

SUBJECT----PHYSICAL AND HEALTH EDUCATION

BASIC 8--- BASIC 8

TERM----- FIRST TERM

WEEK 1 REVISION

WEEK 2

TOPIC—RECREATION, LEISURE AND DANCE

SUB TOPIC---- TYPES OF RECREATIONAL ACTIVITIES AND EXAMPLES

RECREATION- is the activity a person participates in voluntarily without monetary gain. It provides pleasure and amusement during the leisure time.

LEISURE- Leisure is defined as the free time left over after the day`s work.

DANCE-Is the act of moving the body in rhythmic pattern to the tempo of the music or song.

TYPES OF RECREATIONAL ACTIVITIES

(1) INDOOR RECREATIONAL ACTIVITIES- Are those activities that are performed inside the house, hall or generally under a roof

EXAMPLES OF INDOOR RECREATIONAL ACTIVITIES

- I. Ludo
- II. Table tennis
- III. Badminton
- IV. Dart
- V. Scrabble
- VI. Monopoly
- VII. Drawing
- VIII. Painting
- IX. Sewing/ knitting
- X. Playing Piano
- XI. Dancing
- XII. Chess
- XIII. Ayo
- XIV. Snake and ladders
- XV. Playing cards
- XVI. Watching television
- XVII. Squash

(2) OUTDOOR RECREATIONAL ACTIVITIES- are those activities that are performed outside or in the open air. Outdoor recreation centers could be parks, Picnicking, sports field or outside the house within the compound.

EXAMPLES OF OUTDOOR RECREATIONAL ACTIVITIES

- I. Running
- II. Camping
- III. Swimming
- IV. Rowing a boat
- V. Fishing
- VI. Skipping
- VII. Mountaineering
- VIII. Horse riding
- IX. Hunting
- X. Hopscotch

- XI. Partying
- XII. Ten-ten
- XIII. Story telling
- XIV. Jogging
- XV. Gardening
- XVI. Hiking
- XVII. Tennis
- XVIII. Golf
- XIX. Excursion
- XX. Picnicking etc

ASSIGNMENT

1. List the two types of recreational activities
2. Differentiate between indoor and outdoor recreational activities
3. Define the following terms;
Recreation, Leisure and dance

WEEK TWO

TOPIC- DEMONSTRATION OF RECREATIONAL ACTIVITIES

- Table tennis
- Football
- Swimming
- Ludo etc

1. List ten examples of outdoor recreational activities
2. Mention ten examples indoor recreational activities

WEEK THREE

TOPIC- DEMONSTRATION OF DRAMATIC AND CREATIVE RHYTHMS

WEEK FOUR

TOPIC—DANCE

SUB TOPIC—DIFFERENT TYPES OF DANCE ACTIVITIES

DANCE—dance is the movement of the body and feet to conform with the style of beats, songs and music.

The different types of dance activities are:

1. Pre-colonial or folk/traditional dance- This is dancing to the rhythm of traditional beats or music produced by crude or local instruments like Agogo, Sekere, Igba, Oja, Udu, Goje, Ekwe, Gangan, etc.

Some examples of traditional dances in Nigeria are:

- a. Bata Dance: This dance step belongs to the Yoruba ethnic group. The dancers wear historical costumes (dansiki) and dance to the beat of the bata drum
 - b. Mkpokiti Atilogwu Dance: These dance steps are peculiar to the ibo ethnic group. They are energetic dance in which the dancers wear brightly coloured costumes.
 - c. Koroso Dance: This dance step belongs to the hausa ethnic group in Nigeria.
 - d. Agemo dance
 - e. Egungun dance
 - f. Eyo dance
 - g. Agidigbo
 - h. Sharo dance
 - i. Langa dance
2. Social dance—As the name implies, social dance helps socialization especially among the youth. It evolved from traditional or folk dances which have been

modernized by the influence of modern technologies like internet, mass media, mobile phone and faster means of transportation

Some examples of social dance are;

- a. Street dance
- b. Club dance
- c. Fox dance
- d. Ballroom dance
- e. Folk dance
- f. Fuji dance

3. Modern Dance—This is a 21 st century dance step which is usually performed in concert or theatre.

This dance style expresses the dancers` emotions and there are not many rules guiding their movements.

Some examples of modern dances are:

- a. Disco dance
- b. Break dance
- c. Rave dance
- d. Tango dance
- e. Waltz dance
- f. Cha-cha dance
- g. Mambo dance

Some examples of modern dances that are peculiar to Nigerians are;

- a. Alingo
- b. Azonto
- c. Sekem
- d. Alanta
- e. Skelewu
- f. Galala
- g. Swoo
- h. Shoki

WEEK FIVE

TOPIC-FIRST AID AND SAFETY EDUCATION

First aid :- is the immediate and temporary care given to an accident victim or to a person who suddenly becomes sick until medical attention is provided by a qualified doctor or health practitioner.

Safety- simply refers to the measures that are taken in order to be free from all types of danger in the environment

Safety Education- is the acquisition of knowledge and skills which are used to create safety skills, prevent accidents and take care of emergencies.

ACCIDENT

Accident is an unexpected and undesirable event that occurs suddenly resulting in injury, loss or damage to properties and even death.

Accident can also be defined as an unintended and unforeseen event, usually resulting in personal injury or property damage.

TYPES OF ACCIDENTS

1. Home accidents/ domestic
 2. School accident
 3. Transportation accidents
 4. Work place/ industrial accident
 5. Sports accident
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1. Home accidents—these are accidents that occur in the home, surroundings and neighborhood. Most of the accidents at home are in form of cuts, falls, poison, burns, scalds, suffocation and dislocation as a result of slippery surfaces.

MEASURES FOR PREVENTING HOME ACCIDENTS

- A. Always keep drugs and other dangerous materials out of reach of the children
 - B. Take adequate rest when necessary
 - C. Avoid being in haste
 - D. Always maintain clean environment
 - E. Always maintain proper arrangement at home
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2. School accident—are accidents that occur within the school compound in areas like laboratories, playing ground, canteen and halls. The accident occurs in form of falls, cut, dislocation, burns, strains, sprains and fracture.

MEASURES FOR PREVENTING SCHOOL ACCIDENTS

1. Proper arrangement of laboratories with laboratory attendants.
2. Good supervision / adequate instructions
3. Adequate facility and equipment
4. Proper use of machines and equipment
5. Clean environment/ safe playground

3. Transportation accidents—these are accidents that occur on road, in the sea, on the rail and in the air. Transportation accident is usually fatal and resulting in death or complicated injuries.

MEASURES FOR PREVENTING TRANSPORTATION ACCIDENTS

- A. Take adequate rest when necessary
 - B. Avoid being in a hurry or over speeding
 - C. Always concentrate when driving/ piloting.
 - D. Use of safety devices should always be encourage.
 - E. Compliance with traffic laws and regulation
4. Work place/ Industrial accidents—these are accidents that occur in industries, construction, farming, manufacturing and other industries. Occupational accidents can lead to injuries, physical handicap and even death.

MEASURES FOR PREVENTING WORK PLACE/ INDUSTRIAL ACCIDENTS

- A. Regular maintenance and repair of machines
 - B. Safety rules must be obeyed and adhere to
 - C. Objects must be properly handed
 - D. Avoid using tools and machine when tired.
5. Sports Accidents—Are accidents that occur during sporting activities which can leads to reduction or total loss of function of the part or the whole body. The accident occurs in form of dislocation, sprain, strain, fracture, muscle cramp, muscle pull, wound and bleeding.

MEASURES FOR PREVENTING SPORTS ACCIDENTS

- A. Wear appropriate sports wear
- B. The playing field should be inspected and cleared of any dangerous objects
- C. Progress from simple to complex activities
- D. Follow the rules and regulations of any game or sport you participate in
- E. Know your limits or ability and stop when tired

ASSIGNMENT

Define the following terms;

1. Safety
2. Safety education
3. First aid
4. Accidents
5. Sports accident
6. Road accident

7. Home accident
8. Occupational/ work place accident

WEEK SIX

SAFETY EDUCATION

TOPIC – DOMESTIC ACCIDENT

Domestic or home accidents—these are accidents that occur in the home, surroundings and neighborhood. Most of the accidents at home are in form of cuts, falls, poison, burns, electric shock, scalds, suffocation and dislocation as a result of slippery surfaces.

CAUSES OF DOMESTIC ACCIDENTS INCLUDE;

1. Accessibility to sharp instruments like knives, razor blade, cutlass etc.
2. Poorly kept environment
3. Slippery floors
4. Hastiness
5. Congested rooms and poorly arranged places
6. Poor lightening
7. Unguarded fire place
8. Tiredness
9. Poor building and maintenance
10. Use of faulty instruments and equipments

PREVENTION OF DOMESTIC ACCIDEENTS

FIRST AID TREATMENT FOR INJURIES

- A. First aid treatment for dislocation;
 1. Place the injured part in the most comfortable position
 2. Apply cold compress (ice packs)
 3. Immobilize the injured part by putting bandage on it
 4. Seek immediate medical attention
 5. Reassure the patient

- B. First aid treatment for sprain:
 1. Apply cold compress
 2. Rest the affected joint
 3. Immobilize the joint to restrict movement
 4. Seek medical advice
 5. Reassure the patient

- C. First aid treatment for strain

1. Apply cold compress
2. Rest the affected muscles by supporting it with a sling if on the upper limb or use a crutch or stick if on the lower limb
3. As condition improves, massage and gently stretch to relax the muscles
4. Avoid dehydration by taking enough fluids
5. Seek medical attention if condition does not improve

D. First aid treatment for bruises

1. Clean the affected area with cotton wool soaked in hydrogen peroxide or antiseptic liquid
2. Apply a cold or ice pack immediately to control swelling or bleeding and to reduce pains
3. Apply tropical antiseptic cream to aid healing and allow for drying
4. Cover the affected area with sterile gauze to prevent infection
5. Seek medical attention if condition does not improve

E. First aid treatment for incision

1. Wash hands thoroughly and dry with clean towel
2. Put on gloves
3. Control and arrest bleeding by applying pressure on the affected, using a clean pad or cloth
4. If bleeding is severe, seek medical attention immediately
5. Reassure the patient

F. First aid treatment for fracture

1. Ensure the patient is breathing and conscious
2. Arrest bleeding immediately
3. Immobilize the affected body part
4. With a stretcher, transfer the patient to the hospital.
5. Reassure the patient

ASSIGNMENT

1. **What is another name for domestic accident**
2. **Highlight four major causes of domestic accident**
3. **State three ways of preventing domestic accidents**

WEEK 7 MID-TERM BREAK

**WEEK NINE
TOPIC—FIELD EVENTS**

Field events are the events which involve the throwing and throwing on the field where the height cleared and distance covered are measure to determine a winner.

Field events can be grouped two:

A. THE THROWS: are all the events which involve the throwing of some implements for distance. These implements are called missiles.

Examples of throwing events are the followings;

- i. Shot put event
- j. Discus event
- iii. Hammer event
- iv. Javelin event

B. THE JUMPS: are the events that involve jumping for height over a raised object or jumping for distance from a marked spot on a flat surface into a demarcated pit.

Examples of jumping events are the followings;

- 1. Long jump
- 2. Triple jump
- 3. Pole vault
- 4. High jump

EQUIPMENTS AND FACILITIES FOR JUMPING EVENTS

- I. The measuring tape
- II. The run-way
- III. Red and white flags
- IV. The landing pits
- V. Record sheets and writing materials
- VI. Step board
- VII. Cross bar and pegs
- VIII. Pole vault stick
- IX. Land foam etc

WEIGHT SPECIFICATION FOR SHOT- PUT

Males----- 7.26kg

Females----- 4kg

JAVELIN WEIGHT LENGTH

Males-----800gram 260—270cm

Females-----600gram 220—230cm

WEIGHT SPECIFICATION FOR DISCUS

Males-----2kg

Females-----1kg

GENERAL RULES AND REGULATIONS THAT GUIDE THROWING EVENTS

1. Any missile that lands outside the landing sector is a foul.
2. Any throw taken outside the throwing sector is a foul
3. The throwers are allowed to throw three times
4. All throwers must commence action only inside the circle or scratch line
5. All throws must be thrown into one direction
6. The measurement must be taken by placing the zero end of the tape on the ground where the missile first made contact with the ground

WEEK TEN

TOPIC---JUDO

Judo is a martial art in which two opponents use movement, balance and leverage to gain advantage over each other. It was adopted from a traditional Japanese martial art known as jujutsu.

Judo, a combative sport founded by a Japanese Professor Jigoro Kano in 1878.

Judo became an Olympic sport in 1964 when the game was held in Tokyo, Japan. Judo first got official support in Nigeria in 1972 during the preparation for the 22nd All African Games. The Nigeria judo Amateur judo Association (NAJA) was later named Nigeria Judo federation in 1993 and to the international judo federation.

BASIC SKILLS OF JUDO

1. The stance
2. The gripping
3. The movement
4. The falling
5. Throws

EQUIPMENT AND FACILITIES

1. Mat (tatami)
2. A belt is worn which indicates the judoka`s standard or rank
3. Judogi (judo suit)
4. Time piece for the officials, for keeping the time
5. Writing materials for the officials

THE RULES AND REGULATIONS GOVERNING JUDO

1. At the beginning and end of each bout, the two judoka must bow to each other
2. A judo match takes between 3 to 10 minutes duration.
3. Punching or putting a hand, foot, leg or arm on an opponent`s face is prohibited
4. Judoka must not make derogatory remarks to their opponents/ Foul language is not allowed
5. Judoka must be clean, have dry skin and short nails on both feet and fingers nails.

ASSIGNMENT

1. Outline four injuries a judoka can sustain while contesting with the opponent
2. Who is a judoka?