2.	BASIC JAVELIN SKILLS I. List and describe the skills in javelin (Grip, Carriage, Run up, Release, Follow through and Recovery) II. Perform the basic skills In javelin III. Draw and label the sector with dimensions.
3.	HOCKEY I. Hockey Game (Explain Hockey as a Striking Game) II. Basic Skills and Techniques, e. g Hit, Stop, Drive, Pass, Dribble, Flick, Push, Bully/Center, Pass

III. Rules and Safety Regulations

IV. Officials and their Duties

4. FACILITIES AND EQUIPMENT USE IN HOCKEY GAME

I. Values of the Game

II. Draw and label the : Hockey Stick, Hockey Pitch

5. PATHOGENS, DISEASES AND THEIR PREVENTION

I. Define Communicable Disease

II. Nature of Communicable Diseases

- Measles
- Mumps
- Pneumonia
- malaria, etc.

III. Mode of Transmission of the Disease

IV. Factors and causative Agents

6. NON COMMUNICABLE DISEASES

I. Define Non Communicable Diseases

II. Prevention and Management of Non Communicable Diseases

III. Explain nature of Non Communicable Diseases – Sickle Cell, Obesity, Kwashiorkor, etc.

7. | 8. RECREATION, LEISURE AND DANCE ACTIVITIES

I. Differentiate between Folk Tradition, Social and Modern Dances – Pre Colonial or Folk Tradition Dances like Atilogwu (Ibo), Bata, Agidigbo, (Yoruba), Sharo (Fulani), Langa (Hausa).

- II. Social Dances
- III. Foreign Dances - Reggae, Disco, High Life, Rumba and Classical.
Traditional Dances
- IV. Costumes for various Dances
- V. Practice the various Dances

9. TYPES OF COMPUTER GAMES

- I. Types of Computer Game, e. g Tennis, cricket, soccer
- II. Values of Computer Games

10. PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES

- I. Benefits Derived from Physical Fitness
- II. List and explain the factors that influence physical fitness

11. | 13. REVISION AND EXAMINATION

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SECOND TERM

WEEK	TOPICS/CONTENTS
1.	GROUP/COMBINE EVENTS I. Classification as - Pentathlon, Decathlon. II. List of various events under Pentathlon and Decathlon III. The duration of the competition of Decathlon and Pentathlon IV. Scoring the Events
2.	FACILITIES AND EQUIPMENT IN GROUP/COMBINED EVENTS I. Rules and Regulations II. Officiating <ul style="list-style-type: none">• Exposure to practice of various events should be emphasized. III. Safety rules
3.	NIGERIA SPORTS HEROES I. Career Guidance in Physical Education II. Past and Present Sports Heroes and their Contributions in Nigeria III. Professionals in physical Education in Nigeria

4. PERSONAL, SCHOOL AND COMMUNITY HEALTH

FAMILY LIFE EDUCATION

- I. Meaning and Types of Families
- II. Duties of Members of the Family

5. PUBERTY IN BOYS AND GIRLS

Teenage Puberty and Its Consequences

6. CAREER GUIDANCE

- I. Definition of Career Opportunities in Physical Education
- II. Sport promotion agencies and bodies in Nigeria
- III. Sport Associations, NAPHER SD, Nigeria Institute of Sports
- IV. Assertiveness and communication skills.

7. | 8. NON CONTACT GAMES

- I. Swimming
- II. Basic swimming Styles (Crawl, Breast Stroke, Butterfly, etc.)
- III. Swimming Skills
- IV. Swimming Equipment

9. GYMNASTICS

- I. Stunts and Tumbling, e.g. Forward Roll, Head Stand and Crab Walks,
Cat, Wheel, Limp, Frog
- II. Floor Activities

III. Classification of Floor Activities

IV. Values of Floor Activities

10. OFFICIAL OF GYMNASTICS AND THEIR DUTIES

Safety Rules for Non - Contact Games

11. REVISION

12. | 13. EXAMINATION

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THIRD TERM

WEEK	TOPICS/CONTENTS
1.	FAMILY HEALTH I. Types of Diseases and Mode of Transfer II. Disease Vectors III. Types of Diseases Vectors IV. Life cycle of the Mosquito and Other Vectors (Draw the Life Cycle of mosquito)
2.	CONTROL MEASURES I. Water Drainage, Insecticides, Oil Spreading/Spraying II. Disease transmission
3.	STI, HIV/AIDS I. Definition of STI, HIV/AIDS II. Consequences of contracting diseases on individual, family, society. III. Disease prevention - Sanitation, Education, Immunization, Choice of Life Partner.

4. CONTACT GAMES – TAEKWANDO

- I. Definition of Taekwando
- II. Basic Skills
- III. Importance of Taekwando
- IV. Safety rules, regulations and Officiating in Taekwando
- V. Practice Taekwando skills

5. CONTACT GAMES – BOXING

- I. Definition of Boxing
- II. Basic Techniques
- III. Safety Rules, Regulations and Officials In Boxing
- IV. Practice Boxing Skills

6. DRUG USE, MISUSE AND ABUSE

- I. Meaning of Drug Use, Misuse and Abuse
- II. Categories of drugs : Prescription of Drugs/Medicines, Non Prescription of Drugs/Medicines.
- III. Reasons for Drug Use, Misuse and Abuse
- IV. Gateway Drug
- V. Health Consequences of Drug Misuse and Abuse
- VI. Ways of Preventing Drug Misuse and Abuse among Young People

7. | 12. REVISION AND EXAMINATION