

# 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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**Thomas Griffiths**



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