

## SCHEME OF WORK FOR JSS 2 P.H.E THIRD TERM

WEEK	TOPIC (S)
1.	Non – Communicable diseases
2.	Human Trafficking
3.	Sports Laws
4.	Sports and Society
5.	Swimming
6.	Boxing
7.	Taekwondo
8.	Communicable diseases
9.	Handball game
10.	Karate (Martial arts)

## PROPOSED LESSON NOTE FOR THE FIRST WEEK ENDING

SCHOOL:

TERM: Third Term,

SUBJECT: P.H.E

TOPIC: Non – Communicable diseases

CLASS: JSS 2

NUMBER IN CLASS:

AVERAGE AGE: 10 – 11 years

PREVIOUS KNOWLEDGE: The students have already been exposed to this topic in their primary level.

MAIN AIM: To help the students understand the nature of these diseases.

SUBSIDIARY AIMS: By the end of the lesson, the students should be able to;

- i. define non – communicable diseases;
- ii. state the nature of non – communicable diseases; and
- iii. identify the preventive measures for some of the diseases.

PERSONAL AIM: To assist the students describe the preventive measures for some of these diseases.

ASSUMPTION: The students can define non – communicable diseases.

ANTICIPATED PROBLEMS: Some of the students may not be familiar with this word “ Dental Caries”.

POSSIBLE SOLUTION: Dental caries are a disease condition in the mouth caused by the interaction of germs with food remnants that produce acids, which destroy the calcium in the enamel of the teeth.

TEACHING AIDS: Charts, Photographs and Textbooks.

INTERACTION PATTERN: Illustration, demonstration and discussion.

STEP 1: The teacher introduces the lesson by explaining the meaning of non – communicable diseases.

Non – communicable diseases are diseases that cannot be transferred from one person to another.

Examples include:

- i. Sickle cell
- ii. Obesity
- iii. Asthma
- iv. Acne
- v. Boils
- vi. Cancer
- vii. Hypertension
- viii. Diabetes mellitus
- ix. Anaemia
- x. Marasmus
- xi. Dental caries
- xii. Otitis media
- xiii. Kwashiorkor
- xiv. Rickets
- xv. Stroke

STEP 11: The teacher explains the nature of some of these diseases as follows;

**Cancer:** Cancer is a result of abnormal growth of a group of cells in the body. It causes pain and discomfort.

**Sickle Cell:** Sickle cell is a condition in which a child has inherited from both parents two abnormal haemoglobins called haemoglobin S.

A child with sickle cell (SS) easily experiences severe attacks called crises. The child's blood vessels are blocked by the sickle – shaped haemoglobin, and the liver and spleen become large.

**Dental Caries:** The destruction in the enamel gives rise to a cavity (hole) in the surface of the tooth. It causes decay and severe discomfort to the patient.

**Obesity:** Obesity is the abnormal increase in body fat as a result of excessive consumption of food and drinks. The effect of this is usually serious pain at the waist and an abnormal rise in blood pressure.

**Otitis media:** Otitis media is an inflammation of the middle ear, caused by congestion/obstruction of the air passage and the auditory tube. The inflammation of the auditory tube causes severe pain when it is ruptured.

**Asthma:** Asthma is an allergic reaction to the inhalation of un-conductive pollens, substances, odour, dust and polluted air. The inhaled substance or polluted air interferes with normal breathing.

**Diabetes mellitus:** Diabetes mellitus is a disease caused by obvious deterioration of insulin production in the pancreas. In diabetes mellitus, there is a deficit in the storage and release of glucose (blood sugar) by the liver, and an interference with the process by which the body's cells are able to use glucose as their source of energy.

**Stroke:** Stroke is an abnormal condition or inability of a particular part of the body to function normally as a result of severe damage to some parts of the brain. In this case, the brain can no longer control the affected areas or parts of the body.

**Marasmus:** Marasmus is a disease condition caused by starvation and underfeeding. It is a deficiency of overall food intake, including calories and proteins. It is a disease of the poor, and is common in war affected areas.

**Kwashiorkor:** Kwashiorkor is a disease condition in children caused by inadequate protein in their diet. It mostly affects children in war-torn areas.

**STEP III:** The teacher outline some of the preventive measures of these diseases as follows;

(a)           CANCER

- i.       Routine medical examination.
- ii.      Avoidance of smoking of cigarettes.
- iii.     Protection of the body against the hot sun.
- iv.     Avoiding over- exposure of the body to ultraviolet rays.

(b)           SICKLE CELL

- i.       There should....