

**SUBJECT: PHYSICAL AND HEALTH EDUCATION
SCHEME OF WORK FOR BASIC**

WEEKS	TOPICS
1	Field event, Pole vault event
2	Practical demonstration of the basic skills of Javelin
3	Combined events
4	Hockey Game
5	Practical demonstration of basic skills of hockey
6	Female Genital Mutilation
7&8	Family life and sex Education
9	Ageing and Death Education
10	Physical Fitness
11	Energy
12&13	Revision & Examination

PHYSICAL & HEALTH EDUCATION

JSS 3

WEEK ONE

TOPIC: Field Event; POLE VAULT

Pole vault is a field event which involves jumping over a horizontally placed obstacle (bar) that is supported by two up-rights. The vaulter uses a pole as a lever for the uplift of the body. The pole vaulter is expected to lift himself or herself high up with the pole from a single take-off to clear the bar. The competitor is called a pole vaulter. It is performed by both male and female athletes

SKILLS IN POLE VAULT

Basic Skills in pole vault include the followings

1. Flexibility
2. Agility
3. Speed
4. Determination
5. Concentration
6. Muscular Strength
7. Courage

POLE VAULT; EQUIPMENT AND FACILITIES

These are:

1. The two uprights
2. The crossbar
3. The supports for the crossbar
4. The landing foam
5. The runway
6. The take off box
7. The vaulting pole

Phases of pole vault

1. The grip or hold
2. Carrying the pole
3. The run-up
4. The