

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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Announcements & Index ,1990-05

Jss 1 Scheme Of Work Phe Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Jss 1 Scheme Of Work Phe**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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