

NAME:.....CLASS:.....

SECOND TERM E-LEARNING NOTES

JS 1 (BASIC 7)

SUBJECT: PHYSICAL AND HEALTH EDUCATION SCHEME OF WORK

WEEK TOPIC

1. **Revision of first term work.**
2. **Aquatic sports.;** (a)Meaning and types of aquatic sports e .g. regatta; water polo, canoeing, fishing,(b)Facilities and equipment for aquatic sports(c) safety measures in aquatic sports(d) skills in aquatic spots (d) skills in aquatic sports.
3. **First aid and safety education,;** Meaning of First Aid and safety education (b) contents of First Aid Box (c) of Qualities of a good first aider.
4. **Personal school and community health.** (a) Determinant of health .(1)Hereditary (11)Environment (111)Life style (b)Characteristics of a healthy person (1)Ability to work without easily fatigued (Ability to comprehend mental fatigue (III)Resistance to infection.
5. **Sewage and refuse Disposal.** (a) Meaning of sewage and Refuse (b) Methods of Sewage disposal—open dump water system V IP latrine others(c) Methods of refuse disposal –Open dump, incinerator, composting; controlled tipping others.
6. **Water supply ..** Sources of water supply rain ,bore hole , well, spring ,stream’, lake ;river,pipe borne water (b)Qualities of good water supply .Odourless., Tasteless colourless, Free from pathogens and acceptable mineral composition
7. **Meaning and components of physical fitness.**(a)Meaning of physical fitness (b)Components of physical fitness (c) Characteristics of physical fit person (d)Importance of physical fitness; (e)Health related components Performance related components
8. **Fitness exercises** (a) Exercises to develop endurance and, flexibility (b) Precautions while performing exercises.
9. **Fundamental human movement.**(a) locomotor movements—walking jogging ,running ,jumping skipping, hopping (b) Non locomotor movements. ;stretching, bending ,lifting, pushing, twisting,
10. **Meaning and components of Recreation,** (a) definition of recreation ,..leisure and rest (b)Components of recreation___-(a)indoor, recreation(b) outdoor recreation.(c)Types of activities under the two components of recreation.
11. **Revision**
12. **Examination.**

WEEK. 1

Topic: Revision of first term work

WEEK. 2

Topic: Aquatic sports

Content: (a) Meaning and types of aquatic sport

- . (b) Facilities and equipment for aquatic sports
- (c) Safety measure in aquatic sports
- (d) Skills in aquatic sports.

MEANING AND TYPES OF AQUATIC SPORT.

Aquatics refer to any sporting activity that is performed in water .These include

Swimming, diving scuba, water polo, canoeing sailing fishing boat regatta,

Facilities here mean those structures that are used for swimming that cannot be moved from place to place e.g. the swimming pool except portable pools

- ✓ The streams
- ✓ The lakes.
- ✓ The rivers
- ✓ The diving board
- ✓ The chlorinating machine
- ✓ The changing rooms
- ✓ The toilet
- ✓ The shower rooms.

Equipment; this refers to materials and items used for swimming that are movable and expendable such as;

- the swimming suits or trunks
- the head gear (for women)
- the floaters for novices
- the protective devices for (beginners and divers)
- the light bamboo poles
- the rubber tubes
- the whistles e t c

SAFETY MEASURE IN AQUATIC SPORTS.

- Swimmers should take a shower before swimming to adjust the body to the water temperature
- Never use the pool where there is no life guard
- Beginners should start from the shallow end of the pool
- Learners should obey and follow and follow instructions
- There should be no running around to avoid slip and fall
- Avoid the use of ornaments such as neck lace
- No rough play such as pushing people into water
- There should be proper warm up to stimulate the body for vigorous actions in the water

SKILLS IN AQUATIC SPORT

These are the skills in swimming

Adjustment and confidence gaining in water;

Having good time...