

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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L Reisser



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Annual Conference Proceedings Science Teachers Association of Nigeria. Conference,1999
Boadu-Ayeboafah,2005-12-03 **Reports to NCE/JCC Meeting** ,1988

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Unveiling the Magic of Words: A Review of "**Jss 1 Scheme Of Work Phe**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Jss 1 Scheme Of Work Phe**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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