

SCHEME OF WORK ON H.P.E. FOR JSS 1

WEEKS	TOPIC
1	RESUMPTION TEST AND COMPOUND CLEANING
2	Contact and Non-Contact Sports. DEFINITION, BENEFITS, EXAMPLE OF Non –Contact Sports, Wrestling, Judo, EXAMPLES of NON –Contact Sport. Gymnastics, Swimming Skills in Contact and NON –Contact sports. BENEFIT and Safety Measures.
3	School and Community Health. Meaning of sewage and refuse, Methods of Sewage and Refuse Disposal , Sources of Water Supply
4	Food ,Nutrition and health , Meaning of Food , and Nutrition types of Food
5	Importance of Food , Food for athletics During training competition
6	Pathogens Disease Preventive Measures
7	MID –TERM BREAK /TEST
8	Adequate nutrient and exercise clean environment, uses of refuse and sewage, good ventilation, immunization, vaccination.
9	REVISION
10	EXAMINATION