**SECOND TERM E NOTES**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**CLASS: BASIC FOUR**

**WEEK TOPIC**

1. Jesus the good shepherd
2. Qualities of a shepherd
3. Christians as the salt of the earth
4. Christians as the light of the world
5. Christians as the light of the world cont.
6. Showing hospitality
7. People who demonstrated hospitality
8. People who demonstrated hospitality cont.
9. Revision
10. Revision

**WEEK ONE & TWO**

**THE GOOD SHEPHERD ( John 10: 1-18)**

A shepherd is a person who looks after sheep. A good shepherd is a person who loves his sheep very dearly. He takes care of them and goes in search of any that is lost.

Jesus told the story of a good shepherd who had one hundred sheep. One day, he counted his sheep and found that one of them was lost. He went out to search for it. When he found it, he was very happy. He put the sheep on his shoulder and brought it back to the flock. He told his friends that he had found the lost sheep and they all rejoiced with him.

**Qualities of a good shepherd**

A good shepherd knows his sheep and calls them by name. he leads his sheep to laces where there is good grass to feed and good water to drink. He protects his sheep from dangerous animals like lions and wolves. He does not run away in the face of danger. He is prepared to lay down his life for his sheep. He brings all his sheep together into his flock

**Jesus, the good shepherd**

Jesus says he is the good shepherd. All those who believe in him are sheep. As a good shepherd knows His sheep, so also Jesus knows everyone that believes in him. As the sheep hear the voice of their shepherd, so also is everyone who believes in Jesus hears His voice. Jesus hears the voice of his sheep. He protects them from danger and even gave His life for them on the cross of Calvary.

**EVALUATION**

1. What is the meaning of the good shepherd?
2. Say how Jesus proves himself to be a good shepherd.

**WEEK THREE**

**CHRISTIANS AS THE SALT OF THE EARTH**

Jesus said that Christians are the salt of the earth. Here, Jesus teaches us that, the Christian life should be an example for the whole human race to follow.

Jesus also said that, if salt loses its taste, it becomes worthless and it is thrown away. This means that, when a Christian joins bad people who lead ungodly lives, he or she can no longer bring hop and joy to others and make them know God. Such a Christian becomes useless and powerless.

**As good Christians, we should do the following**:

1. Help our parents at home
2. Invite people to church
3. Visit the motherless and the ophans
4. We must not fight or gossip

**EVALUATION**

1. Wrie what you can do to show that you are the salt of the earth
2. Why are c hristains the salt of the earth?
3. What does salt of the earth mean?

**WEEK FOUR & FIVE**

**CHRISTIANS AS THE LIGHT OF THE WORLD ( Matthew 5:15-16)**

Jesus calls Christians the light of the world. He said, you are the light of the world.’ As the light of the world, Christians are to serve s good examples to others on how to do the will of God and to be followers of Jesus. They can do these through holy and righteous living.

Jesus teaches us that, as a house lit on a hill top gives light to others around it, so also we should shine the light of Jesus to our friends, and neighbours. When unbelievers see Jesus living in us, they would want to be like us and thus, will be attracted to Jesus. We should avoid works of darkness and evil. We should be good examples to others and teach them to accept Jesus. By this, God would be glorified.

**EVALUATION**

1. state two importance of Christians as the light of the world
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. State two things you should do to shine as the light of the world
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WEEK SIX, SEVEN AND EIGHT**

**HOSPITALITY**

**Bible references: Genesis 18:1-10, 1 kings 17:8-16, Hebrews 13:2**

**What is hospitality?**

Hospitality means being friendly and giving freely to visitors and strangers’ e.g. feeding the hungry, helping the needy etc. it is an act of sharing with God’s people who needs help. It also means welcoming them into our homes. It is a good habit to welcome strangers and help them. The stranger may not pay us back, but God will surely reward us.

**The need for being Hospitable**

We need to be hospitable so that we will be able to help our neighbours who are in need of food, water, clothing or other thongs that we have. Jesus explained the need to be hospitable with the story of the Good Samaritan. The story teaches us that, as Christians, we must show hospitality to others as the Good Samaritan did to the stranger that was attacked by thieves.

**Reasons for showing hospitality**

1. We show hospitality in order to save lives. If our neighbor is ill or a stranger has an accident, we should take care of them quickly so that they will not die.
2. Hospitality also means showing love to one another e.g. helping our neighbours when they are in need.

**EVALUATION**

1. What is hospitality?
2. Give two reasons why we should be kind to others in need.

(a)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(b) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Give two occasions when you showed hospitality to other people
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_