BST 3 PHE SCHEME OF WORK FOR JSS 3

FRIST TERM WORK

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| WEEKS | TOPICS | CONTENTS |
| 1-3 | Physical fitness and body conditioning programme | * Definition of the concept physical fitness * Body types * Component of physical fitness   i. performance related components  ii. health related components   * Benefits derived from physical fitness * Factors that influence physical fitness |
| 4-6 | Recreation, leisure and dance | * Pre-colonial or folk traditional dances like:   i. atilogwu- ibo  ii. bata, Agidigbo  iii. Yoruba  iv. Sharo (Fulani)  v. Langa (hausa)  - social dance  -Foreign and modern dance e.g. Reggae, Disco, High life, rumba, classical.  - Costumes for the various kind of dances  -Types of computer games e.g. tennis, cricket, soccer and chess  - Values of computer games. |
| 7-8 | Track and Field events | * Pole vault skills;   -grip  -run-up  -pole-carrying  -take-off  -hang  -swing up  -pull-up and bar clearance  -landing  -recovery  -Basic Javelin skills;  -grip  -carriage  -run-up  -release  -follow through  -recovery |
| 9 | Hockey game | * Brief history * Nature of the game hockey * Basic skills and techniques * Rule and safety regulations * Officials and their duties * Facilities and equipment * Values of the game * Diagram and label of hockey pitch and stick |
| 10 | Group/Combined events | * Definition of   -Pentathlon  - Decathlon  - Various events under each.  - The duration of competition of Decathlon and Pentathlon  - Scoring system  - Facilities and equipment  - Rules and regulation  - Officiating  - Safety rules |
| 11 | Nigerian Sport Heroes | * Career guidance in physical education * Past and present sports heroes and their contributions in Nigeria * Professionals in physical education in Nigeria. |

BST 3 PHE SCHEME OF WORK FOR JSS 3

SECOND TERM WORK

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| WEEKS | TOPICS | CONTENTS |
| 1-3 | Contact games | * Taekwondo and basic techniques * Importance of taekwondo * Safety rules and regulation * Officiating officials * Boxing and basic techniques * Safety rules * Officiating |
| 4-5 | Non- contact games | Swimming   * Swimming styles and skills * Equipment * Officials and their duties   Gymnastics   * Stunts and tumbling activities e.g. forward roll, backward roll, head stand, crab walk, cartwheel * Floor activities; its classification and values * Officials and their duties * Safety rules. |
| 6-7 | Personal, School and Community Health | Family Life Education   * Meaning and types of families * Duties of family members * Puberty in boys and girls * Teenage pregnancy and consequences * Assertiveness and communication skills * Career guidance * Sport promotion agencies and bodies in Nigeria   a. sports associations  b. NAPHER.SD  c. Nigeria institute of sports. |
| 8-9 | Personal, School and Community Health II | * Agencies/organizations promoting health education in Nigeria e.g. NGOs, Ministry of health, NAFDAC, WHO etc. * Personal health:- Description of ageing, death * Life enhancing measures against ageing e.g. exercise, nutrition, rest and sleep * Supporting dying, grieving and ageing persons. * Meaning of drug use, misuse and abuse * Categories of drugs * Prescription of drugs/medicines * Non-prescription drugs/medicine * Gateway drug * Health consequences of drug misuse/ abuse * Ways of preventing drug misuse and abuse among young people |

THIRD TERM WORK

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| WEEKS | TOPICS | CONTENTS |
| 1-3 | Pathogens, diseases and their prevention | * Definition of communicable diseases * Types of communicable diseases * Nature of communicable diseases: * Measles, mumps, malarial, pneumonia etc * Mode of transmission of the disease * Factors and causative agents * Prevention and manage of communicable disease |
| 4-5 | Family health | * Types of diseases and mode of transfer. * Disease vectors * Types of disease vectors * Life cycle of mosquito and other vectors * Control measures of water drainage, insecticides, oil spreading/spraying * HIV/AIDS/ AND STIs * Consequences of contracting diseases on individual e.g. family and society * Disease prevention   -sanitation  -education  -immunization  -choice of partner |