**JC BEST INTERNATIONAL SCHOOLS**

**BASIC 7 3RD TERM LESSON NOTE**

**WEEK ONE**

**TOPIC: RECREATION, LEISURE AND DANCE ACTIVITIES**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define recreation
2. Explain leisure and dance
3. Mention the benefits of recreation

**THE MEANING OF RECREATION**

The word recreation is derived from a latin word “Recre are” which means to create a new or to be refreshed.

Therefore, recreation can be defined as the participation in sporting activities during our leisure time.

1. Leisure means time that is spent doing what you enjoy when you are not working or studying
2. Leisure also means our free time or spare time

Dance is expressive movement of turning, twisting and rolling of the body parts to conform with the rhythm of a sound, beat or music. It is also a way of expressing our inner feelings of joy and happiness

**TYPES OF DANCE**

There are two types of dance, namely:

1. Foreign dance
2. Traditional dance

**FOREIGN DANCE:** Foreign dance steps are the imitations of the dance rhythm from other countries due to civilization. Examples are:

* Reggae
* Pop
* Calypso
* Jazz etc

**TRADITIONAL DANCE:** Traditional dance are our local dance steps that show our cultural heritage. Examples of traditional dance are:

* Bata dance
* Jarawa dance
* Atilogwu dance
* Sango dance
* Tsough dance etc

**BENEFITS OF RECREATION**

1. To develop physical fitness
2. To provide fun and enjoyment
3. It reduces crime and anti-social behaviors
4. To eliminate boredom and reduce tension
5. It gives an opportunity for the development of sports skills

**WEEK TWO**

**TOPIC: RECREATION, LEISURE AND DANCE ACTIVITIES**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define indoor recreational activities
2. Mention the examples of indoor recreational activities
3. Define outdoor recreational activities
4. List the examples of outdoor recreational activities

**INDOOR RECREATIONAL ACTIVITIES:** Indoor recreational activities are activities that are performed inside the house, hall or generally under a roof.

Examples of indoor recreational activities are:

* Playing ludo
* Chess
* Scrabble
* Monopoly
* Card
* Whot
* Computer games
* Watching movies etc

**OUTDOOR RECREATIONAL ACTIVITIES:** Outdoor recreational activities are activities that are performed outside or in the open such as parks, game reserves, beach or sports field.

Examples of outdoor recreational activities are:

* Mountaineering
* Playing games such as football, beach volleyball, basketball etc
* Jogging
* Swimming
* Cycling
* Horse riding
* Hiking
* Picnic

**WEEK THREE**

**TOPIC: RECREATION, LEISURE AND DANCE ACTIVITIES**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define dance
2. Explain the types of dance
3. Mention the importance of dance

**MEANING OF DANCE**

Dance can be defined as a sequence of rhythmic steps of movements usually performed to music for pleasure or as a form of social interaction.

**TYPES OF DANCE**

Foreign or contemporary dance

Traditional dance

1. **Foreign or comtemporary dance:** This is the imitation of dance rhythm from oversea due to civilization. These music and sound from other countries are mostly played for social dances by younger generation. Examples are: Reggae, pop, jazz, high life, rock and roll etc.
2. **Traditional dance:** Traditional dance are our local or indigenous dance. Traditional dance are of folks and ethnic dances which have a race or cultural bound which also tie them to a race or tribe

In Nigerian content, they are now referred to as our cultural heritage. Ethnic dances may be based upon:

* Religious beliefs
* Cultural development
* Racial heroes
* gods or other ideas

**Examples of ethnic or traditional dance are:**

* Agemu dance
* Eyo dance
* Atilogwu dance
* Bata dance
* Oyoyo dance
* Sange dance

**Importance of dance**

1. Apart from relaxation and the feeding of the soul, good music and active dancing contribute to the mental and emotional development of an individual
2. Development of physical strength, agility, flexibility and coordination
3. Development of desirable social behavior
4. For entertainment

**WEEK FOUR**

**TOPIC: PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMME**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define physical fitness
2. Explain the components of physical fitness
3. Mention the importance of physical fitness

**MEANING OF PHYSICAL FITNESS**

Physical fitness is the ability of an individual to perform his daily work well without feeling too tired and still have reserved energy. Physical fitness exercises are also called conditioning exercises

**COMPONENTS OF PHYSICAL FITNESS**

1. Health related components
2. Skills or performance related components
3. Health related components are directly related and they affect the health of an individual. They are essentially for survival regardless of a person’s sex, age, religion or occupation
* Muscular strength: is the maximal one effort exertion a group of muscles can make
* Cardiovascular respiratory endurance: is the ability of the heart and the respiratory system to utilize oxygen and persist in strenuous activity for a considerable length of time.
* Muscular endurance: is the ability of group of muscles to contract for a period of time without fatigue.
* Flexibility: is the ability to move easily at the joint
1. Skills or performance related components
* Coordination: it is the effective orderly working of the skeletal, nervous muscular system and the sense of touch, sight and hearing.
* Muscular power: is the dynamic form of strength per unit of time
* Speed: is the rate at which force can be applied. The formular for speed = distance

 Time

* Agility: is the ability to move quickly in different direction from different position
* Accuracy: is the ability to control and direct the movement for an object e.g shooting in basketball

**Importance of physical fitness**

1. It keeps us fit and healthy
2. It improves stamina
3. It prevents both minor and major illnesses

**WEEK FIVE**

**TOPIC: PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMME**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define exercise
2. Mention fitness exercises
3. Explain the methods of developing physical fitness
4. List safety precaution while performing exercises

**MEANING OF EXERCISE**

Exercise can be defined as any physical movement to improve strength and fitness.

Also, exercise refers to any physical activity we do to be fit and healthy

**FITNESS EXERCISES ARE**

* Sit up
* Jogging
* Press up
* Skipping
* Aerobic exercise etc

**METHODS OF DEVELOPING PHYSICAL FITNESS**

1. Circuit training
2. Interval training
3. Weight training
4. Isometric exercise
5. Calisthenic exercise

**SAFETY PRECAUTION WHILE PERFORMING EXERCISE**

1. Start from simple to complex exercise
2. There should be proper warm up exercise
3. By wearing the appropriate costume

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| PHYSICAL FITNESS COMPONENTS  | SELECTED TEST |
| 1. Arms and shoulder strength
 | Pull ups, push-ups, rope climbing, weight lifting |

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| --- | --- |
| 1. Speed
 | 50m dash, 100m dash |
| 1. Flexibility
 | Trunk flexion standing Trunk flexion sitting |
| 1. abdominal and hip strength
 | Sit up, sit up with knee flexed  |
| 1. cardiovascular respiratory endurance
 | Marathon, 1500m, 800m |
| 1. agility
 | Shuttle run, agility run |
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**WEEK SIX**

**TOPIC: FOOD NUTRITION AND HEALTH**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. define the following terms
2. food b. nutrition
3. Mention the classes of food sources and function
4. Food is a substance which when taken into the body of a living organism is capable of maintaining growth and development.
5. Food is defined as a substance that provides the body with energy, heat, growth and repair of body tissues. It regulates the body functions and controls harmful or dangerous substances that might enter into the body

**THE MEANING OF NUTRITION**

1. Nutrition is the process by which human beings take in the food necessary for them to grow and stay healthy
2. Nutrition is the process by which the body takes in and utilizes food.

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| Classes  | Sources  | Functions  |
| 1. Carbohydrate
 | Cassava, yam, rice, potato, maize | It gives energy |
| 1. Protein
 | Fish, meat, milk, egg, beans | It builds the bodyIt helps to repair and replace worn out tissues in the body |
| 1. Fats and oil
 | Palm oil, fish oil, animal oil, groundnut oil | It regulates body temperature |
| 1. Mineral salt
 | Table salt, sodium cheese, milk, liver, vegetables | For proper functioning of the bodyFor strong bones and teeth |
| 1. Vitamins
 | Fruits and vegetables  |  It protects the body from diseases |
| 1. Water
 | Rain, Spring, Vegetable, Fruits, Beverages  | For easy digestion and maintenance of body fluid |
|  |  |  |

**WEEK SEVEN**

**TOPIC: FOOD, NUTRITION AND HEALTH**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Mention the importance of food
2. Explain the importance of food

**IMPORTANCE OF FOOD IN THE BODY**

1. It gives energy
2. It protects the body from diseases
3. It helps build strong bones and teeth
4. It satisfies hunger
5. It quenches thirst and it is used for rehydration
6. It repairs and replenish worn out tissues in the body
7. It helps for growth and development

**WEEK EIGHT**

**TOPIC: MARTIAL ARTS: WRESTLING**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define the following terms
2. Martial arts b. wrestling
3. Narrate the history of wrestling
4. Explain the types of wrestling

Martial arts are sports that involves fighting.

These sports are basically use for self-defense

Examples are

1. Wrestling
2. Karate
3. Boxing
4. Judo
5. Taekwondo
6. Kick boxing
7. Jujitsu etc

**MEANING OF WRESTLING**

Wrestling is the act of physical engagement (combat) between two unarmed persons.

**HISTORY OF WRESTLING**

Wrestling is a combat sport practiced by both men and women. It is one of the oldest known sport. It has been in existence as far back as 3000BC. Wrestling started long time ago in ancient Greece and China but modern wrestling can be traced to the Romans.

**TYPES OF WRESTLING**

There are three types of wrestling

1. Greece Roman wrestling: you can only hold your opponent above the belt. The use of legs to kick, punching is not allowed (Olympic wrestling)
2. Freestyle wrestling: you can hold your opponent on the entire body. You can use your leg to kick and use your hand to punch e.g WWE, WWF
3. Traditional wrestling: this is similar to freestyle wrestling but to fight a wrestler must fall his opponent with the back on the ground

**WEEK NINE**

**TOPIC: SWIMMING**

 **SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define swimming
2. Explain the basic swimming styles/strokes

**MEANING OF SWIMMING**

Swimming is the act of propelling oneself inside water with the use of arms and legs as paddles.

 Swimming can also be defined as an aquatic sport. Aquatic sport refers to any sporting event performed in water. Examples are

* Swimming
* Synchronized swimming
* Water polo
* Diving

**HISTORY OF SWIMMING**

Swimming is as old as man, the early men were believed to have swam in water when forced into it by wild animals and when in search of food like fish and other animals.

**BASIC SWIMMING SKILLS**

1. Front crawl
2. Breast stroke
3. Back stroke
4. Butterfly or Dolphin stroke
5. Freestyle

**WEEK TEN**

**TOPIC: SWIMMING**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define swimming
2. Explain the basic swimming strokes

**EXPLANATION**

1. Front crawl: the body is kept afloat on the water and is alternated from side to side depending on the action of each arm. It is the fastest swimming style.
2. Breast stroke: the body is kept perfectly on the breast and both shoulders shall be in line with the water surface.
3. Back stroke: the body lies supine on the water. The face is up, the back is kept submerged in water and the head is submerged up to the ear level
4. Butterfly or Dolphin stroke: it is the second fastest swimming style. There is a simultaneous up and down movement in water.
5. Freestyle: this is a swimming style whereby the swimmer performs any swimming style of his or her choice.

**WEEK ELEVEN**

**TOPIC: ISSUES AND CHALLENGES OF PHYSICAL AND HEALTH EDUCATION**

**SPECIFIC OBJECTIVE:** At the end of the lesson, I should be able to:

1. Define gender
2. Mention facts and fallacies about female and women participation in sports

**GENDER:** This refers to the physical differences between a man and a woman. Although gender is commonly used interchangeably with sex.

Gender also refers to the biological sex of an individual usually male or female.

**FACTS AND FALLACIES ABOUT WOMEN PARTICIPATION IN SPORTS**

1. It is assumed that involvement in sports lead to the development of unattractive bulging muscles.

2.The woman who engages in sports will be barren

3. Strenuous participation in sports by women may lead to problem in child bearing

4. That intensive involvement in sports causes mental problems menstruation interferes with sport performance

5. That women have fragile bones than men making injuries more likely

6.That participation in sports may damage the reproductive organ of a woman