

J. S. S. 2 SECOND TERM
PHYSICAL AND HEALTH EDUCATION
SCHEME OF WORK

WEEK	TOPIC
1.	i. The striking games (table tennis and lawn tennis) ii. Basic skills and techniques of table tennis
2.	i. Equipment and facilities of table tennis ii. Rules and regulation of table tennis iii. Officials of table tennis and their duties
3.	i. Basic skills and techniques of tennis
4.	i. Equipment and facilities of tennis ii. Rules and regulations of tennis iii. Officials of tennis
5.	Personal, school and community health i. Meaning and component of school health programme
6.	Types of environmental pollution
7/8	Effect of pollution on the environment and personal health
9.	Preventive measure against environmental pollution
10.	Fresh approach to school health programme
11/112	Revision and examination

WEEK ONE

THE STRIKING GAME

Table Tennis (Basic skills and techniques of table tennis)

TABLE TENNIS

Table tennis is an indoor game played on a table board by two opposing players

as single or by two pair of opposing players known as double game .

Table tennis involves hitting the ball over a net from one half of the table to the other. In the game, the player sends the ball using a bat before it bounces again from side of a table to the other over a net. The game is started with a service from any part of the table. The game of table tennis can also be called the ping pong game.

BASIC SKILLS AND TECHNIQUES OF TABLE TENNIS

The fundamental skills required for table tennis game are;

1. The grip
2. The service
3. Backhand stroke and forehand stroke
4. The footwork
5. The drop shot
6. The smash
7. The lob shot
8. The smash
9. The chop

The demonstration of the basic skills

EVALUATION

- i. Briefly describe table tennis
- ii. Table tennis is otherwise known as what?
- iii. State three basic skills and techniques of table tennis

ASSIGNMENT

Mention five benefits of table tennis

WEEK TWO

Table Tennis

Equipment rules and regulations, officials in table tennis

EQUIPMENT IN TABLE TENNIS

Table tennis equipment consist of;

- i. Table tennis bat
- ii. Table tennis Ball
- iii. Table tennis Net
- iv. Table tennis board
- v. The playing court
- vi. Socks and canvas
- vii. The towels
- viii. The net supports
- ix. The Sports wear

RULES OF TABLE TENNIS

- i. The choice of playing position at the table and order of service are determined by the toss of a coin.
- ii. The change of service takes place after 5 points have been scored
- iii. A games is won by the player who first scores 21 points with a 2 points margin
- iv. A match consists of the best two or three games
- v. Deceptive movements and distractions are not allowed
- vi. Service change at the counts of two points
- vii. Each server has one chance to make a good service
- viii. The ball must bounce once before it is returned.

OFFICIALS OF TABLE TENNIS AND THEIR DUTIES

The major officials in table tennis are

1. The referee
2. The umpire
3. The assistant umpire
4. The recorder

i. Referee:

- A. Takes charge of the other officials
- B. Takes the final decision during the game
- C. Ensures that the game is played according to its rules and regulations

ii. Umpire

- A. Start the game by administering a toss
- B. Announces point by point the scores of the players during the game
- C. Declares the winner or loser
- D. Awards penalties to faulty players

iii. Assistant umpire

- A. Counts points scored by each player
- B. Inform the umpire of irregularities during the game
- C. Also time the duration of the practice period

IV. The recorder

- A. Shall record all the scores
- B. Also display the scores

EVALUATION

1. Give the equipment in table tennis
2. State two rules of table tennis
3. Mention the officials in table tennis

ASSIGNMENT

State one duty of each of the officials in table tennis

WEEK THREE

Topic:- Tennis

Sub-Topic:- Basic skills and techniques of tennis

TENNIS

The nature of the tennis game

1. It's a racket game
2. A ball is used in playing the game
3. It is an outdoor game
4. It is played by both male and female
5. It is played as single , doubles and mixed doubles
6. It started with a service
7. It's a point scoring game

BASIC SKILLS AND TECHNIQUES OF TENNIS

The basic skills and techniques of the game are as follows:-

1. The Grip: There are three basic grips:-
 - a) The eastern grip (forehand grip)
 - b) The western grip (backhand grip)
 - c) The continental grip
2. The service
3. The forehand drive
4. The backhand drive
5. The volley
6. The half volley
7. Lob shot

8. The drop shot
9. The smash

EVALUATION

1. Briefly describe tennis
2. Mention four basic skills and techniques in tennis

WEEK FOUR

Topic:- Tennis

Sub-Topic:- Equipment and facilities, rules and regulations officials of tennis.

EQUIPMENT AND FACILITIES OF TENNIS

These are;

- i. Tennis court
- ii. The racket
- iii. The ball
- iv. Post and net
- v. Sports wear
- vi. The towels
- vii. The rest rooms for the players and officials
- viii. The players stands
- ix. The umpire stand

RULES AND REGULATIONS IN TENNIS

1. The court must be of the required standard measurement for singles and doubles with other facilities fixed
2. It can be played indoor or outdoor depending on the weather

3. The ball should have a uniform outer surface and should be white, yellow or lemon colour
4. The choice of sides and the right to serve in the game is decided by a toss.
5. After the return of the served ball, the game continues until a player commits a fault.
6. The game commences with a toss
7. The server serves the ball after calling the attention of the receiver
8. For each service, the server has two chances;

OFFICIALS OF TENNIS GAME AND THEIR DUTIES

1. Referee
2. Umpire
3. A net-cord judge
4. A foot-fault judge
5. Linesmen
6. Ball boys.

1. The Referee

- * Conducts the game according to the set rules and regulations of the tennis game
- * Controls other match officials by assigning their area duties to cover
- * Makes final decisions

2. The umpire

- * Conducts a toss for the competitors to start the game
- * Declares the winner or loser
- * Announce and records point by point the scores for each side

3. A net-cord judge

- * Observe and indicate the served ball that touches the net

4. The foot fault judge

* Signal for a foot fault when it occurs

5. The linesmen

* They are to monitor the movement of balls that fall in and out of the court and signal to the umpire

6. The ball boys

* They retrieve balls that hits the net

* Also retrieve balls that go out of the court.

EVALUATION

1. Give three equipment and facilities in tennis
2. State two rules in tennis
3. Mention four officials in tennis

ASSIGNMENT

Give the duties of the following officials in tennis;

- i. A net-cord judge
- ii. Clerk of the court
- iii. Ball boys
- iv. A foot-fault judge

WEEK 5

Topic:- Personal, School and Community health

Sub-Topic:- Meaning, component of school health programme

SCHOOL HEALTH PROGRAMME

School health programme can be defined as a programme of health activities designed and executed purposely to improve on the health status of the school child.

The programme is about how to protect the health of a child and teach him or her to protect and promote his or her own health.

School health is a set of activities and service offered by the school to promote the physical, emotional and social development of pupils or students and staff.

Personal health is a state of well being of the whole body. It comprises all the activities such as hygiene, exercise and adequate diet that enhances a person's Physical, social, mental and biological development and healthy growth.

Community health is a process of ensuring that the environment is safe and conducive for members of the community.

COMPONENT OF THE SCHOOL HEALTH PROGRAMME

The school health programmed consist of four major component of activity through which the health of student is protected and promoted. These are;

1. Health instruction

Health instruction or education is to provide skills necessary for promotion appropriate behaviors and practices. These include;

- i. Individual health instruction or counseling by teacher, medical doctor, nurse, counselor e.t.c
- ii. Direct health teaching in time specially allocated to health
- iii. Integrated health instruction, where health learning occur as part of a problem solving approach

2. Healthful school environment

School environment should be healthful as a child spends a good portion of his time in the school. The essentials for a healthful environmental in school are:

- i. Satisfactory toilet and lavatory facilities
- ii. Pure water supply
- iii. Good lighting and ventilation
- iv. Suitable chairs and desks
- v. Rest room and play ground

3. School Health Services:

The School Health services deals with the various preventive measure provided by the School to improve the health of the Children.

The School health Services includes

- i. Control of communicable diseases
- ii. Emergency care of the sick and injured
- iii. Identifying certain remedial defects of the school children
- iv. Health Observation.

A. Heath education and health instructions

B. School health services

C. Safe and healthy school environment

D. School feeding and nutrition services

E. Physical Education

F. Counselling, psychological and social services

G. Health promotion of staff

H. Parent and community involvement

WEEK SIX

TOPIC: Types of Environmental pollution

Environment simply refer to our immediate surroundings

Environmental pollution is the contamination of the environment with harmful, toxic and hazardous substances. Environmental pollution lowers the quality of the air, the land or the water.

Pollution: This can be defined as the release of substances that contaminate the environment and makes living difficult or unpleasant.

Types of Environmental pollution

Environmental pollution consists of four major types, namely:-

1. Air Pollution
2. Water Pollution
3. Land or soil pollution
4. Noise Pollution

Evaluation

1. What is Environmental pollution
2. List types of environmental pollution

WEEK 7 & 8

TOPIC: Effects of pollution on environmental and personal health

1. Discomfort and harm to human life
2. Destruction of wild life
3. Polluted drinking water can cause cholera or typhoid infections and also diarrhea.
4. Excessive noise pollution can influence psychological health
5. Sleeping disorder
6. Degradation of farmlands
7. Destruction or unhealthy growth of plants and animals
8. Respiratory disease like tuberculosis

9. Poor visibility due to discharge of smoke or dust
10. Health problems such as deafness, fatigue, and hypertension.

Assignment

1. Suggest four general measures for preventing environmental pollution

WEEK 9

TOPIC: Preventive measures against environmental pollution

1. Ensure good health habit
2. Enacting laws against pollution
3. Refrain from throwing litter into streams, lakes, rivers or sea.
4. Avoid using dangerous chemicals
5. Educate people
6. Legislation against noise
7. Reduce your waste
8. Store all liquid chemicals and waste spill proof containers
9. By locating industries or factories far away from residential areas
10. Avoid bush burnng

Evaluation

1. State four preventive measures against environmental pollution

WEEK 10

TOPIC: Fresh approach to School health programme

The acronym FRESH means focusing resources effective school health.

This is a skilled-based programme activity approach implemented at school health programme level. It is aimed at improving the health status and educational level of the school-age children: especially the most deprived group of children in the developing world

To establish the school health programmes, there must be adequate planning, administration and evaluation. These include:

- i. Adequate funding and availability of facilities
- ii. There should be a School health coordinator who will be in charge of coordination of the programme.
- iii. All the stake holders must work as a team
- iv. There must be monitoring and evaluation of health needs and effectiveness of school health programme.

Assignment

1. What do you understand by fresh approach to school health programme?
2. What is the meaning of FRESH?