

SUBJECT: P H E
CLASS: J S S 1
TERM: FIRST TERM SCHEME OF WORK

WEEKS	TOPICS
1 & 2	MEANING OF PHYSICAL AND HEALTH EDUCATION
3	PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES
4	CHARACTERISTICS OF PHYSICALLY FIT PERSON -THE IMPORTANCE OF PHYSICAL FITNESS
5	EXERCISE TO DEVELOP STRENGTH ENDURANCE AND FLEXIBILITY
6	SAFETY PRECAUTIONS WHILE PERFORMING EXERCISES
7	HEALTH DETERMINANTS -CHARACTERISTICS OF A HEALTHY PERSON
8 & 9	MEANING OF SEWAGE AND REFUSE -METHOD OF SEWAGE AND REFUSE DISPOSAL
10	SOURCES OF WATER SUPPLY
11	REVISION
12	EXAMINATION

**PHYSICAL & HEALTH EDUCATION FOR JSS 1
WEEK 1 & 2**

DATE:

CLASS: J.S.S.1

SUBJECT: PHYSICAL AND HEALTH EDUCATION

TOPIC: INTRODUCTION TO PHYSICAL AND HEALTH EDUCATION

SUB TOPIC: MEANING OF PHYSICAL AND HEALTH EDUCATION

The terms physical education consist of two terms Physical and Education

Physical refers to the outward appearance of an individual in terms of the body composition. It refers to physical make-up or attribute of an individual as regard the trunk, head, hands, legs, height, weight e.t.c. The physical attributes of an individual describe he or she at first appearance.

Education can be defined as a process of training and re-training an individual either formally or informally in order to bring about a change in the behavior of the learner

Physical Education can be defined as the process by which the general make-up or well-being of an individual is improved upon through active participation in physical activities, sports and games

Physical Education is the process by which changes in an individual is brought about through movement experiences, it aims not only at physical development but also concerned with education of the whole person through some well planned physical activities.

It is a long life education which starts from conception till death (that is, from cradle to grave)

Physical and health education-: can be defined as the acquisition of skills and knowledge necessary to help the development of the body, mind and spirit in order to promote health and wellness.

Physical education can also be defined as a part of general education which helps to develop the body. It also enhances total fitness, growth and all round development of the body through selected physical activities.

Physical Education is a process of developing the body and mind through movement and carefully selected physical activities.

It is the education that is concerned with educating the child through physical activities these physical activities cover a wide field which include games, gymnastics, athletics, swimming, recreation etc.

Physical education is also referred to as an integral part of education that develops an individual physically, mentally, socially and emotionally through a well selected and a well planned physical activities.

The word "Physical" refers to the body. It is often used with reference to various body characteristics such as physical strength, physical power, physical development, physical appearance while the education may mean different things to different people but generally, it is a training that comes through studies. It's used to train an individual to be a complete man who will be useful to himself and his society.

AIMS OF PHYSICAL EDUCATION

- (i) Physical development: physical education helps to develop the muscles of the body through selected, well planned and programmed activities
- (ii) Social development: Children learn desirable social attitudes during group activities. These attitudes lead to better social adjustment
- (iii) Mental development: During physical education the mental capacity is further enlarged through the knowledge of the rules of the various games and sports
- (iv) Emotional development: through physical activities, children learn how to be humble in victory and accept defeat gracefully. Also they learn to control their tempers during games and sports. These will in effect lead to sound mental health

THE OBJECTIVES OF PHYSICAL EDUCATION

1. To train the muscles of the body
2. To correct bad postures
3. To create the interest and love for games in students
4. To provide avenue for social interaction among students
5. To develop the ability to reason and make decisions

6. To provide career opportunities
7. To encourage intentional cooperation and friendship through sports
8. To enable the student to have a sense of leadership, loyalty and obedience

Branches of physical education

1. Athletics
2. Games
3. Gymnastics
4. Recreation
5. Combative Sports
6. Rhythmic and Dance
7. Safety Education
8. Aquatic Sports (Swimming)
9. Fundamental movement
10. Camping
11. Dancing
12. Sports

What is health?

The definition of health is best explained by the one given by the World Health Organization (WHO), Which states- Health is a