

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

SECOND TERM: E-LEARNING NOTES

JS2 (BASIC 8)

SUBJECT: PHYSICAL & HEALTH EDUCATION

SCHEME OF WORK

WEEK TOPIC

- 1. Revision of work done in the first term.**
- 2. Components of school health program:** (a) meaning of school program (b) the components of school health program –(i) health instruction (ii) school health services (iii) healthful school living/healthful school environment (iv) school community relationship.(c) FRESH approach, meaning, initiative, skill based teacher effective application of resources. Effective health related policies. Integrated teaching. (Infusing health components into related subject areas).
- 3. Environmental pollution:** (a) type of environmental pollution –air, water, land and noise pollution. (b) Effects of environmental pollution (c) prevention of environmental pollution.
- 4. Posture and postural defects:** (a) meaning of posture. (b) kinds of posture- (i) standing posture, (ii) sitting posture, (iii) walking posture (iv) running posture, (v) lifting posture (vi) climbing posture. (c) Posture defects, - (i) hypnosis, (ii) vague knee, (iii) virus knee, (iv) lordosis and (v) scoliosis. (d) Causes of posture defects: (i) poor nutrition, (ii) lack of exercises, (iii) uneven soled shoes, (iv) tight wears, (v) poor sleeping position,(vi) disproportionate growth.
- 5. Gymnastic—Apparatus Activities:** (a) definition of apparatus activities. (b) Classification of apparatus: (i) horizontal ladder,(ii) parallel bars – balance beams (girls), (iii) vaulting box, (iv) buck, etc. (c) activities done with apparatus: through vault, astride vault, lift vault, dive forward roll over box, neck spring, balancing on beam (girls), cartwheel. (d) Definition and functions of spotters in gymnastic activities and other safety precautions.
- 6. Types of Recreational activities:** (a) the types of indoor recreational activities – lido, draught, scrabble, table tennis.(b) types of outdoor recreational activities --- hunting, fishing, jogging etc.

7. **Dramatic and creative rhythms:** (a) definition of rhythmic activities. (b) Classification of rhythmic activities: (i) fundamental rhythms (walking, running and skipping). (ii) Creative rhythms (imitate animal and old soldier) (iii) dramatic rhythm (dramatization, poems and stories).
8. **Computer Games:** Computer sports – (i) football (ii) volleyball (iii) basketball.
9. **Consumer health:** (a) meaning of consumer health. (b) examples of consumer right – (i) display of production and expiry dates. (ii) Display of nutrient composition. (iii) Choice of food.
10. **Revision.**
11. **Examination.**

WEEK 1

DATE :.....

Topic: Revision of last term work.

Content: Detail revision of last term work.

WEEK 2

DATE :.....

Topic: Components of School Health Programme.

Contents: 1. Meaning of school health program me.

2. The components of school health programs.
3. Fresh approach, meaning, initiative, practical skill.

Meaning of school health programs: the school health program is an integral (important) part of community health, it is mainly refers to all the health activities and measures that are carried out with the community to promote and protect the health of the students as well as the school personnel, These activities may take place both within and outside the school compound.

The components of school health program: school health program has been divided into four interrelated areas

1. healthful school environment.
2. health services.
3. school education.
4. school community relationship.

Healthful school environment: This is the totality of physical, social, mental and emotional aspect of the school and the measure provided to ensure health and safety of students and staff.

Health services: Health education means science of health behavior, as well as education process used to bring about positive and mental health.

In school health services activities involved include,

- ✓ Community scientific health information.
- ✓ Developing favorable health attitudes.
- ✓ Bringing about the target population involvement.
- ✓ Planning for meeting the needs.
- ✓ Helping to promote voluntary health habits.

School health education: knowledge and experiences gained that enables students, community as well as...