**JC BEST INTERNATIONAL SCHOOLS**

**BASIC 7 3RD TERM LESSON NOTE**

**WEEK ONE**

**TOPIC: BASKETBALL**

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

1. Narrate the history and nature of basketball
2. Mention the skills in basketball
3. List the equipment in basketball
4. List the facilities in basketball

Basketball is an American game invented by Dr. James Naismith in the year 1891. Naismith was a physical education instructor at the International young men’s Christian Association training school in Springfield Massachusetts USA. The game is played by two teams with five players each on a court. It is started by a jump ball and was first played in the 1936 in Berlin Olympic games.

**REQUIREMENTS FOR BASKETBALLERS**

1. Good height
2. Strength
3. Flexibility
4. Accuracy
5. Skills
6. Balance

**SKILLS IN BASKETBALL**

The basic skills used in the game of basketball include:

1. Passing: passing is the act of sending the ball to a teammate. Types of passing include

* Chest pass
* Bounce pass
* Underarm pass
* Overhead pass
* Javelin pass

1. Shooting: shooting is the act of throwing the ball with the aim of scoring
2. Dribbling: Dribbling is the act of moving the ball forward while avoiding the opponents. It is used to maneuver out of a difficult situation
3. Rebounding: it is the act of scrabbling for the ball after a missed shot (basket)
4. Footwork: it is the act of moving the feet in different directions to deceive an opponent
5. Bouncing: it is the act of hitting the ball successively to the ground with the finger tips
6. The offense: Offense means attacking with the aim of scoring
7. Defense: it is the act of preventing the opponent from scoring

**EQUIPMENT IN BASKETBALL**

1. The ball: the ball is spherical in shape with a circumference of 74.9cm
2. The whistle
3. The jersey: it is usually a vest with short with numbers of the players and names
4. Basketball shoes
5. Stop watch

**FACILITIES IN BASKETBALL**

1. Playing court
2. The backboard and ring
3. The arena

**WEEK TWO**

**TOPIC: ATHLETICS**

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

1. Define athletics
2. Components of athletics
3. Relay races

Athletics are competitive sporting events which are carried out on a track or field

**ATHLETICS**

|  |  |
| --- | --- |
| 1 Track events | 2 field events |

**Sprints or short distance throwing events**

75m Shot put

100m Discus throw

200m Hammer throw

Relay **Jumping events**

Hurdle Long jump

Middle High jump

distanc Triple jump

race Pole vault

800m

1500m

**Long distance race**

3000m

5000m

10000m

Marathon

Cross country

Walking race

**MEANING OF RELAY RACE**

Relay race is a team race performed by four athletes or runners. It usually comes last in an athletic meeting because it is the most interesting of all the events. It is a team race in which the effort of each athletes compliments the others. A good attitude of sportsmanship is needed in a team in order to win. The baton is passed within the exchange box of 20m from one member of the team to another. It is performed by a quarter/four runners. They are;

1. The first runner- first leg
2. The second runner- second leg
3. The third runner- third leg
4. The fourth runner- the anchor leg

**TYPES OF RELAY**

There are four types of relay race

1. Shuttle relay: it is performed on straight lanes; batons are not used. The take off is by a touch of hand within an area of one meter at each of the distance to be covered
2. Medley relay: is ran on both straight and curved lanes with batons. Medley relay is the combination of sprint and middle-distance races. Runners run different distance in the race. The total distance 1,600m made of 200m to 200m + 400m + 800m
3. Circular relay: is ran on both straight and curved lanes with batons. Runners run equal distance during the race
4. Mixed relay: this is the newest type of relay race where both men and women run together

**SKILLS/TECHNIQUES OF RELAY RACE**

1. The take-off (start)
2. The acceleration
3. The baton exchanges

**WEEK THREE**

**TOPIC: PATHOGENS**

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

1. Define pathogen
2. Common disease caused by pathogens

Disease means an illness or disorder of the body caused by pathogens.

Pathogens are disease causing agents or organisms. Some examples of pathogens include; viruses, bacteria, fungi, protozoa and worms.

The science and study of diseases is called pathology

Communicable diseases are those diseases that can be transmitted from one person to another.

It is also known as infectious diseases. The mode of transmission can be through direct contact, infected air-droplets, contaminated food or water, vectors etc.

Pathogens gain entrance into the body through the following;

1. Through the mouth or nose: these cause the infection of the respiratory organs such as tuberculosis, diphtheria, pneumonia, cold, influenza, small pox
2. Through the intestine: these pathogens are found in food and water and they cause diseases such as typhoid, cholera, amoebic dysentery, worm infections etc.
3. Through the skin: pathogens gain entrance when the skin is broken through wounds. Also, through biting insects such as mosquitoes, tsetse fly, black fly etc. They spread diseases such as malaria, Phil filariasis, yellow fever, sleeping sickness and onchocerciasis

**COMMON DISEASES CAUSED BY PATHOGENS (COMMUNICABLE)**

|  |  |
| --- | --- |
| Communicable diseases | Mode of Transition |
| Cholera | Food and water |
| Hepatitis | Dangerous food, body fluid |
| Influenza | Air |
| Tuberculosis (TB) | Air |
| Whooping cough | Air |
| Malaria | Mosquito bite |
| Tetanus | Exposure to dust or rusted items |

**PREVENTION OF COMMUNICABLE DISEASES**

1. Wash the hands properly before eating and after using the toilet
2. Cook your food well before eating eg beef or pork meat
3. Avoid sharing personal effects /items like cup, towel, brush etc.
4. Eat adequate diet
5. Maintain a good personal hygiene
6. Fumigate your surroundings regularly
7. Regular vaccination and immunization
8. Fresh fruits and vegetables must be washed thoroughly before eating
9. Isolate infected persons to avoid contact e.g small pox
10. Avoid sharing sharp and piercing materials.

**NON-COMMUNICABLE DISEASES**

These are the diseases that cannot be transmitted from one person to another. They usually take a long period to manifest and can live in a person for a long time.

Some examples are

1. Headache
2. Stomach ache
3. Kidney stone
4. Heart attack
5. Cancer
6. Leukemia
7. Hypertension
8. Kwashiorkor