NAME OF COORDINATING TEACHER: EWHERO SILVIA ELOHO

SUBJECT: PHE

CLASS: JSS3

TELEPHONE NUMBER OF COORDINATING TEACHER: 09071040237/ 08051684238

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| S/NO | TOPIC | CONTENT | BEHAVIOURAL OBJECTIVES | PRACTICE QUESTION |
| 1 | Physical fitness and body conditioning programme | -Definition of physical fitness  -Body types  -Factors that affect physical fitness | At the end of this topic you should be able to:  -Define the concept physical fitness  -list the various body types  -state factors that can ones physical fitness level | 1. Define the concept physical fitness.  2. Mention five factors that can affect ones fitness level  3. Explain the three major body types. |
| 2 | Physical fitness and body conditioning programme | COMPONENT OF PHYSICAL FITNESS  -Health related component of physical fitness  -Performance related component of physical fitness  -Importance physical fitness | - state the component of physical fitness both health and performance related.  - List the importance of physical fitness | 1. list five health related component of physical fitness  2. list five performance related component of physical fitness  3.Mention three importance of physical fitness |
| 3 | Recreation, leisure and dance | -Types of computer games e.g. tennis, cricket, soccer and chess  - Values of computer games. | -List some types of computer games  -State the rule in playing the various games  - State values of computer game | 1. list five values of computer games  2. Explain how to play chess and soccer using the computer. |
| 4 | Recreation, leisure and dance | -Pre-colonial or folk dances like: Atilogwu-Ibo, Bata, Sharo (Fulani), Langa (hausa)  -Social dance | -Differentiate between folk traditional, social and modern dance  - List costumes for various dances | 1. Name five types of pre-colonial dances  2. Differentiate between reggae and bata dances  3. list three costumes each for atilogwu and langa |