**SECOND TERM E NOTES**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**CLASS: BASIC THREE**

**WEEK TOPIC**

1. **Football Game**
2. **Performing the skills in football**
3. **Performing the skills in tennis**
4. **Safety Education**
5. **Swimming**
6. **Swimming cont.**
7. **Safety rules in swimming**
8. **Safety rules in swimming cont.**
9. **Revision**
10. **Revision**

**WEEK ONE**

**FOOTBALL GAME**

Football is agame in which a team of eleven players seek to move the ball into the opponent’s goal post. There are many skills in football.

**Skills and techniques in football game**

1. **Passing:** Passing is done with the inner or outer part of the foot or head
2. **Trapping:** Trapping is the stopping of a rolling ball to gain control of the ball it can be done with the sole of the foot, the instep, the knee and the chest.
3. **Heading:** to carry out this skill, watch h=the ball as it comes down. The ball is contacted with the forehead. Heading can be used to direct the ball to any side.
4. **Throwing:**
5. **Kicking**: you can kick a stationary ball or a ball in the air. Kicking can be done with the inner part of the foot, the instep and the heel. Kicking can be any of the following: direct kick, indirect kick, goal kick and passing.

EVALUATION

1. List and explain four skills in football
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**WEEK THREE**

**TABLE TENNIS**

Table tennis is a game played on a table measuring 0.76m high. It is played by two or four players hitting a ball on the table over a low net begins with a serve from the server after a toss for choice of service has been decided. The ball must hit the servers side of the table before hitting the opponent’s side. The ball can be returned using different skills. The game continues until a player misses the ball.

**Table tennis skills**

1. **Grip:** there are two main types of grip. They are tennis and pen holder grips.
2. **Tennis Grip:** in tennis grip, we have forehand grip and backhand grip. When carrying out tennis grip, the thumb and the forefinger are placed on either sides of bat surfaces while the three other fingers are folded around the handle.
3. **Pen holder grip:** this skill is like holding a biro when writing.
4. **Serving**
5. **Forehand serving:** in forehand serving, the ball is hit from the right side of the body as soon as it bounces from the table.
6. **Backhand serving:** This skill is almost the reverse of the forehand skill. The ball is hit from the left side of the body as soon as it bounces from the table.

**EVALUATION**

1. Explain “grip” in table tennis game.
2. Describe the skill of forehand serving in table tennis.

**WEEK FOUR**

**SAFETY EDUCATION**

Safety education teaches us facts and skills about avoid injuries and even death.

**Basic Rules in Safety Education**

Some basic rules in safety education are:

1. Making sure that the surroundings for work and play are safe
2. Educating pupils on safety measures while at school and at play.
3. Helping pupils to be aware of accident prevention methods
4. Pupils should be orderly
5. Pupils should avoid throwing objects any how

**Importance of safety education**

1. It keeps us off danger
2. It helps us to know those things that can cause us injuries
3. It helps us avoid accidents
4. It teaches us about accident prevention

**EVALUATION**

1. What is the meaning of safety education?
2. Discuss any three basic rules in safety

**WEEK FIVE, Six, SEVEN & EIGHT**

**SAFETY HINTS IN SWIMMING**

Swimming is a water game which requires skills. The following safety hints in swimming are important

1. You need to take a shower before you start to swim. This will help to condition your body.
2. Warm up before swimming
3. Don’t swim immediately after meal
4. Ensure the presence of a life guard
5. Don’t play around the pool
6. Never pretend to be drowning
7. For your own safety, do not go beyond the depth of your height when you are inside the swimming pool.
8. Never go swimming if you have an infection or open wound
9. Make sure you have enough skills before you go swimming to avoid drowning.

**Rules of swimming**

1. If you wear an aid such as swimming goggles, make sure that it fits and does not affect your movements.
2. Excessive turning of the head should be avoided
3. **Changing direction:** when swimming in one direction, pull harder with one arm in order to turn in another direction.
4. **Leveling off:** put the head forward or backward into the ater and give several rigorous kicks to pull the body to the position of face or back.

**EVALUATION**

1. Mention any five safety rules in swimming
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1. List three rules of swimming
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