NAME OF COORDINATING TEACHER: EWHERO SILVIA ELOHO

SUBJECT: PHE

CLASS: JSS2

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| S/NO | TOPIC | CONTENT | BEHAVIOURAL OBJECTIVES | PRACTICE QUESTION |
| 1 | Posture and postural defects | -Definition of posture  -Factors affecting posture  -Kinds of good posture e.g. sitting, walking, lifting etc.  -Types of postural defects. | At the end of this topic you should be able to:  -Explain the meaning of posture and postural defects  -State factors that can affect human posture  -Demonstrate appropriate posture  -List the various types of postural defects. | 1. Define the concept postural defects.  2. Mention five factors that can affect human posture.  3. List three postural defects |
| 2 | Postural defects | -Lordosis, Kyphosis, Scoliosis, bowleg, flat feet, knock knees  -Qualities of good posture | -List the various forms of postural defects  -State causes of each postural defects  - State ways to treat each postural defects  -Mention qualities of good posture | 1. Explain the following form of postural defects  i. knock knees  ii. scoliosis  iii. lordosis  2. List two causes each of the various postural defects explained above.  3. List three qualities of good posture. |
| 3 | Issues and challenges in physical and health education | -Meaning of human trafficking  -Causes of human trafficking  -Effects human trafficking on the victims  -Solutions to human trafficking | -Explain the meaning of human trafficking  -State the causes of human trafficking  -Mention the effects of human trafficking on the victims  -State possible solutions to human trafficking | 1. Explain human trafficking  2. Suggest three causes of human trafficking  3.Mention two health implication of human trafficking on victim  4. State two solutions to human trafficking  5. Write the full meaning of ;  i. WOTCLEF  ii. NAPTIP  iii. FIDA |
| 4 | Sport laws | -Definition of sport laws  -Types of sport laws  -Define  i. tort  ii. negligence  iii. assault in sports | -Explain sport laws and list sport laws  -Define; tort, negligence and assault | 1. List three sport laws.  2.Define  i. legal liability  ii. tort  iii. defamation |