**SECOND TERM E NOTES**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

**CLASS: BASIC FOUR**

**WEEK TOPIC**

1. **Community health**
2. **Environmental health**
3. **Environm,netal health cont.**
4. **Physical fitness and body conditioning**
5. **Importance of physical fitness**
6. **Gymnastic**
7. **Basic gymnastic movement**
8. **Food/ nutrient**
9. **Food and nutrition cont.**
10. **Revision**

**WEEK ONE**

**COMMUNITY HEALTH**

**Community efforts for health promotion**

A community is a group of group of living together. Such people have common interests. Usually, they work toghethr for good of the community. When people come together in such groups or communities, they can do a lot of work. That is why their efforts are very impotant for heal;th promotion

**Examples of community efforts for health promotion**

1. Community mobilization for pipe borne water supply
2. Community mobilization for rural electrification
3. Community leaders persuading mothers to take their children for immunization.
4. Building a community centre.

**SOME HEALTH SERVICES IN THE COMMUNITY**

1. Community health centre
2. A pharmacy
3. General hospital
4. Community health counseling meetings

**EVALUATION**

1. List three efforts for health promotion in your country
2. What is the importance of community efforts in health promotion?
3. Mention three health services in the country
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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WEEK TWO AND THREE

ENVIRONMENTAL HEALTH

The environment is where we live and its entire surroundings. Environmental health is about keeping our surroundings clean, controlling diseases and removing health problems. Waste matrerials are produced in the process of living. They come from schools, offices, markets etc.

**The meaning of waste and Waste disposal**

**Waste is anything that is not wanted. It is worthless and cannot nbeused again.** There are two main types of waste disposal:

1. Sewage disposal and
2. refuse disposal.
3. Sewage disposal: sewage is a semi-liquid waste(usually smelling). Examples are faces and urine. Methods of sewage disposal include: pit latrine, bucket latrine, trench latrine, water clost.
4. **Refuse:** refuse is anything that is not needed. Refuse disposal is the removal and carrying away of refuse. Methods of refuse disposal are: incirination, landfill, use of dumpsites and waste bin.

**Importance of waste disposal**

Waste disposal is very important for environmental heal;th for the following reasons:

1. **It prevents the breeding of insects and germs**
2. **It prevents bad odour**
3. **It prevents the spread of diseases**
4. **It also prevents environmental pollution**

**EVALUATION**

1. What is the meaning of waste?
2. Explain the meaning of waste disposal
3. State any two important advantages of waste disposal
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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**WEEK FOUR AND FIVE**

**PHYSICAL FITNESS AND BODY CONDITIONING**

Physical itness is the ability tilive a full and balanced life. It is the ability to carry out one’s duty and tasks without undue fatigue and still have enough strength to cops with emergencey situations and to engage in leisure activities.

**BODY CONDITIONING**

Body conditioning is the process of preparing the bodywith exercise in readiness for activities aemanding much effort. It is a procees of promoting the body fitness to participate in given sports.

**FITNES EXERCISES**

1. Pushing
2. Squatting
3. Bent knee
4. Sit –ps
5. Sit and reach
6. Dodging

**IMPORTANCE OF PHYSICAL FITNESS**

1. Physical fitness makes us well and enjoy life.
2. It prevents overweight
3. It helps us to meet emergencies in daily life
4. It helps us to take parts fully in sports
5. It makes the body grow and develop properly
6. It gives us resistance against diseases
7. It makes us look fine and healthy
8. It improves endurance

**EVALUATION**

1. Explain the meaning of physical fitness
2. List at least four physical fitness exercises
3. Mention five importance of physical exercises

**WEEK SIX AND SEVEN**

GYMNASTICS

Gymnasica refers to physical exercise and movem,ents that need skill, strength and control. They are often performed in competitions. This exercises could be in two forms namely:

1. floor or groung activities,
2. Apparatus activities
3. **Floor or ground activities**: this activities are done on the graound namely:
4. Walking
5. Running
6. Hopping
7. Jumping
8. Twisting
9. Stretching
10. Hopping
11. Curling
12. **Apparatus activities**
13. Swinging: this is a movement involving bending forward or backward and from side to side.
14. Vaulting: vaulting is a jump in which the hands assist the performer to clear obstacles.
15. Skipping: this is jumping or springing u[ and down lightly on toes with a pause between the movement. We skip with a rope

**EVALUTION**

1. What are gymnastic activities?
2. List four floor activities
3. Name four activities performed with an apparatus

**WEEK EIGHT & NINE**

FOOD

**MEANING OF FOOD**

Food may be defined as edble substance taken into the body through the mouth to nourish our body and give us energy to work. Common examples of food are rice, plantain, ototo, mango, banana, yam, egg.

CLASSES OF FOOD

There are six classes of food namely:

1. Carbohydrates
2. Protein
3. Vitamin
4. Fats and oils
5. Mineral salt
6. Water
7. Carbojhydrate

Carbohydrates are energy giving foods such as rice, yam, bread, sweet pototo, etc. energy foods contain a lot of starch. Our body uses the starch to make energy for itself.

1. Protein

Proteins are body building food. These foods come mainly from animals. Examples of proteins are: meat, beans, egg, milk, fish chicken.

1. Vitamins

Vatimins are also known as health foods. Health foods are mostly fruits and vegetables. They keep yur body heatlthy and against illness. Examples are: carrot, lime, orange, lettuce, cabbage, mango.

1. Fats and oils

Our body also getes energy from fats and oils. Examples are: palm oil, vegetable oi, peanut, coconut oil, butter and magarine.

1. Mineral salts

Mineral salts are food supplements. They are needed in only small quantities. Examples are table salt, soda, pepsi etc.

IMPORTANCE OF NUTRIENTS

Nutrients are very important to the body for the following reasons:

1. They are useful in building the body
2. They make the body grow and remain healthy
3. They repair damaged and worn out cell in the body
4. They provide energy to the body for work and play
5. They help the body protect itself against diseases

**EVALUATION**

1. Explain the meaning of food
2. List at least three ways in which nutrients are important to the body
3. Mention four types of food
4. Explain briefly what each type of food does in the body