## PHYSICAL AND HEALTH EDUCATION

### JUNIOR SECONDARY SCHOOL (JSS 3)

#### FIRST TERM

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

### JUNIOR SECONDARY SENIOR (JSS 3)

#### SECOND TERM

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<tr>
<th>WEEK</th>
<th>TOPICS/CONTENTS</th>
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<tbody>
<tr>
<td>1.</td>
<td>GROUP/COMBINE EVENTS</td>
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<tr>
<td></td>
<td>I. Classification as - Pentathlon, Decathlon.</td>
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<td></td>
<td>II. List of various events under Pentathlon and Decathlon</td>
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<td></td>
<td>III. The duration of the competition of Decathlon and Pentathlon</td>
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<td></td>
<td>IV. Scoring the Events</td>
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<tr>
<td>2.</td>
<td>FACILITIES AND EQUIPMENT IN GROUP/COMBINED EVENTS</td>
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<tr>
<td></td>
<td>I. Rules and Regulations</td>
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<td>II. Officiating</td>
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<tr>
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<td>• Exposure to practice of various events should be emphasized.</td>
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<td></td>
<td>III. Safety rules</td>
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<td>3.</td>
<td>NIGERIA SPORTS HEROES</td>
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<td>I. Career Guidance in Physical Education</td>
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<td></td>
<td>II. Past and Present Sports Heroes and their Contributions in Nigeria</td>
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<tr>
<td></td>
<td>III. Professionals in physical Education in Nigeria</td>
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</tbody>
</table>
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
PHYSICAL AND HEALTH EDUCATION

JUNIOR SECONDARY SCHOOL (JSS 3)

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