

Name: \_\_\_\_\_

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## SECOND TERM E-LEARNING NOTE

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**CLASS: JSS 2**

### SCHEME OF WORK

WEEK	TOPIC
1&2	The Striking Games (Table Tennis and Tennis)
3.	Table Tennis (Cont'd)
4.	Tennis
5.	Tennis (cont'd)
6.	Personal, School and Community Health
7.	Types of Environmental Pollution
8.	Effects of Pollution on the Environment
9.	Effects of Pollution on the Environment (cont'd)
10.	Preventive Measures against Environmental Pollution

### REFERENCE

Essentials of Physical and Health Education for Junior Secondary School 2  
Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3

### WEEK ONE AND TWO STRIKING/FIELDING

Striking/Fielding Games are activities in which players score points by striking an object and running to designated playing areas or prevent opponents from scoring by retrieving the object and returning it to stop the play. By playing these games, participants will learn the key skills and tactics for games such as Baseball, Cricket and Softball. Table tennis and Tennis are games that are related to the striking games in flexibility, accuracy, strength, endurance and agility.

#### Evaluation

1. What are striking games?
2. What are the key skills and tactics of striking games?

#### History of Table Tennis

Nobody is sure of the origin of table tennis but there is the general belief that it started in the far East. It was called different names such as "Ping Pong" "Indoor tennis""whiff-whaff" and "Gossima". The name table tennis was given by the Parker brothers. The International Table Tennis was formed in 1926 with its headquarters in Berlin. Following the formation of the International body, national associations began to develop.

The beginning of table tennis in Nigeria is not very clear but the coming of the white men especially the missionaries who introduced schools also brought the game. In 1951 the Nigeria Table Tennis Association was formed. Since then there has been a lot of competitions at local, states, federal and international levels.

#### General Evaluation

1. When did table tennis start?

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2. Mention the names by which table tennis were popularly called.
3. Who named the game table tennis?
4. When was Nigerian Table Tennis Federation formed?
5. Mention five qualities required by a table tennis player.

### Weekend Assignment

1. The striking games include the following except \_\_\_\_ (a)Baseball (b)Cricket (c)Long jump (d)Tennis.
2. The activity of the Tennis game is governed by? (a) Traditional rules (b) Delegation (c) Doctrine (d) Rules and Regulations.
3. Tennis game is played by \_\_\_\_ players on each side? (a) 1-2 (b) 2-3(c) 4(d) non of the above.
4. These games are started with service except \_\_\_\_ (a)Badminton (b)Cricket (c)Table Tennis (d)Tennis.
5. Table tennis started in \_\_\_\_ A. France B. Denmark C. Egypt D. None of the above

### Theory

1. Narrate the history of the game
2. Mention three examples of the striking games

### Reading Assignment

Read pages 32-38 of Essentials of Physical and Health Education for junior secondary school 2.  
Practise pages 12-15 of Physical and Health Education Workbook for junior secondary school 2

### References

Essentials of Physical and Health Education for Junior Secondary School 2.  
Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3.

## WEEK THREE

### TABLE TENNIS



### Table Tennis Equipment

- The table
- The net
- The bats
- The net supports
- The balls
- The towel

### The Basic Skills and Techniques

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- The grip
- The service
- The footwork/stance
- The backhand stroke/drive
- The forehand stroke/drive
- The top spin
- The lob
- The half volley
- The push shot
- The drop shot
- The smash

### **Evaluation**

1. What is the dimension of a standard table tennis court?
2. Mention the basic skills in table tennis.

### **The Nature of the Game**

The game of table tennis is played on table of 0.76m high by two or four players. The game begins with a serve from the server after a toss for choice of service. The ball must hit the server's table before crossing the net at the centre of the table into the opponent's court. A point is awarded to a player who wins the rally. Players change service after every two points have been scored. The player who reaches 11 points (formerly 21 points) first wins the game. In case of a tie at 10 points, it is called a deuce. A player must win two more points to win the game. Matches are played to the best of 3 or 5 games.

### **Rules of the Game**

1. A served ball touching the net and falling on the opponent's court is a 'LET'.
2. The ball must bounce on the opponent's court before it is played.
3. A striker should not touch the table, the net or its support during play.
4. There is change of service after any count divisible by two e.g. 2, 4, 6 etc.
5. It is a fault to spin the ball upwards before hitting it during service.
6. Advantage-in is when a server wins the next point after a deuce
7. Advantage-out is when a receiver wins a point after a deuce

### **General Evaluation**

1. List five equipment of table tennis.
2. Draw a table tennis court.
3. Label the drawing above accordingly
4. What is advantage-in?
5. Explain "Let".

### **Weekend Assignment**

1. The following are terminologies in Table Tennis \_\_\_\_ (a)ace (b)deuce (c)let (d)rally
2. A game can be won at A. 10-9 B. 13-12 C. 11-12 D. 11-9
3. Which of these is not a skill in table tennis? A. Serving B. Smashing C. Dribbling D. Backhand drive
4. The Chinese otherwise call the game A. shuttle cock B. poona C. ping-pong D. egg pouch



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- The towel
- Skills and Techniques
- The basic skills include
- The grip
- The service
- The stance and court positioning
- The footwork
- The strokes- They include
  - The drive; forehand drive and backhand drive
  - The volley
  - The lobs
  - The half volley
  - The drop shot
  - The spin
  - The net shot
  - The smash

### **Evaluation**

1. Narrate the history of tennis.
2. Differentiate between facility and equipment.

### **The Officials of the Game**

1. **The Referee**- He is in control of the tournament.
2. **The Umpire**- He is the official in charge of the match, He is responsible for the calling of scores.
3. **The Judge**- He assist the umpire.
4. **The Linesmen**- They assist the umpire by indicating when the ball is out of play.

### **Scoring in the Game**

No Score.....LOVE  
First Point.....15  
Second Point.....30  
Third Point.....40  
Fourth Point.....GAME

### **Controlling Body**

1. International Tennis Federation (I.T.F) with its headquarters in London
2. Confederation of African Tennis.(C.A.T)
3. Nigerian Tennis Federation (N.T.F) founded in 1905.

### **General Evaluation**

1. Narrate the history of tennis
2. List five skills of tennis
3. Outline the scoring in the game.
4. What is a rally?
5. Define "deuce".

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### **Reading Assignment**

Read pages 22-31 of Essentials of Physical and Health Education for junior secondary school 2.  
Practise pages 8-11 of Physical and Health Education Workbook for Junior Secondary School 2

### **Weekend Assignment**

1. The second point in tennis counts A. 10 B. 15 C. 20 D. 30
2. In the game of tennis, the prolonged exchange of strokes is referred to as A. Strokes B. Rally C. Lob D. Passing
3. In tennis, a point after deuce for the server is called A. Out advantage B. Advantage in C. Advantage out D. Popular advantage.
4. Which of the following equipment is used to play tennis game? A. Bat B. Racket C. Spear D. Wicket.
5. What is the distance between the sidelines for doubles and singles in tennis? A. 1.30m B. 1.36m C. 1.38m D. 2.37m

### **Theory**

1. What is Love?
2. List five types of strokes.

### **References**

Essentials of Physical and Health Education for Junior Secondary School 2.  
Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3.

## **WEEK SIX**

### **SCHOOL HEALTH PROGRAMME**

School health programme can be defined as the health activities for the child and staff for the benefit of both with the purpose of promoting teaching and learning. It can equally be defined as all health practice and services available in the school to promote the health of the students and the staff of the school. The following people are involved in school health programme:

- The principal
- The teachers
- The school doctor
- School nurse
- The health counselors
- Labourers/others

### **Components of School Health Programme**

A school health programme has been conveniently divided into four interrelated areas:

- Healthful school environment
- Health services
- School health education
- School community relationship

### **Evaluation**

1. What is School Health Programme?

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2. Mention five people involved in School Health Programme.

**School Health Education:** This aspect deals with the provision of knowledge, health attitude and practices to the pupils or students.

**School Health Services:** This is concerned the provision of health services in the school for the well-being of the child and staff. It involves provision of emergency care, protection from communicable diseases, counseling and child's health assessment.

**Healthful School Environment:** This aspect involves the provision of a clean physical environment and healthy human interaction between the school staff and pupils.

**School Community Relationship:** This deals with relating school health as an aspect of community health. It is aimed at relating school health problems to that of the community for the good of the child, parents and the school.

### General Evaluation

1. Define "school health programme".
2. List the components of school health programme.
3. Explain school health services
4. What is the aim of school community relationship?
5. Define "Health Education" according to WHO.

### Reading Assignment

Read pages 69-72 of Essentials of Physical and Health Education for junior secondary school 2.  
Practise pages 25 of Physical and Health Education Workbook for Junior Secondary School 2

### Weekend Assignment

1. School health is concerned with A. provision of employment B. provision of emergency C. provision of health services D. provision of counseling
2. Healthful school environment involves A. dirty environment B. provision of a clean physical environment C. health attitude D. none of the above.
3. Health means the total ..... of an individual A. well being B. care C. sickness D. pain
4. Which of the following is not necessary for living a healthy life? A. health neglect B. health practice C. health habits D. health knowledge
5. A clean environment aids a ..... person. A. sick B. bitter C. weak D. normal

### Theory

1. List five people involved in health matters in the school.
2. What is the meaning of school health program?

### Reference Text

Essentials of Physical and Health Education for Junior Secondary School 2.  
Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3.

## WEEK SEVEN ENVIRONMENTAL POLLUTION

Environmental Pollution is the release of contaminated and harmful substances and materials into the surroundings which affect living things negatively. Pollution occurs to air, water and

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land. Pollution is the contamination of fresh and pure air, land and water with impurities. It is the release of unwanted substances into the surrounding.

Pollution is undesirable state of the natural environment being contaminated with harmful substances as a consequence of human activities. This is also the addition of substances or forms of energy to the environment at a rate faster than the environment can accommodate.

### **Types of Pollution**

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

### **Others include**

5. Visual pollution
6. Thermal pollution
7. Radioactive pollution

### **Evaluation**

1. What is pollution?
2. Mention the types of pollution.

**Air Pollution** - This is the release of harmful and unwanted substance into the air. It is the addition of pollutants into the atmosphere.

**Water Pollution** - This is the contamination of water bodies (streams, lakes, underground water, bays, and oceans) by substances harmful to life.

**Land Pollution**- This is the deposition of solid wastes that cannot be broken down easily on land which affects its productivity. The solid wastes can be used car, cans, broken bottles, plastic containers, etc.

**Noise Pollution** - This is the release of unpleasant sound in the environment, annoying and potentially harmful sound in the environmental.

### **Sources of Pollution**

- Oil spillage
- Gasses from vehicles and automobile engines
- Cigarette smoking
- Industrial and factory waste
- Bush burning
- Refuse and sewage disposal
- Erosion
- War disaster
- Noise

### **Evaluation**

1. List and explain the sources of pollution.
2. What is sewage?

### **General Evaluation**



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1. Define "Environmental Pollution".
2. List the types of pollution.
3. Explain water pollution.
4. What are pollutants?
5. Mention three examples of land pollutants.

### Reading Assignment

Read page 71 of Essentials Physical and Health Education for junior secondary school 2.  
Practise page 26 of Physical and Health Education Workbook for Junior Secondary School 2

### Weekend Assignment

1. The presence of over-head power lines, motorway bill-boards is called \_\_\_\_\_ (a)air pollution (b)thermal pollution (c)noise pollution (d)visual pollution.
2. The release of chemicals and particles into the atmosphere is called \_\_\_\_\_ (a)air pollution (b)land pollution (c)noise pollution (d)visual pollution
3. The type of hazardous pollution caused by automobile is \_\_\_\_\_ (a)carbon dioxide (b)carbon monoxide (c)hydrogen (d)oxygen.
4. Bush burning is a type of \_\_\_\_\_ pollution. A. land B. sea C. Gaseous D. water
5. Carbon monoxide is a \_\_\_\_\_ kind of pollution. A. air B. land C. sea D. all of the above.

### Theory

1. List the type of pollutants in your area.
2. Describe the types of pollution.

### Reference Text

Essentials of Physical and Health Education for Junior Secondary School 2.  
Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3

## WEEK NINE

### EFFECTS OF ENVIRONMENTAL POLLUTION

The effects of environmental pollution can be dangerous to life and properties. The following are the effects of pollution:

#### Effects of Air Pollution

1. Air pollution causes irritation in the throat, nose, lungs and eyes.
2. It brings about global warming (greenhouse effect).
3. It causes breathing problems.
4. It aggravates existing health conditions such as asthma.
5. Increases the risk of cardiovascular disease.
6. It produces acid rain.
7. Air pollution results in the depletion of ozone layer.

#### Effects of Land Pollution

1. Dump sites produce bad smell and odour the environment.
2. Land pollutants like broken bottles can cause injuries in human.
3. Landfills breed rodents like rats, mice and insects, that in turn transmit diseases.
4. Many landfills are usually burnt and they cause further air pollution.

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5. Land pollution causes problems in the human respiratory system.
6. Land pollution results in land wastage.
7. It makes the surrounding look unattractive and discourage visitors.

### **Evaluation**

1. What is land pollutant?
2. State the effects of air pollution to man.

### **Effects of Water Pollution**

1. It leads to death of aquatic (water) animals.
2. It disrupts the food-chains of organisms.
3. Water pollution causes various diseases such as typhoid and diarrhea.
4. It destroys the ecosystem.
5. It reduces the source of good water for various activities.

### **Effects of Noise Pollution**

1. Unwanted sound (noise) can damage psychological health.
2. Noise pollution can cause hypertension, high stress level, and other harmful effects.
3. It interferes with normal activities such as sleeping, conversation, or disrupts
4. Noise diminishes one's quality of life.
5. Chronic exposure to noise may cause noise-induced hearing loss.

### **General Evaluation**

1. What is pollution?
2. Mention five types of environmental pollution.
3. State three sources of environmental pollution.
4. Mention five effects of water pollution.
5. List the diseases that can result from water pollution.

### **Reading Assignment**

Read page 71 of Essentials Physical and Health Education for junior secondary school 2.  
Practise page 26 of Physical and Health Education Workbook for Junior Secondary School 2

### **Weekend Assignment**

1. Environmental pollution is the contamination of air, water and land from man-made \_\_\_\_\_ (a)air (b)goods (c)vapour (d)waste.
2. Which of these is not a cause or source of pollution? (a)plastic factories (b)Hospitals (c)Chemical plants (d)water pollution.
3. Effects of environmental pollution include the following except \_\_\_\_\_ (a)hearing loss (b)high blood pressure (c)HIV (d)sleep disturbance.
4. When sound becomes unhealthy, it is referred to as A. melody B. bad sound C. Noise D. None of the above.
5. These are types of pollutants except A. visual pollution B. Thermal pollution C. School pollution D. Radioactive pollution.

### **Theory**

1. What is greenhouse effect?

2. Mention five effects of land pollution.

### Reference Text

Essentials of Physical and Health Education for Junior Secondary School 2.

Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3.

## WEEK TEN

### PREVENTION OF POLLUTION

1. Pollution control should be included in federal legislation.
2. Keep your car in good running condition to avoid emissions.
3. Encourage planting of trees and discourage deforestation.
3. Share a ride or carpool.
4. Development of innovative pollution prevention program
5. Choose to walk or ride a bicycle whenever possible.
6. Educate the public about pollution.
7. Establish and implement green policies
7. Never use open fires to dispose of waste, especially chemicals and plastic.
8. Adopt the 3 Rs of solid waste management: reduce, reuse, and recycle.
9. Use sustainable, reclaimed, or recycled building materials.
10. Start composting plant remains from your yard and food scraps from your kitchen to reduce waste while improving your soil.
11. Use of alternative sources of energy and power from sun and wind.
12. Power supplied abundantly and freely by wind and sun. Hang your laundry to dry to minimize your use of gas or electricity and open a window or put on a sweater rather than turning on the air conditioner or heater.

### Evaluation

1. What is afforestation?
2. Why are plants important in our environment?
  
13. Buy local foods and goods. In this manner, the use of fuel for transporting goods can be minimized.
14. Look around your house or place of business for ways you could conserve water.
15. Use and buy products that are eco-friendly or made with biodegradable materials. Avoid plastic.
16. Always bring a bag when you shop.
17. Get rid of your lawn: Plant bee-friendly, drought-tolerant, native plants instead.
18. Plant more trees as they clean the air, provide oxygen, and beautify your surroundings.
19. Train relevant groups in technical aspects of pollution prevention.
20. Start an anti-litter campaign to your community.
21. Industries should manage the pollutants they produce adequately in order to reduce pollution.
22. Avoid unnecessary use of pesticides.

### General Evaluation

1. What are the 3 Rs of solid waste management?

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2. Define "carpool".
3. Mention two healthy alternative source of energy.
4. Mention five ways of preventing pollution.

### Reading Assignment

Read page 71 of Essentials Physical and Health Education for junior secondary school 2.  
Practise page 26 of Physical and Health Education Workbook for Junior Secondary School 2

### Weekend Assignment

1. Contaminants causes instability, disorder and harm to the \_\_\_\_\_ (a)biological system (b)chemical system (c)physical system (d)all of the above.
2. \_\_\_\_\_ occurs when chemicals are released into the soil during spill or underground leakage. (a)Air pollution (b)Land pollution (c)Thermal pollution (d)Visual pollution.
3. Noise pollution covers roadway noise, aircraft noise and \_\_\_\_\_ (a)Pollution noise (b)land pollution (c)Industrial noise (d)none of the above.
4. Radioactive contamination covers \_\_\_\_\_ (a)atomic searches (b)nuclear weapon search (c)reaction (d)all of the above
5. The soil/land pollution can be controlled by the following except \_\_\_\_\_ (a)burning of soil (b)disallowing dumping chemicals on the soil (c)minimizing the use of insecticides and herbicides in the soil (d)public education.

### THEORY

1. Define environmental pollution.
2. State three ways of preventing environmental pollution.

### Reference Text

Essentials of Physical and Health Education for Junior Secondary School 2.  
Physical and Health Education Workbook for Junior Secondary School 1, 2 & 3.