

JC BEST INTERNATIONAL SCHOOLS

BASIC 8 FIRST TERM LESSON NOTE

WEEK ONE

TOPIC: FIRST AID AND SAFETY EDUCATION

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

1. Define first aid
2. Explain the following terms
 - a. Safety b. safety education
3. Mention the contents of a first aid box and state their uses

First aid is the immediate and temporary care (assistance) given to a sick or injured person before the arrival of a doctor.

Safety means freedom from accident, injury, danger, trouble or anything that can harm us.

It can also be defined as freedom from harm.

Safety education Is the acquisition of knowledge and skills for dealing with emergencies resulting from accident and knowing where to obtain help.

CONTENTS OF A FIRST AID BOX

1. Analgesics
2. Forceps
3. Scissors
4. Cotton wool
5. Plaster
6. Methylated spirit
7. Safety pins
8. Razor blade
9. Splints
10. Gentian violet (G.V)
11. Antiseptics
12. Glucose

13. Bandage
14. Book and pen
15. Iodine
16. Hand glove

EXPLANATION

1. **Analgesics:** Are drugs used to relieve pains e.g paracetamol, Panadol, Aspirin etc.
2. **Forceps:** It is used for holding cotton wool to clean an injury.
3. **Scissors:** It used for cutting bandages and plasters.
4. **Cotton wool:** It is used to clean and cover an injury.
5. **Plaster:** it is used to cover an injury.
6. **Methylated spirit:** It is used for cleaning and disinfecting an injury.
7. **Safety pins:** It is used for holding bandage ends.
8. **Razor blade:** It is used for cutting bandages and plaster. It is used for shaving
9. **Splints:** It is used for immobilizing a fracture.
10. **Gentian Violet:** It helps the skin to regenerate
11. **Antiseptics:** It is used for disinfecting materials used in first aid e.g Dettol, izal etc.
12. **Glucose:** for instant energy.
13. **Bandage:** It is used for wrapping or tying injuries such as fracture, dislocation etc.
14. **Iodine:** It is used for hastening the healing of an injury. For disinfecting a fresh injury. It is also used for blood clotting.
15. **Book and pen:** it is used for recording the names, class and sex of the student. It is also used for recording the nature of injury or sickness.
16. **Hand gloves:** it is used for protecting the first aider from getting infection.

WHO IS A FIRST AIDER?

A first aider is someone who administers first aid treatment to a sick or injured person.

WHAT IS A FIRST AID BOX?

A first aid box is a bag or box that contains the kits/materials that are needed for first aid treatment.

QUALITIES OF A GOOD FIRST AIDER

1. A good first aider should be a good observer
2. A good first aider should be resourceful
3. A good first aider should be knowledgeable
4. A good first aider should be confident
5. A good first aider should be sympathetic without being emotional
6. A good first aider should be cheerful

OBJECTIVES OF FIRST AID

1. The primary objective of first aid is to save life.
2. To prevent an injury from becoming worse
3. To relieve pains
4. To stop bleeding
5. To assist the doctor with information

WEEK TWO

TOPIC: FIRST AID AND SAFETY EDUCATION

SUBTOPIC: HOW TO APPLY SIMPLE FIRST AID

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

1. Mention conditions that require simple first aid
2. Explain how to apply simple first aid

CONDITIONS THAT REQUIRE FIRST AID TREATMENT ARE;

1. Bruises
2. Bleeding

3. Dislocation
4. Fracture
5. Cramp, sprain, strain
6. Headache
7. Drowning
8. Fainting etc.

BRUISES: By applying iodine or G.V

NOSE BLEEDING: Raise your head then apply cold water or ice on the fore head

BYARTIFICIAL RESPIRATION: This is a method by which an individual who stops breathing but not dead is helped to take in oxygen and push out carbon dioxide. Examples are;

- Drowning
- Fainting
- Suffocation

DISLOCATION: By massaging it with warm water then apply balm, ointment then wrap the place with bandage.

HEADACHE: By taking pain reliever e.g Panadol.

WEEK THREE

TOPIC: FIRST AID AND SAFETY EDUCATION

SUBTOPIC: ACCIDENT

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

1. Define accident
2. Mention the types of accident
3. Define injury
4. List the factors that cause injury

MEANING OF ACCIDENT

An accident can be defined as non-deliberate, unplanned, unintended or unexpected event that happens suddenly which produces undesirable effects e.g injuries, deformities and death.

Accident can happen anywhere, at home, in school and sports field etc.

TYPES OF ACCIDENT

1. Home or domestic accident
2. School accident
3. Road/automobile accident
4. Sport accident
5. Medical accident
6. Industrial accident
7. Fire accident
8. Marine or water accident
9. Aero or air accident

FACTORS THAT CAUSE INJURIES

Human or man-made elements: They caused as a result of human behavior such as;

- Ignorance
- Risk taking
- Carelessness
- Over confidence
- Inadequate warm up
- Effect of drugs and faulty judgement.

NOTE: It is otherwise known as avoidable or man-made accident

Natural or environmental elements: there are brought about by nature as a result they are difficult to control e.g

- Cyclone
- Tornado
- Hurricane
- Earthquake
- Volcanic eruption

However, human elements sometimes aid natural factors. It is otherwise known as **unavoidable accident**.

DEFINITION OF INJURY

An injury can be defined as a damage to any part of the body that may allow the escape of blood as a result of accident.

WEEK FOUR

TOPIC: FIRST AID AND SAFETY EDUCATION

SUBTOPIC: SPORT INJURIES

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

1. Define sport injuries
2. List and explain common sports injuries

Sport injuries are those injuries that occur during participation of sport due to accident

COMMON SPORT INJURIES

1. Wound
2. Sprain
3. Strain
4. Dislocation
5. Fracture
6. Bleeding
7. Drowning
8. Muscle pull
9. Hamstring
10. Bruises etc.

EXPLANATION

1. **Wound:** A wound is a cut on the skin that allows the escape of blood

Types of wounds

- Bruises
- Incised wound
- Lacerated wound
- Punctured wound

- Avulsion
- 2. **Sprain:** sprain occurs as a result of overstretching or overtwisting of the ligament of a joint.

Common sites of sprain are;

- Knee joint
- Elbow joint
- Ankle joint
- Wrist joint etc.

3. **Strain:** Strain is an injury to the muscle. It occurs when group of muscles are overstretched.

4. **Dislocation:** dislocation can be defined as the displacement of one or more bones at a joint.

Common sites for dislocation are:

- Elbow
- Shoulder
- Knee
- Wrist etc.

5. **Fracture:** fracture is a break in the bone of the body. It maybe simple or complex otherwise called compound.

6. **Bleeding:** bleeding is the escape of blood from the blood vessels.

SAFETY MEASURES IN SPORTS

1. Start from simple to complex
2. Have a proper warm up exercise
3. Never manage any apparatus
4. Learners should always follow instructions
5. Safety rules should be obeyed

WEEK FIVE

TOPIC: PERSONAL, SCHOOL AND COMMUNITY HEALTH

SUBTOPIC: SCHOOL HEALTH PROGRAMME

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

1. Define school health program
2. Mention the components of school health program
3. List the importance of school health program

MEANING OF SCHOOL HEALTH PROGRAM

1. School health program can be defined as the health activities and measures that are carried out within the community to promote and protect the health of children of school age as well as the school.
2. School health program refers to all the health activities organized and planned in the school for the well-being of the students and the school staff.

COMPONENTS OF SCHOOL HEALTH PROGRAM

School health program has been conveniently divided into four (4) interrelated areas

1. Healthy school environment
2. School health education
3. Health services
4. School community relationship

IMPORTANCE OF SCHOOL HEALTH PROGRAM

1. Provision of health knowledge
2. Provision of a healthy physical environment

3. Control of communicable diseases.

WEEK SIX

TOPIC: PERSONAL, SCHOOL AND COMMUNITY HEALTH

SUBTOPIC: MEANING OF ENVIRONMENTAL POLLUTION

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

1. Define environmental pollution
2. Mention and explain the types of environmental pollution
3. Mention the effects of environmental pollution
4. List the preventive measures of environmental pollution

MEANING OF ENVIRONMENTAL POLLUTION

1. Environmental pollution is the contamination of the environment by harmful substances.
2. Environmental pollution can also be defined as the undesirable state of the natural environment being contaminated by harmful substances as a consequence of human activities.

TYPES OF POLLUTION

1. Air pollution
2. Water pollution
3. Land pollution
4. Noise pollution

EXPLANATION

1. **Air pollution:** Air pollution can be defined as the addition of harmful substances into the atmosphere resulting in damage to the environment, human health and quality of life.
2. **Water pollution:** This is the contamination of water bodies e.g lakes, underground water, bays, seas, ocean by toxic or harmful substances to living things.
3. **Land pollution:** This involves the deposition on land solid wastes e.g cars, cans, bottles, refuse etc.
4. **Noise pollution:** Noise pollution can be defined as unwanted or unpleasant sound

EFFECTS OF ENVIRONMENTAL POLLUTION

1. it causes natural disaster e.g hurricane, flood, global warming, earthquake.
2. It causes respiratory diseases
3. Depletion of the ozone layer
4. It causes outbreak of diseases

PREVENTION OF ENVIRONMENTAL POLLUTION

1. Bush burning should be discouraged
2. Through public enlightenment campaigns, sensitization so that people will be educated on the dangers of pollution
3. People should be discouraged from using chemicals for fishing

WEEK SEVEN

TOPIC: DISEASE

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

1. Define disease
2. Mention the types of disease
3. Mention the ways diseases are spread

MEANING OF DISEASE

1. Disease is a condition of abnormal function of the body part or system of an organism.
2. Disease means illness or disorder of the body or mind. The agents causing diseases are called **pathogens**. The science and study of disease is called **pathology**.

TYPES OF DISEASES

1. Communicable diseases: these are diseases that can be easily transferred or transmitted from one person to another. It is called infectious or contagious disease. Examples are;
 - Ebola virus
 - Chicken pox
 - Bird flu
 - Tuberculosis
 - Whooping cough
 - Scabies
 - Conjunctivitis (Apollo)
 - STD'S/ HIV/AIDS
2. Non-communicable diseases: These are diseases that cannot be transferred or transmitted from one person to another. Examples are;
 - Cancer
 - Heart attack
 - Stroke
 - Kwashiorkor
 - Headache
 - Stomach ache etc.

PREVENTIVE MEASURES AGAINST DISEASES

1. By regular exercise
2. By vaccination and immunization
3. By eating balanced diet
4. By good personal hygiene
5. By living in a clean environment

WEEK EIGHT

TOPIC: POSTURE AND POSTURAL DEFECTS

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

1. Define posture
2. State the meaning of postural defect

MEANING OF POSTURE

1. Posture is defined as the bearing of the body at any time, in any direction easily without any strains and with minimum muscular effort. In other words, good posture is the habitual carriage of the body in the most effective position.
2. Posture is the way the body is carried during the performance of activities such as sitting, standing, walking, running, dancing, jumping etc.

THE MEANING OF POSTURAL DEFECT

Postural defects are the abnormal ways of holding or carrying the body during the performance of various activities due to the deviation from the normal axis of the bones joint, stiffening loss of muscles tone etc, leads to postural defects.

AIDING FACTORS OR CAUSES OF POSTURAL DEFECTS

1. **Heredity:** Some are inherited from the father or mother.
2. **Muscular weakness:** When muscles are weak or torn the body may become slouched.
3. **Occupation or bad habit:** Some occupation that requires sitting always without exercise may cause postural defects.
4. **Injuries, diseases and infection:** Some diseases and injuries such as tuberculosis can lead to postural defects
5. **Rapid growth:** Some growth may be so rapid that the bones become too thin and curved due to the body weight.
6. **Overweight:** When someone is too obese, the weight may result to **flat foot**.
7. **Accident:** A ghastly accident can lead to the amputation of the limbs.

WEEK NINE

TOPIC: POSTURE AND POSTURAL DEFECTS

SUBTOPIC: TYPES OF POSTURAL DEFECTS

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

1. Mention the types of postural defects
2. Explain the types of postural defects
3. List the causes and treatment of postural defects

TYPES OF POSTURAL DEFECTS

1. Kyphosis
2. Lordosis

3. Scoliosis
4. Flat foot
5. Sunken chest
6. Genu valgum (k-leg)
7. Genu varum (bow leg)

1. KYPHOSIS (ROUND SHOULDER): This is a defect of the spine due to the deficiency of vitamin D which is essential for building strong bones.

Causes of kyphosis

- Accident
- Diseases
- Lack of exercise
- Carrying heavy load on the back

Treatment

- By regular exercise
- Diet rich in vitamin D

2. LORDOSIS (OVER EXTENSION OF THE LUMBER REGION): It means excessive lateral curvature of the lumbar region.

Causes of Lordosis

- Weak abdominal muscles
- Pressure of excessive fats in the abdomen
- Lack of exercise
- Disease

Treatment

- Diet rich in vitamin D and calcium should be given
- Exercise to strengthen the muscles

- 3. SCOLIOSIS (SIDE WAY CURVATURE OF THE SPINE):** This is the sideways curvature of the spine due to poor standing or sitting habit or malformation of the vertebra. Scoliosis is common in children and adolescents that may imitate or form the habit of putting one hand in the pocket always.

Causes of scoliosis

- Accident
- Disease
- Lack of exercise

Treatment

- Physical exercise
- Plaster cast
- Splintage support

- 4. FLAT FOOT:** Flat foot is a situation where the arch of the foot is lost. There are three types of flat foot

- Mobile flat foot
- Rigid flat foot
- Spastic flat foot

Causes of flat foot

- Overweight
- Rapid growth
- Disease
- Obesity
- Excessive walking

Treatment

- Constant exercise and physiotherapy to improve the tone

WEEK TEN

TOPIC: GAMES AND SPORTS: TENNIS

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

1. Narrate the history of the game of tennis
2. Mention the requirements for a tennis player
3. Mention the types of tennis

HISTORY OF TENNIS

Tennis was originally called lawn tennis when the playing of the game was done on lawn only. The game was changed to tennis when the playing court included Clay court

Asphalt court

Grass court.

Tennis originated in Europe from ancient game of royal tennis. The first rules of the game were formulated in England in 1887 where the first tournament was organized and played in Wimbledon, since that time the game had spread to all parts of the world including Nigeria.

REQUIREMENTS FOR A TENNIS PLAYER

- Flexibility
- Coordination
- Stamina
- Knowledge of the game
- Alertness
- Sportsmanship
- Accuracy

FACILITIES AND EQUIPMENT

- The playing court
- The net
- The balls
- The white T-shirt over white short or skirt
- The canvas shoes
- The racket
- The towel

WEEK ELEVEN

TOPIC: GAMES AND SPORTS: TENNIS

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

1. Mention the basic skills and techniques of tennis
2. List the officials of the game of tennis

THE SKILLS OF TENNIS

1. The grip: this is the way the racket is held.
There are three (3) types of grips
 - The continental grip
 - The eastern grip
 - The western grip. We also have the forehand and backhand grip
2. The service: the game is put into play with a serve
3. Court positioning
4. Footwork
5. The strokes: there are two types of strokes namely; forehand and backhand strokes.
6. The volley
7. The lops
8. The half-volley
9. The drop shot
10. The spin
11. The smashing

OFFICIALS

1. The referee
2. The umpire
3. The net court judge
4. The linesmen

