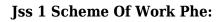
JSS1 PHYSICAL AND HEALTH EDUCATION LESSON NOTES - FIRST TERM

Scheme of Work

| S/N | WEEK | TOPICS |
|-----|---------|--|
| 1 | WEEK 1 | MEANING OF PHYSICAL EDUCATION |
| 2 | WEEK 2 | PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES |
| 3 | WEEK 3 | CHARACTERISTICS OF A PHYSICALLY FIT PERSON |
| 4 | WEEK 4 | EXERCISE TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY |
| 5 | WEEK 5 | SAFETY PRECAUTIONS WHILE PERFORMING EXERCISES |
| 6 | WEEK 6 | PERSONAL, SCHOOL, AND COMMUNITY HEALTH |
| 7 | WEEK 7 | PERSONAL, SCHOOL, AND COMMUNITY HEALTH |
| 8 | WEEK 8 | MEANING OF SEWAGE AND REFUSE |
| 9 | WEEK 9 | METHODS OF SEWAGE DISPOSAL |
| 10 | WEEK 10 | SOURCES OF WATER SUPPLY |
| 11 | WEEK 11 | REVISION |

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