

Name: _____

Date: _____

THIRD TERM E-LEARNING NOTE

SUBJECT: PHYSICAL AND HEALTH EDUCATION

CLASS: JSS 1

SCHEME OF WORK

WEEK	TOPIC
1.	Recreation, Leisure and Dance Activities
2.	Importance of Food
3.	Athletics (Field Events) Discus and Shot put
4.	Basic Skills in Shot put and Discus
5.	Practical Demonstration of Skills in Shot put and Discus
6 & 7	Ball Games: (Volleyball)
8.	Practical Demonstration Of Skills in Volleyball
9.	History of Soccer
10.	Practical Demonstration of Skills in Soccer
11.	Revision / Examination

REFERENCE BOOKS

- i. Essentials of Physical and Health Education for J.S.S 1
- ii. Physical and Health Education Hand Book for J.S.S 1

WEEK ONE

TOPIC: RECREATION, LEISURE AND DANCE ACTIVITIES

CONTENT: MEANING OF RECREATION

Recreation can be defined as participation in sporting activities during ones leisure time through which one may better develop physically, mentally, emotionally and socially.

Aims and Objectives of Recreation

- To help relax after work
- To eliminate boredom and reduce tension
- To develop skills
- To develop physical fitness
- To correct postural defects
- To reduce crime and other antisocial behaviours
- To interchange our day-to-day activities
- To provide fun and enjoyment

Nature and Scope of Recreation

The term "recreation", covers a lot of activities which can be grouped into:

- A. Indoor Recreational activities
- B. Outdoor Recreational activities

1. **Indoor Activities:** are activities that are performed inside the house, hall or under a roof.

Examples are:

- Playing music
 - Drawing and painting
 - Sewing
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Name: _____

Date: _____

- Watching Television
- Reading or writing for pleasure
- Dancing
- Playing cards
- Singing

2. **Outdoor Activities:** are activities that are performed outside or in the open places.

Examples are:

- Mountaineering
- Camping
- Picnicking
- Canoeing
- Gardening
- Hiking
- Cycling
- Fishing
- Swimming
- Walking

What is Leisure?

Leisure simply means free...

