

JSS1 PHYSICAL AND HEALTH EDUCATION

LESSON NOTES - FIRST TERM

Scheme of Work

S/N	WEEK	TOPICS
1	WEEK 1	MEANING OF PHYSICAL EDUCATION
2	WEEK 2	PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMES
3	WEEK 3	CHARACTERISTICS OF A PHYSICALLY FIT PERSON
4	WEEK 4	EXERCISE TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY
5	WEEK 5	SAFETY PRECAUTIONS WHILE PERFORMING EXERCISES
6	WEEK 6	PERSONAL, SCHOOL, AND COMMUNITY HEALTH
7	WEEK 7	PERSONAL, SCHOOL, AND COMMUNITY HEALTH
8	WEEK 8	MEANING OF SEWAGE AND REFUSE
9	WEEK 9	METHODS OF SEWAGE DISPOSAL
10	WEEK 10	SOURCES OF WATER SUPPLY
11	WEEK 11	REVISION

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**Science Teachers Association of
Nigeria. Conference**



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Enjoying the Tune of Phrase: An Psychological Symphony within **Jss 1 Scheme Of Work On Phe**

In some sort of used by screens and the ceaseless chatter of immediate communication, the melodic beauty and psychological symphony created by the published word frequently diminish in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. However, located within the pages of **Jss 1 Scheme Of Work On Phe** a marvelous literary treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this fascinating masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of the emotional analysis, we will examine the book is key harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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