

JSS1 PHYSICAL AND HEALTH EDUCATION LESSON NOTES - SECOND TERM

Scheme of Work

S/N	WEEK	TOPICS
1	WEEK 1	REVISION OF LAST TERM'S WORK
2	WEEK 2	CONTACT AND NON-CONTACT SPORT
3	WEEK 3	EXAMPLES OF NON CONTACT SPORTS
4	WEEK 4	BENEFITS OF CONTACT AND NON CONTACT SPORTS
5	WEEK 5	BASIC SKILLS AND TECHNIQUES IN CONTACT AND NON-CONTACT SPORTS
6	WEEK 6	PATHOGENS, DISEASES, AND THEIR PREVENTION
7	WEEK 7	FOOD, NUTRITION AND HEALTH
8	WEEK 8	FOOD, NUTRITION AND HEALTH
9	WEEK 9	IMPORTANCE OF FOOD NUTRIENTS
10	WEEK 10	FUNCTIONS OF VARIOUS CLASSES OF FOOD
11	WEEK 11	REVISION

Scheme Of Work For Jss 1 Phe 2nd Term

Yaw Boadu-Ayeboafoh



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Daily Graphic Yaw Boadu-Ayeboafah,2005-12-03

Scheme of Work ,1995

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