P. H. E

JS ONE SECOND TERM 2024\2025 SESSION

INSTRUCTIONS: Copy at least week one and two in your note before resumption.

Use a whole page for any diagram.

SCHEME OF WORK:

1. Volleyball continue

2. Personal health[Personal hygiene]

3. Personal hygiene [care of the teeth]

4. Determinant of health.

5. Physical fitness

6. Physical fitness [components and their measurements]

7. MID - TERM BREAK

8. Waste control

9. Ball game [football]

10. Facilities, equipment, rules, officials and skills in football.

**FACILITIES AND EQUIPMENTS USED IN VOLLEYBALL.**

FACILITIES:

1. THE COURT

Length= 18m

Breadth= 9m

Pole= 3.05m high

2. THE NET

A. for men = 2.44m

B. For women = 2.13m

EQUIPMENTS

1. THE BALL

The ball weighs 250 - 280g, with the circumference of 65cm - 67cm

PLAYERS' EQUIPMENTS

1. Jersey

2.canvas

3. Stockings

4. Shorts and

SKILLS OF THE GAME

1. Service

2. Volleying

3. Digging or bumping

4. Setting or set up

5. Spike or smashing

6. Blocking or defence

TYPES OF SERVICE IN VOLLEYBALL

1. Over head service

2. Under - hand order under - arms service

3. Hook or wind - Mill service

4. Float or fingers push service

5. Kite service

THE GAME OFFICIAL S

1. Referee : This is the head of the other officials, he decides when to start the game, whistle when side - out is committed and when a point is scored. His decision is final.

2. Umpire: He is also known as the assistant referee. He watches the center line for foot fault, keeps official time out, injury time and time between games.

3. Scorer: He record the names and numbers of players, record playing orders

. He is in charge of scores throughout the game.

4. Lines men [two or four] : They check for line ball, in- balls or out - balls, they also assist the referee in foot fault of the server.

COMMON TERMS IN VOLLEYBALL

1. Dead ball: when the ball is not in Play

2. Service: The act of putting the ball into Play

3. Time out: The period allowed to rest or for substitution

4. Let: This is when the served ball touches the net.

5. Side- out: This is when the serving team lose his service to the opponent

6. Point: This is when a score is made

7. Game point: This is when it remains a point to win a game

8. Duce: When the points are 14 - 14

DRAW AND LABEL:

1. A standard volleyball court

2. A court showing the position of players

[Please leave at least five lines before starting a new topic]

PERSONAL HEALTH [personal hygiene]

HYGIENE: This is the practice of keeping ourselves and the environment clean in order to prevent diseases. It can also be seen as the science of preserving good health.

PERSONAL HYGIENE: This is the process of preserving and promoting healthful living. This can also be seen as the process of keeping ourselves and the environment clean in order to prevent diseases.

DISEASE: This is a deviation from the normal health condition of an individual. As the name implies, "DISEASE" it makes one unfit, sleepless, weak and loose appetite.

DIVISION OF DISEASES

1. Communicable diseases

2. Non - communicable diseases

COMMUNICABLE DISEASES

These are diseases that are transferable from one person to another. The are commonly caused by microorganisms like bacteria, fungi, parasitic worms, insect mites and viruses.

Examples are: Tuberculosis, measles, apolo, HIV\AIDS, and whooping cough.

NON COMMUNICABLE DISEASES .

These are diseases that are not transferable from one person to another. They are also caused by pathogens and dietary deficiencies.

Examples are: Kwashiorkor, headache, anaemia, and obesity.

SOURCES OF DISEASES

Diseases are caused by protozoans, viruses and bacteria etc found on dirty objects and dirty environments.

CATEGORIES OF DISEASES

Diseases are of four categories:

1. Airborne diseases; Tuberculosis, whooping cough and measles

2. Water-borne diseases; cholera, typhoid and dysentery.

3. Insect- borne diseases; malaria, cholera and diarrhea

4. The other categories which are commonly sexually transmitted diseases. Examples are: HIV |AIDS, syphilis and gonorrhea.

WAYS THROUGH WHICH DISEASES RENTERS THE BODY

1. Mouth

2. Nostrils

3. Skin

4. Foods [diet]

PREVENTION OF COMMUNICABLE DISEASES

1. Avoid direct contact with a victim

2. Avoid overcrowding

3. Eating balance diet

4. Having enough rest and exercising your body when necessary

5. Go for immunization

6. Isolate the victim

7. Observe the rules of health.

PHYSICAL FITNESS

This is the ability of a person to carry out his daily activities without being too tired. It is the ability of an individual to carry out his or her daily activities and still have some energy reserved for any emergency.

Fitness is the degree at which one can function effectively. It is when one's organs and systems are functioning well and the body is in good shape.

TYPES OF FITNESS

There are two types of fitness:

1. General fitness
2. Specific fitness

GENERAL FITNESS

This is the ability of an individual to meet up with the demands of his or her environment. General fitness requires four aspects:

1. Strength
2. Speed
3. Stamina
4. Suppleness.

General fitness also include:

1. Good body composition
2. Muscular endurance: This helps one's muscle not to be easily tired.
3. Cardiovascular endurance: Helps one's muscle to get enough oxygen for proper functioning.

SPECIFIC FITNESS

This is a fitness that requires good general fitness to play a sport at high level. Specific fitness also requires:

1. Agility: This helps you to change direction quickly.
2. Good timing: This helps you to act at the right time.
3. Explosive strength: Physical strength combined with speed.
4. Fast reaction: Helps one to respond faster.
5. Balance: Helps one not to fall over.
6. Coordination: Helps one to move accurately and smooth.

IMPORTANCE OF PHYSICAL FITNESS

1. It makes people respect each other.
2. It builds up muscular tones
3. It helps to prevent accident.
4. It promote blood circulation.
5. It helps to maintain an erect posture.
6. It helps in weight control.
7. It improves resistance to diseases.
8. It makes one looks attractive and beautiful.
9. It helps to distribute oxygen within the body.
10. It aids the efficiency of daily living.

COMPONENTS OF PHYSICAL FITNESS

There are two components of physical fitness:

1. Health Related Components [H. R. C.]
2. Performance Related Components [P. R. C]

The chart below can be used to summarize the elements needed in the two Components:

[PLEASE LEAVE TEN LINES FOR THE CHART]

1. HEALTH RELATED COMPONENTS

These are the components needed to live an healthy life. These Components have direct effects on Athletes' health and their performance. Examples are:

1. Muscular endurance
2. Muscular strength
3. Flexibility
4. Body composition
5. Cardiovascular endurance
6. PERFORMANCE RELATED COMPONENTS

These are components that are needed to excel in sports. These Components deal with actions. Examples are:

1. Speed
2. Agility
3. Balance
4. Muscular power
5. Muscular coordination

FLEXIBILITY

The ability to move easily at a joint without hindrance.

BODY COMPOSITION: Not being too fat or thin.

MUSCULAR STRENGTH: The great possible efforts of the muscles and the work expected of a group of muscles.

CARDIOVASCULAR ENDURANCE: When the heart and the respiratory systems are able to utilize oxygen and continue a tedious task for a given time.

MUSCULAR ENDURANCE: When a group of muscles are able to contract for a period of time without being tired.

SPEED: The rate at which force can be applied.

AGILITY: Ability to move fast in different directions from different positions.

BALANCE: When one is able to maintain stability at rest after various activities.

MUSCULAR POWER: This is an energetic form of strength per unit of time.

COORDINATION (ACCURACY) : When one is able to control and direct the movement of one object from the other.

MEASUREMENTS \TESTS FOR THE COMPONENTS OF PHYSICAL FITNESS. { Please 🙏 leave 15 lines space for this table. It will be drawn during resumption, thank you}

FACTORS THAT INFLUENCE PHYSICAL FITNESS

1. Health status
2. Heredity
3. Good nutrition
4. Regular exercise
5. Body type
6. Age
7. Frequent medical check up
8. Having enough rest.

METHODS FOR DEVELOPING PHYSICAL FITNESS

1. Weight lifting or training
2. Circuit training
3. Calisthenics exercise
4. Isometric exercise
5. Interval training

WEIGHT LIFTING\TRAINING

This is the use of dumb bells and barrels for developing power, strength and muscular endurance.

CIRCUIT TRAINING

This is the routine of selected exercises or activities perform as fast as possible in sequence at individual stations arranged in a circular form. This can be designed in such a way that the activities or exercise to develop a specific Components are included. For example,

{PLEASE 🙏 LEAVE 12 LINES SPACE FOR THE DIAGRAM}

CALISTHENICS EXERCISE:

These are free performing exercises which are means of loosening, stretching, shaping and strengthening all major muscle groups. Examples are: hand swinging and wind mill exercise etc.

ISOMETRIC EXERCISES

These are exercises that allow the muscles to contract without it's overall strength being permitted to change or shortened. This is due to the fact that the contraction occurs when a force is exerted on an immovable object. Examples is pushing against the wall, this helps to build muscular strength.

INTERVAL TRAINING:

This involves repeated or successive bouts (attempts) of exercise at near maximum intensity alternated with period of lighter work or exercise or rest . It is mostly used for developing endurance. Examples are:

1. Running 200m and jog 100m
2. Sprint another 200m
3. Then jog to recover from the sprint speed.

SOCCER ⚽ GAME

HISTORY OF THE GAME

The word "SOCCER" is derived from "ASSOC" which means Association. Soccer game is a popular game played by two teams of 11players per team. Soccer is played for enjoyment and entertainment.

The true origin of soccer game and the exact time it started is controversial. Some people claimed that it started in Greece where it was called HAPERSTON, others claimed that it was played in China as at 400BC by the Chinese where it was called TSE CHU. Soccer developed from a kicking game known as FUTBALLE.

In 1100s, London children played a form of soccer on their street. The game was played like rugby without a definite marked field or rules.

In 1848, the pioneers of the game met in Cambridge to write a list of rules which became the first set of rules governing soccer. It is known as the CAMBRIDGE RULES.

In 1863, London football Association was formed.

Soccer was introduced to the United States of America around 1870 but it was not given quick attention in the other parts of the world.

In 1872, the first football match between two countries was played in GLASGOW between England and Scotland.

In 1900, football Associations were established in Belgium, China, Denmark and Itly .

In 1904, the national Association came together to form the Federal International Football Association {FIFA} on May 21st in Paris after the second world war. The headquarter is located in ZURICH, Switzerland and it is in charge of football in the whole world. FIFA organises world cup competitions for different categories such as: under 17, under 20 and the senior world cup. The body has also formed female soccer with the above categories inclusive.

SOCCER ⚽ IN NIGERIA

Soccer game came into Nigeria through the early missionaries {sailors} in the 19th century (before 1900). The game was played in open spaces in the coastal regions like: Port Harcourt, Lagos and Warri for recreation. The Christian missionaries later introduced it to mission schools like Kings College Lagos, St. Patrick's College Asaba , Hope Wardell Training Institute Calabar and Government College Ibadan . The game was played in School where there are boys and later, many football clubs such as Highlander of Jos, Calabar Rovers, Rangers of Enugu , Ranchers Bees of Kano and Sharks of Port Harcourt were established.

The body in charge of football game in Nigeria is the Nigeria Football Association (NFA ) which was established in 1945.

Nigeria has recorded great success in soccer both within and outside the country.

NATURE OF THE GAME

Football is a ball game played with legs. It is played by two teams of 11 players each. A large rubber or leather ball is used for the game. There are five substitutes per team but only three substitutions are allowed in a match, i.e 18 players can be registered in tournament.

Soccer game starts with kick- off at the centre of the field. Each team tries to move the ball using several tactics to score goals . The team with the highest score is the winner of the game.

COMMON FEATURES OF SOCCER ⚽ GAME

1. Goal post, goal line and goal area
2. Penalty spot, penalty area and penalty arc .
3. Touch line [side line]
4. Centre line, centre circle and centre spot.
5. Corner flags and corner arc
6. Optional flags outside the centre line of the touch line.

FACILITIES AND EQUIPMENTS

1. Field (pitch)

Length Breadth

110m by 75m

100m by 64m

90m by 45m

2. Goal post : This is measured 7.32m by 2.44m

3. Flags: There are four (4) flags of 1.5m high.

1. Net
2. Ball : This weighs 410g to 450g

Circumference: 68cm to 70cm

1. Whistle
2. Players equipments: Jersey, stockings, shinguard, soccer boots and gloves.

The goal keeper's jersey differs in color from that of the players at both ends and that of the referee. The goal keeper usually Wear number 1and 16.

ASSIGNMENT: DRAW AND LABEL A STANDARD FOOTBALL FIELD (use a whole page for this diagram).

PLAY PATTERN OR TEAM FORMATION IN SOCCER

1. M W

2. 4 - 2 - 4

3. 4- 4 - 2

4. 4 - 3 - 3

5. 2 - 3 - 5

6. 4 - 3 - 2 - 1

DEPARTMENTS IN SOCCER GAME

There are four {4} departments in Soccer game:

1. Forward players {attackers}

Their qualities include:

\* Fast running

\* Accurate passes

\* Shooting and scoring goals

\* Dribbling and are physically fit

1. The mid-field players: They assist both in attack and defense. Their qualities include:

\* Accurate passes

\* Holding the ball

\*Attacking and defending

\* Taking free kicks

\* Scoring goals

\* They have strength, endurance and speed.

1. Defenders: They take long kicks , tackle strongly, heading and volleying. They master skills and tactfully apply offside rules. They also avoid rough play inside penalty area.
2. Goal keeper: He is fearless, confident and courageous. Catches ball, take long kicks and throws. He jumps high to punch or catch high balls and communicates well with the defenders.

FREE KICK

All kicks in football are free but there two types of free kicks:

1. Direct free kicks
2. Indirect free kicks

DIRECT FREE KICKS

These are kicks in which a goal can be easily scored. E.g penalty kicks. It is awarded when any of the following offenses is committed:

1. Kicking or an attempt to kick an opponent
2. Tripping or an attempt to trip an opponent
3. Jumping at an opponent
4. Pushing an opponent
5. Holding an opponent
6. Spitting on an opponent
7. Tackling an opponent
8. Charging an opponent
9. Handling the ball deliberately except the goal keeper within his penalty area
10. Striking or an attempt to strike an opponent.

INDIRECT FREE KICKS

These are kicks in which goal cannot be easily scored unless the ball is further played by another player. It is awarded due to any of the following offenses is committed:

1. Off- side
2. Wasting of time
3. If the goal keeper touches the ball again after release, touches a play back ball from his team mate or touches a throw - in ball from his team mate.
4. When a player prevents a goal keeper from putting the ball into play
5. Impeding the progress of an opponent
6. Playing in a dangerous manner.

OFFSIDE

This is when a player is nearest to his opponent goal line than both the ball and the second to the last opponent.

SKILLS IN SOCCER GAME

1. Kicking
2. Trapping
3. Passing
4. Tackling
5. Dribbling
6. Heading
7. Throw - in
8. Goal keeping

TYPES OF PASSES

1. Through pass
2. Square pass
3. Lob pass
4. Wall pass

TYPES OF KICKS

1. Free kick

2. Corner kick

3. Penalty kick

4. Place kick

5. Goal kick

OFFICIALS OF SOCCER.

We have four major officials that direct soccer game. These are:

1. Centre Referee, he is the controller general of the game.

2. Assistant referee 1

3. Assistant referee 2

4. The forth [table] official who is also a referee.

Note: The match commissioner is a representative of the football Association, e.g FIFA or NFA.

DURATION OF THE GAME.

Soccer is played for 90 minutes which is divided into 45 minutes per each half. The time for resting during half time ranges from 10 to 15 minutes.

An extra time of 15 to 30 minutes is given if there is a tie [draw]. This is to ensure that a winner emerged.

An additional time added to make up the time lost due to injury or any important situations.

RULES OF THE GAME.

1. THE FIELD OF PLAY: There are very few fixed dimensions for soccer pitches even at the highest level. FIFA only stipulated that, for a professional competition [11Vs11], the length must be between 100 yards and 130yards with the breadth between 50 and 100yards.

2. THE BALL : The circumference of the ball must not be more than 28 inches [70 centimeters] and not less than 27 inches.

3. NUMBER OF PLAYERS : A match is played by two teams of 11 players per team including the goalkeeper.

4. THE PLAYER'S EQUIPMENTS: This guides what players should or shouldn't put on during the game.

5. THE REFEREE: He has the full authority to enforce the rules of the game and his decision is final.

6. OTHER MATCH OFFICIALS: They are to help the referee make a decision by carrying a flag.

7. DURATION OF THE GAME: The match consists of two halves of 45 minutes each with not more than 15 minutes of rest during the half time.

8. THE START AND RE- START OF A PLAY: This outlined in details the procedures for starting or re - starting the game which is also known as kick-off.

9. THE BALL IN AND OUT OF PLAY: This defines when the ball is in play or out of play.

10. DETERMINING THE OUTCOME OF A MATCH: Goals are scored when the ball completely crosses the goal line unless a foul has been committed by either side in the course of scoring.

11. THE OFF-SIDE: A player is said to be off-side if he\she is closer to the goal line than the ball and the second to the last defender, only if in the opposition half of the pitch.

12. FOULS AND MISCONDUCT: This is one of the extensive section of the rule book that outlined the offenses and the penalties involved.

13. FREE KICKS: This defines the different types of free kicks and how to initiate them.

14. PENALTY KICK: This defines the proper procedure for the penalties that would call for initiating a penalty kick.

15, 16 and 17: Throw-in, goal kick and corner kick. When the ball goes out of play over the touch line, a throw-in is awarded. When the whole ball goes over the goal line, a goal kick or corner kick is awarded. This depends on the team that touched the ball last. That is, if it is the attacking team, a goal kick is awarded to the opponent, if it is the defending team, a corner kick is awarded to the opponent.