

JC BEST INTERNATIONAL SCHOOLS

BASIC 7 FIRST TERM LESSON NOTE

WEEK ONE

TOPIC: HISTORICAL AND SCIENTIFIC FOUNDATION OF PHYSICAL AND HEALTH EDUCATION

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

1. Define the following terms
 - a. Physical education b. Health education
2. Mention the scope of physical education
3. List the branches and objectives of physical education

Physical education can be defined as an important part of general education which helps to develop the body. It is an education that is acquired through the body.

Health education is the process through which one acquires health knowledge which is necessary for maintaining healthy living.

Health education is a subject that teaches good health habits.

SCOPE OF PHYSICAL EDUCATION

1. Indoor activities
2. Outdoor activities

BRANCHES OF PHYSICAL EDUCATION

1. Games and sports
2. Aquatics
3. Athletics
4. Gymnastics
5. Martial arts
6. Safety education etc.

OBJECTIVES OF PHYSICAL EDUCATION

1. Physical development
2. Mental development
3. Social development
4. For fun and enjoyment
5. For acquisition of skills

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WEEK TWO

TOPIC: COMMUNITY HEALTH (1)

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

1. State the meaning of community health
2. Define health
3. Explain the following
 - a. Environment sanitation b. nutrition c. balanced diet

Community health is the state of physical, mental and social well-being of the people who live in a community.

- a. The definition of health according to World Health Organization (W.H.O) is a state of complete physical, mental and social well-being of an individual and not merely the absence of disease or infirmity.
- b. Environmental sanitation can be defined as the act of keeping our surrounding clean.
- c. Nutrition is the process by which the body takes in food and utilizes it. It is also the intake of food and the way the body uses it.
- d. Balanced diet is a food that contains the six classes of food in its appropriate proportion.

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WEEK THREE

TOPIC: COMMUNITY HEALTH (2)

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

1. Mention the determinants of health
2. List the characteristics of a healthy person

DETERMINANTS OF HEALTH

The determinants of health are as follows:

1. Heredity
2. Environment
3. Lifestyle
4. Personal health
5. Health care services
6. Education etc.

HEREDITY: Heredity is the passing of traits from parents to their offspring. This is the process by which an offspring acquires or become predisposed to the characteristics of its parent cell or organisms. Examples of heredity illnesses are:

- Hemophilia – lack of blood clotting
- Sickle cell anemia
- Obesity
- Diabetes
- Albinism etc.

ENVIRONMENT: Environment are those things that affect the physical well-being of a person. People need to be in an environment that is clean and conducive to his/her health. These can be achieved by the following:

- Provision of clean water
- Provision of good refuse and sewage disposal system
- By controlling environmental pollution

- By providing good shelter
- By living in a well-ventilated room

PERSONAL HEALTH: A person's health is in his own hands. We can stay healthy by observing the following simple rules:

- By eating a well-balanced diet
- By maintaining good hygiene
- By adequate rest
- By regular exercise

HEALTH CARE SERVICES: Health care services includes the prevention, treatment and management of sickness.

EDUCATION: By Providing enlightenment to people on how to avoid diseases e.g communicable and non-communicable diseases.

LIFESTYLE: Lifestyle is a way a person live his life. A lifestyle is a feature of behavior a person exhibits to oneself or others in a given time, date and place.

CHARACTERISTICS OF A HEALTHY PERSON

1. Freedom from disease
2. Normal system and body function
3. Healthy mind and emotion
4. Freedom from correctable physical defect

DRUG ABUSE: Drug abuse is the intake of drugs without the prescription of a qualified doctor or medical practitioner.

DRUGS OR SUBSTANCES COMMONLY ABUSED

- Alcohol
- Heroin
- Tobacco
- Cocaine
- Marijuana
- Anti-biotics etc.

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WEEK FOUR

TOPIC: PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES

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

1. Define physical fitness
2. Mention and explain the components 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.

COMPONENTS OF PHYSICAL FITNESS

1. Health related components
2. Skills or performance related components

HEALTH RELATED COMPONENTS: Health related components are directly related to the health of an individual. Examples of health-related components are as follows:

- a. **Muscular strength:** This is the ability of the body to apply force.
- b. **Muscular endurance:** This is the ability of a muscle of an individual to perform vigorous activities over a long period of time e.g pull-up, push-up.
- c. **Muscular power:** This is the combination of force and speed e.g 100m, 200m, 400m race.
- d. **Cardio vascular respiratory endurance:** This is the ability of the heart and the respiratory system to utilize oxygen during vigorous exercise e.g long distance race such as marathon and cross country.
- e. **Flexibility:** This is the ability to move easily at the joint.

SKILLS OR PERFORMANCE RELATED COMPONENTS: Skills or performance related components are essentials for skills performance. Examples of skills or performance related components are as follows:

- a. **Coordination:** Coordination is the effective orderly working of the skeletal nervous, muscular system and the sense of touch, sight and hearing.
- b. **Speed:** Speed is the rate at which force can be applied.

The formula is speed = $\frac{\text{distance}}{\text{Time}}$

- c. **AGILITY:** agility is the ability to move quickly in different direction from different position e.g Gymnastics.
- d. **ACCURACY:** Accuracy is the ability of an individual to control the movement of an object to another accurately e.g passing, throwing, shooting etc.

IMPORTANCE OF PHYSICAL FITNESS

1. Physical fitness promotes sense of well-being
2. It improves stamina
3. It prevents overweight
4. It prevents both major and minor illnesses
5. It enhances speedy recovery from illness
6. It keeps us strong, fit and healthy.

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WEEK FIVE

TOPIC: PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES

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

1. Mention the characteristics of a physically fit person
2. List the factors that affects our physical fitness
3. List the components of physical fitness and their selected test

CHARACTERISTICS OF A PHYSICALLY FIT PERSON

1. Freedom from diseases
2. Normal system and body function
3. Healthy mind and emotion
4. Freedom from correctable physical defect

FACTORS THAT AFFECT OUR PHYSICAL FITNESS

1. Lack of regular medical checkup
2. Lack of regular exercise
3. Avoid indiscriminate use of drugs
4. By ensuring that meals are taken at the right time
5. By eating adequate diet
6. Lack of adequate rest and sleep
7. Don't over work yourself

COMPONENTS OF PHYSICAL FITNESS AND THEIR SELECTED TEST

COMPONENTS	SELECTED TEST
Arms and shoulder strength	Pull-up, push-up
Speed	50m dash, 100m dash

Agility	Shuttle run, agility run
Abdominal and hip strength	Sit-up
Flexibility	Trunk flexion standing, gymnastics
Cardio vascular respiratory endurance	Marathon, cross country, swimming etc

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WEEK SIX

TOPIC: ATHLETICS (TRACK AND FIELD EVENTS)

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

1. State the meaning of athletics
2. Explain the components of athletics

Athletics is otherwise called track and field events. The person who takes part in athletics event like 100m, 200m, 400m, high jump and long jump is called an athlete.

COMPONENTS OF ATHLETIC

Athletics is divided into two (2)

1. Track events
2. Field events

TRACK EVENTS: Track events are the events that involve running between lanes on the field. A lane is 1.22m wide. Track events can be grouped into three (3)

1. Sprint or short distance races
2. Middle distance races
3. Long distance races

FIELD EVENTS: Field events are those events that involves throwing and jumping on the field except games. The events can be sub-grouped into two (2)

1. Throwing events
2. Jumping events

THROWING EVENTS: This refers to the throwing of some implements for a distance. The implements are called missile are:

- a. Shot put
- b. Discus
- c. Hammer throw
- d. Javelin

JUMPING EVENTS: Jumping events are events that involves jumping for height and distance. There are two types of jumps

Vertical jump	Horizontal jump
High jump	Long jump
Pole vault	Triple jump otherwise known as Hop-step and jump

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WEEK SEVEN

TOPIC: ATHLETICS

SUBTOPIC: BASIC SKILLS IN DISCUS AND SHOT PUT

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

1. Explain the following
 - a. Shot put
 - b. Discus
2. Mention the rules and regulations of shot put and discuss

Shot put: Shot put is a field event that involves the putting of a **missile** called shot for a horizontal distance. A competitor is allowed three trials. The put is made from within a circle of 2.135m to a landing sector of 40°.

- Shot put for men weighs 7.26kg
- Shot put for women weighs 4kg

THE SKILLS OF SHOT PUT

1. The hold and stance
2. The rotation
3. The release
4. The follow through and recovery

NOTE: The shot must land within the landing sector

DISCUS: Discus is a field event which involves throwing a missile and discus for a horizontal distance. A competitor is allowed three trials. The throwing is made from within the throwing circle of 2.50m to the landing sector of 40°.

- The weight for men is 2 kilos while for women is 1 kilo

THE SKILLS OF DISCUS

- The hold
- The stance
- The swing
- The turn
- The release
- The follow through
- The recovery

RULES AND REGULATIONS OF SHOT PUT

1. Each competitor shall be credited with the best of his put
2. For a throw to be valid, missile must land within the sector
3. The shot-put thrower should not go outside the throwing circle, until the instrument has landed

RULES AND REGULATIONS OF DISCUS

1. All throws shall be made within the throwing sector
2. All competitors shall be credited with the best throw
3. A competitor should not leave the throwing sector until the implement has landed

4. Measurement shall be taken immediately after each throw both in shot put and discus

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WEEK EIGHT

TOPIC: GAMES AND SPORT: VOLLEYBALL AND SOCCER

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

1. Narrate the history of the following games
 - a. Football
 - b. volleyball
2. State the rules and regulations of football and volleyball

HISTORY OF FOOTBALL (SOCCER)

Football is a team sport played by two teams of eleven (11) players. It is played for the duration of 90 minutes. It is officiated by a referee and his assistant referees. The true origin of soccer is difficult to determine, but one historian reported that soccer originated in Greece where it was called **harpaston**. The English called it football while the Americans called it soccer. The game of football was brought to Nigeria by the colonial masters in the early 19th century.

HISTORY OF VOLLEYBALL

Volleyball was invented by Williams J. Morgan in 1895 in USA. The international volleyball Association was formed in 1947. Volleyball became an Olympic game in 1964 during Tokyo, Japan Olympics.

The Nigerian volleyball federation was formed in 1970 with Dr. Omoruar as its first chairman. It is a game played by two teams of six (6) players each. The volleyball court is rectangular in shape and it is divided into two by a center line where the net poles are fixed and each team occupies a side.

THE SKILLS OF FOOTBALL

- Passing
- heading
- Throw in
- Shooting
- Goal keeping

- Trapping etc.

THE SKILLS OF VOLLEYBALL

- Service
- Spiking
- Blocking
- Digging
- Volleying
- Set up etc

RULES OF FOOTBALL

1. A player is said to be offside when he is nearer to his opponent's goal line than the ball
2. Using offensive or insulting or abusive language is not allowed
3. The decision of the referee is final

RULES OF VOLLEYBALL

1. Six substitutes are allowed in a game
2. Rotation of player is clockwise
3. A maximum of three consecutive touches is allowed for a team at a time
4. The ball can be played with any part of the body
5. Service must be anywhere from the baseline

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WEEK NINE

TOPIC: GAMES AND SPORTS

SUBTOPIC: THE OFFICIALS OF VOLLEYBALL, SOCCER AND THEIR DUTIES, FACILITIES AND EQUIPMENT

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

1. Mention the officials of the game of football, volleyball and state their duties
2. List the facilities and equipment of the game of football and volleyball

THE OFFICIALS OF FOOTBALL

1. The referee: The referee is someone who officiates the game of football and his decision is final
2. The assistant referees: They assist the center referee in officiating a football match
3. Reserve referee: He is used when the center referee sustains an injury
4. Video assistant referee: This is the use of technology to ensure that officiating is free and fair in football
5. Match commissioner: He ensures that logistics due process is followed before the commencement of any football match

THE OFFICIALS OF VOLLEYBALL

1. The referee: He is in full control of the game and his decision on both players and officials are final. He uses whistle and hands as signals
2. Second referee: He assists the first referee
3. The scorer/recorder: He records the scores of the game
4. The linesmen: They are placed at the four corners of the court.

FACILITIES OF THE GAME OF FOOTBALL

- Goal post
- Net
- The stadium
- The electronic scoreboard

EQUIPMENT OF THE GAME OF FOOTBALL

- The jersey
- The football
- The shin guards
- The soccer boots
- The whistle

THE FACILITIES OF THE GAME OF VOLLEYBALL

- The court
- The net stand/support
- The referee stands

THE EQUIPMENT OF VOLLEYBALL

- The ball
- The net
- The whistle
- The score-board
- The score-sheet
- The jersey
- The shoes etc.

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WEEK TEN

TOPIC: ENVIRONMENTAL POLLUTION

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

1. Define pollution
2. Explain the types of pollution
3. State the effects of pollution
4. List the control measures of pollution

Pollution means making the environment unsafe for plant and animals

Pollution is the contamination of the environment by harmful substances

TYPES OF POLLUTION

1. **Noise pollution:** It simply means unwanted sounds
2. **Land pollution:** It is the deposition on land of solid wastes e.g refuse, bottle, cans etc.
3. **Water pollution:** It is the contamination of water by harmful substances which makes it unfit for use by plants and animals e.g toxic chemical.
4. **Air pollution:** it is the addition of harmful substances into the atmosphere e.g smoke, gas

THE EFFECTS OF ENVIRONMENTAL POLLUTION

1. Noise pollution can cause inability to sleep which can lead to high blood pressure
2. Depletion of the ozone layer
3. It causes respiratory disease
4. Chemicals make water impure for drinking

CONTROL MEASURES OF ENVIRONMENTAL POLLUTION

1. Recycling of water should be encouraged
2. Refuse should be burnt inside incinerator
3. Industrial waste should not be dumped inside the water

4. The use of chemical to catch fish should be discouraged
5. Government should make law on the control of air pollution e.g gas flaring

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WEEK ELEVEN

TOPIC: PATHOGENS, DISEASES AND THEIR PREVENTION

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

1. Define pathogens
2. State the meaning of disease
3. Mention the preventive measures of diseases

MEANING OF PATHOGENS

Pathogens: They are very small micro-organisms that are able to cause diseases. These small micro-organisms cannot be seen with the ordinary eyes. They can only be seen with the use of a microscope.

Pathogens can also be defined as disease causing organisms (agents). The science and study of disease is called **pathology**

Examples of pathogens or disease-causing agents are:

1. Virus
2. Fungi
3. Bacteria
4. Protozoa
5. Worms etc

Meaning of disease

1. Disease means illness or disorder of the body or mind.
2. Disease can be defined as the condition of abnormal functioning of the body part or system of an organism

Preventive measures of diseases

1. By regular exercise
2. By eating balanced diet
3. By vaccination and immunization
4. By good personal hygiene
5. By living in a clean environment (sanitation)
6. By regular medical checkup etc.