

PHYSICAL AND HEALTH EDUCATION (PHE) FOR JSS2

MEANING OF POSTURE.

Posture is the position of the body while sitting, standing, lying and walking. Position can be define as the position the whole body takes when someone is performing any physical activity like walking, running, jumping, or dancing.

Good posture is the position of the body which permits easy movement in any direction without unnecessary strain or tiredness.

Importance of good posture.

1. Ensures self confidence and a positive image.
2. It promotes mental alertness.
3. Removes unnecessary tiredness or undue fatigue.
4. It promotes efficient working of all the body system.
5. It encourages efficient and easy movement.

Factors that promote good posture.

1. Good health habits.
2. Proper body carriage.
3. Early detection of problems and correction.
4. Balance diet.
5. Occupation
6. Exercise.

Kinds of good posture

1. Good posture for standing.
2. Good posture for walking.
3. Good posture for running.
4. Good posture for lifting.
5. Good posture for sitting.
6. Good posture for lying down.

Good posture for standing.

1. The head should be held well back.
2. The abdomen should be flat.
3. The back should straight.
4. The feet should be slightly apart.
5. The weight should be balance on both feet.
6. The toes should point straight.
7. The chest should be lifted forward and upward.

Good posture for walking.

1. Lean slightly forward before the front foot strikes the ground in front of the body.
2. The hips should not be pushed too high to the side.
3. Swing the arms in a relaxed manner from the shoulders near the body with the finger slightly flexed.
4. The walk should be smooth and enjoyable.
5. The eyes should look straight.

Good posture for running.

1. The head should not be thrown behind or sideward but must be held high.
2. The knees must be picked up and raised high.
3. The arms must swing alternatively.
4. The feet should strike the ground straight.
5. The body must lean forward.
6. The landing must be on the balls of the feet.

Good posture for lifting.

1. The back should be straight.
2. Lift the weight close to your body.
3. Feet should be shoulder – wide apart.
4. Bend your knees and keep your back straight.
5. Tighten your stomach muscle.
6. Lift the weight with your leg muscles supporting.

Good posture for sitting.

1. The back should be kept straight.
2. Two – Thirds of the thighs should be inside the seat or chair.
3. Support your palms on the arm of the chair.
4. The feet should be placed slightly apart and relaxed.

Good posture for lying down

1. Lie on a bed that is moderately hard.
2. The body should be straight at the head, shoulder and hips.
3. Lie on side of the body, not on the back.
4. The legs should be slightly apart.
5. The body should be relaxed and slightly flexed at the hips and legs.

MEANING OF POSTURAL DEFECTS .

Postural defects is an abnormal deviation from the normal axis of the bone due to abnormalities.

Types of postural defects.

1. Lordosis.
2. Kyphosis
3. Scoliosis.
4. Flat foot.
5. Bow leg.
6. Knock knee.
7. Abdominal ptosis or potbelly.

Kyphosis or hunch back : This is exaggerated outward curvature of the upper back.

Lordosis: This is excessive lateral curvature of the lumbar region. (The lumbar region is the lower part of the vertebral column after the thoracic region).

Scoliosis: This is the lateral curvature of the spine, in which one shoulder or one hip is higher than the other.

Flat foot: flat foot is longitudinal arch. This means that the foot is flat without a curve.

Bow legs: Deformity where there is an outward curvation of one or both legs near the knee. This result in a gap between the knees on standing.

Causes of postural Defects.

1. Accident.
2. Disease and infection.
3. Heredity.
4. Over eating.
5. Imitation.
6. Occupation.
7. Prolonged illness
8. Poor nutrition.
9. Wearing uneven soled shoes can lean to bad posture.
10. Assuming wrong posture in sitting, standing and lying position can lead to postural defects.
11. Regular wearing of high heels can lead to bad posture.

Preventive Measures for postural defects.

1. Maintaining proper body position at all times.
2. Eating balance diet always.
3. Going for regular medical check- up.
4. Discouraging regular wearing of high heels.
5. Being safety conscious to avoid accidents.
6. Having adequate rest and sleep.
7. Exercising regularly.

ISSUES AND CHALLENGES IN PHYSICAL AND HEALTH EDUCATION:

1. Drugs and sports: The use of drugs in sports is called doping and international sports association such as FIFA, have criticised the use of drugs in sports.
2. Sports and African Science (juju): sometimes, people wear charms around their wrist, waist or any part of their body believing that they will perform better.
3. Aggression: hurt another people physically, verbally or to destroy property (hostile or retaliatory).
4. Violence in sports: A sudden explosion, irrational type of behaviour and threat that is intended to injure another person or destroy property.

Violence in sports classified into three groups:

- I. Structural violence in sports: Is manifested by the athlete in the form of use of abusive words on opponents and officiating officials which give rise to psychological violence.
- II. Psychological violence in sports: It occur when a deprived athlete or player resorts and other self pity behaviour if his demand is not obtainable.
- III. Physical violence in sports: This occurs due to accumulated disaffection. It is a specific way through physical force by an individual or group to express on overdue grievance such as fighting, destruction of property and beating of officials.

MEANING OF HUMAN TRAFFICKING .

Human trafficking is the act of using various means to take children away from their parents for commercial purposes. It involves all methods used in order to take children away from their homes to other places, so that the criminals who take them away can make money from them.

Types of human trafficking / evil practices.

1. Forcing the children into prostitution.
2. Slavery and forced labour.
3. Early marriage.
4. Killing and selling victims organs for rituals.
5. Begging for alms.

Groups of human trafficking victims.

1. Baby- sitters.
2. Cleaners and gardeners.
3. House maids.
4. Juvenile housewives.
5. Juvenile labourers.

6. Nannies.
7. Juvenile prostitutes.

Health implications of human trafficking for the victims.

1. It aids communicable diseases and infections.
2. It aids the spread of venereal.
3. It accelerates the spread of HIV /AIDS.
4. It causes emotional depression.
5. It causes malnourishment.
6. It causes physical damage.
7. It leads to untimely death of the victim.
8. It leads to unwanted pregnancy.
9. It leads to various forms of abuse.
10. It makes the victims live like orphans.

Solutions to human trafficking.

1. There should be free education at all level.
2. There should be mass awareness programmes on human traffickers.
3. There should be enforcement of government legislation against human trafficking.
4. Religious bodies should teach against it.
5. There should be adequate provision of employment.
6. Immigration policies should be strengthened.
7. There should be stringent penalties for the human traffickers.
8. Non- governmental organisations should be encouraged in the fight against human trafficking.
9. Security agencies should be more responsive and vigilant.
10. The procedure for adoption and fostering of children should strictly monitored.
11. Orphanages and charity homes should be supervised and monitored.

SPORTS LAW

Sports law are the legal avenue for seek- king redress in the court of law when any sports participant feels that his / her right has been violated.

Examples of sports laws:

1. Assault in sports.
2. Negligence.
3. Legal liability.
4. Tort.

Assault in sports: is a violent action or attack on another person. It is a physical act that inflicts harm or injury on the body of a person attacking physically in sports.

Negligence: Is failure of sports officials to give enough care and attention to sports competitors, To take enough care over somebody or something that he/ her is responsible for. It is also the failure of a person to carry out his or her assigned duty. It is a found guilty of negligence.

Legal liability: Is playing for an action you have taken or ought to have taken. It is the legal responsibility for something, especially with regard to payment of damages for their property.

Tort: Is a misdemeanour committed through flagrant violation of the rights of others Tort law provides opportunities for anyone whose right is violated to seek redress in court in a civil suit, intentional violations of other people right due to negligence.

RECREATIONAL ACTIVITIES.

Meaning of recreation:

1. This is participation in voluntary sports activities in which no monetary gain is expected.
2. All worthwhile social activities one engages involuntarily during his or her free time that is without force.
3. Recreation involves activities which an individual does for pleasure or amusement voluntarily during his or her leisure time.

Characteristics of Recreation:

1. It must be voluntary.
2. It must be enjoyable to the participant.
3. It does not require much skill.

Types of Recreational activities:

- I. Indoor recreational activities.
- II. Outdoor recreational activities.

Indoor recreational activities: are activities carried or performed in an enclosed area and under a roof.

Examples of indoor recreational activities:

1. Ayo.
2. Dancing.
3. Drawing and painting.
4. Ludo.

5. Draught.
6. Monopoly.
7. Playing cards.
8. Chess.
9. Snakes and ladders.
10. Scrabble.
11. Table tennis.
12. Computer games.
13. Darts.
14. Billiards.

Outdoor recreational activities: These are activities that are performed outside on the sports field, beach and in park during a person's free time.

Examples of outdoor recreational activities:

1. Hiking.
2. Swimming.
3. Social dance.
4. Cycling.
5. Jogging.
6. Fishing.
7. Canoeing.
8. Horse racing.
9. Woodcraft.
10. Mountaineering
11. Gardening.
12. Picnicking.
13. Hunting.
14. Basket weaving.
15. Visits to zoo.
16. Walking around a nearby forest, hill or river to study plants and to admire nature.

DRAMATIC AND CREATIVE RHYTHMS.

Dramatic rhythms: Is an impressive, sudden and exciting sound or movement that is made in sequence. **Examples;** dramatisation and poems.

Creative rhythm: Is using new, effective and imaginative ideas to produce or make sequential sound or movement to imitate an animal, such as walking like a **kangaroo**.

Definition of rhythm:

- I. Rhythm is a regular repeated pattern of sounds or movement.
- II. Rhythm is also sound or movement made in sequence.

Dramatic and Creative rhythms: involve impressive and exciting movement to sounds. They also involve making use of new ideas to move in a regular repeated pattern to sound.

Importance of rhythmic activities.

1. Rhythmic activities develop components of physical fitness, especially flexibility, agility and balance.
2. Develop a sense of rhythm in children.
3. Improve self expression.
4. Create an opportunity for enjoyment.
5. Bring out the beauty in a person.
6. Enable students to learn to co-ordinate and control their body movement.
7. Develop a sense of initiation and originality in children.
8. They project the culture of a locality.

MEANING OF LEISURE AND DANCE ACTIVITIES.

Leisure: is the time or period an individual is not working or studying and can relax and do what he / her wants to enjoy.

Dance is moving your body in a way that agrees with the style and speed of the music.

Dance: is a particular set of movement performed to music.

Dance: also means moving your body and feet in a way that agrees with the style and speed of music.

Dance: is an expressive movement of turning, twisting and rolling of the body (part) to conform with the rhythm of a sound, beat or music. It is a way of expressing our inner feeling of joy and happiness.

Reasons for dance in ancient times:

1. To influence and appease the gods.
2. To arouse the feeling of bravery during war.
3. To please the spirit of dead relatives.
4. To reduce sorrow.
5. To entertain people.
6. To bring people together in a gathering.
7. To express their feelings of joy and happiness.

Types of Dance:

Dances classified into two:

- I. Foreign dances / social dances.
- II. Traditional dance.

Foreign Dance: steps are the imitations of the dance rhythms from other countries due to civilisation. This type of dance is mainly engaged in at social gatherings and by younger people. It may also be used as a recreational activity and in physical education classes.

Examples of foreign dance:

1. High life.
2. Reggae.
3. Pop.
4. Jazz.
5. Rock –'n' – roll.
6. Calypso.
7. Rumber.
8. Waltz.
9. Conga and makosa.

Traditional music and dance:

Traditional music and dance are of **folk** and **ethnic origin**; ethnic music and dance have a race – cultural bound which tie them to a race or tribe. In Nigeria context, they are now referred to as **cultural heritage**.

Ethnic dance may based upon the following:

1. Religious beliefs.
2. Cultural development.
3. Racial heroes.
4. God's or other ideas.

Examples of ethnic dances:

1. Apepe dance.
2. Agemo dance.
3. Atilogwu dance.
4. Ekiti dance.
5. Gunda dance.
6. Eyo dance.
7. Sango dance
8. Obitun dance.
9. Oyoyo dance.
10. Egungu dance.
11. Ebonbo.
12. Epo dance.
13. Mayango dance.
14. Fuji.
15. Bata dance.

16. Tsough dance.

17. Mbonbo.

COMPUTER GAMES

The computer is an electronic device that can accept, process, store and retrieve information or data when the needed.

Computer games are various types of games that can be played on computer software by one or more people using the mouse, Joystick, control pad, or the keyboard.

Types of computer games:

1. Beach rally.
2. Cricket.
3. Play station games.
4. Handball.
5. Nature park.
6. Soccer, example FIFA 04 and FIFA 08.
7. Tennis.
8. Scrabble.
9. Vehicle rally.

THE STRIKING GAMES (TABLE TENNIS).

HISTORY OF TABLE TENNIS.

Another name for Table Tennis is ping pong. The game was played in many countries under different names and regulations. The international table tennis Association was formed in England. The first world table tennis Championship took place in 1927 and was attended by nine associations representing; Austria, Czechoslovakia, Denmark, England, Germany, Hungary, Indian, Sweden, and Wales. The world controlling body is the international Table tennis federation (ITTF).

The world table tennis championship takes place every two years. In Nigeria table tennis is a house hold game among youth (boys and girls) and adults. Table tennis is played for **Recreation** as well as for **competition** purpose. The Nigerian Table Tennis Association was formed in 1951. Nigeria is reckoned with in international competitions because it has won medals at Africa championship, commonwealth championships and world competitions. Nigeria Table Tennis federation control the game in Nigeria. The body organises all competitions as well as national closed and open competitions.

Nature of the game.

Table tennis is played indoors on a table by two players in a the 'singles' game. It can also be played by four players in a 'doubles' game. The objectives of the game is to send the ball over the net in order to ground it on the opponents table and to prevent same by the opponent.

The game is started by a service and play continues until the ball is grounded on the table, or it goes out of the table, or an opponent fails to make a good return. **Service** changes after two points and either play may win a point during a rally. A **player** win a point whether service or receiving. A game is won by the player who first scores **11 points** with minimum lead two points. When both player or teams score **10 – 10** each (**a deuce**) the player or team that scores two consecutive points wins the game.

Competition can be in the following categories:

1. Singles games: men's singles or women's singles.
2. Doubles game: men's doubles or women's doubles.
3. Mixed doubles game: man / woman vs man / woman.

Skills in table tennis.

1. Grip.
2. Service.
3. Forehand stroke.
4. Back hand stroke.
5. Fore hand top spin.
6. Forehand chop (back spin).
7. Backhand chop (back spin).
8. Drop shot.
9. Lob / scoop.
10. Half – volley.
11. Smash.

Equipment for table tennis.

1. The table.
2. Net with upright
3. Bat.
4. Dress.
5. The ball.

The Table: The dimension of table tennis is **2.74m long, 1.525m wide** and **high 76cm** above the floor. It is painted **dark green** but

with a **white side line 2cm wide** along its length and **2cm end – line** along its width.

The table playing surface is divided into two equal courts by a vertical net for a double, each courts shall by a white centre line **3mm wide**.

Net: The net is **1.83m long** and **15.25cm wide**.

Ball: The ball is white or orange in colour. It is made of celluloid and spherical in shape. **It has the following specifications:**

- 1. Diameter – 40mm.**
- 2. Weight – 2.7g.**

The Bat: The bat may be of any size, weight or shape, depending on the choice of a player. **Types of bat include:**

- 1. Ordinary wooden bat.**
- 2. Pimped bat (wooden bat covered with pimped 2mm each size).**
- 3. Sandwich pimped bat (wood with sponge and pimped cover).**
- 4. Sandwich smooth bat (wood with sponge and pimples turned in side).**
- 5. Sandwich combined bat (wood with sponge, with pimped and smooth faces). All sandwich bats should not be more than 4mm thick on each side of the bat.**

Dress: vest, shorts and skirts is allowed in table tennis but they must be of dark colours, preferably blue. White or multi- colours, dressed are not allowed. White socks and shoes may be worn.

Table tennis Facilities:

1. The playing area.
2. The floor.
3. Lighting.
4. Back ground.

A POINT IS LOST IF:

1. The service is missed.
2. The service is not returned.
3. A shot goes into the net.
4. A shot goes off the table, touches the net or touches the table with their free hand during play.

Officials for striking games (Table tennis):

1. Referee.
2. Umpire.
3. Assistant umpire.
4. Stroke counter.

Duties / Functions of Officials:

Referee: is responsible for:

1. The conduct of the draw.
2. Control of match officials.
3. Scheduling of matches by time and table.
4. Conducting pre- match briefing for match officials.
5. Checking the eligibility of players.
6. Checking whether players may leave the playing area during a match.
7. Deciding whether statutory practice periods may be extended.
8. Deciding whether play may be suspended in an emergency.
9. Deciding whether players may wear track suits during a match.
10. Taking disciplinary action for misbehaviour or other breaches.
11. Deciding any question of interpretation of the law.

Umpire: Is responsible for:

1. Controlling the order of serving, receiving and ends, correcting errors.
2. Checking the acceptability of equipment and playing conditions.
3. Taking a ball at random.
4. Deciding each and correcting errors.
5. Deciding each rally as a point or a let.
6. Calling the scores in accordance with specified procedure.
7. Maintaining the continuity of play.
8. Introducing the expedite system at the appropriate time.
9. Drawing by lot which player or pair of players have to change their shirts.
10. Take action for breach of behaviour regulations.
11. Deciding whether the requirements of the service law may be relaxed for a physically disabled player.

Assistant umpire: Is responsible for:

1. Acting as stroke counter.
2. Informing the umpire of breaches of advice or behaviour regulations.
3. Deciding whether or not the ball in play touches the edge of the table nearest to him.

The umpire or assistant umpire may:

1. Decide that a player's service action is illegal.
2. Decide that a good service touches the net while crossing bar.
3. Decide that a player has obstructed the ball.
4. Decide when a disturbance affects the outcome of play.
5. Time the duration of practice period of play and of interval.

The assistant umpire sits at the other end of the net facing the umpire.

Stroke counter: The stroke counter is responsible for: **counting**

The strokes of the receiving player or pair of players when the expedite system is in operation.

Terminology in Table Tennis:

- **Rally:** The period during which the ball is in play.
- **Deuce:** A tie of scores at 10 – 10 by two players or pair of players.