

IMPORTANCE OF EXERCISE

1. It increases the flow of blood to the muscles.
2. It aids digestion and prevent constipation.
3. It helps to maintain sound sleep.
4. It provides a good means of using our leisure time.
5. It helps to reduce excess weight.
6. It helps the body to get rid of excess salt through sweat.
7. It teaches us to persevere, be alert and have the spirit of cooperation with others.

GUIDELINES FOR EXERCISING THE BODY

1. Start with the simplest form.
2. Exercise should be done in an open and airy place.
3. Do not engage in exercise immediately after a meal.
4. Wear light and loose clothes during exercise.
5. Set aside time for exercise.
6. Exercise regularly.

CONSEQUENCES OF USING DRUGS IN EXERCISE AND SPORTS

1. Drugs energize the user and make him to perform more than expected.
2. They lead to misbehavior of the user while doing exercise.
3. Some able bodied youths who could have been useful in sports might become drop outs.
4. Opponents may be wounded.
5. They cheat other opponents as drugs can enhance their performance in sports.

REST: Rest is the act of relaxing either by sitting or lying down. During rest, the mind and muscles are relaxed but you are still awake and aware or conscious of what is happening around you.

SLEEP: Sleep is a complete or a deeper form of rest. During sleep, you become unaware or unconscious of what is happening around you. Adequate sleep helps the muscles to grow and store energy for use later.

IMPORTANCE OF SLEEP AND REST

1. They enable the body system work smoothly.
2. They reduce body tension.
3. They make one feel fresher and stronger when one wakes up.
4. They allow one to build up energy for later use.
5. They are cure for fatigue.
6. It makes the worn-out tissues to be replaced.

GUIDELINES FOR SLEEP AND REST

- 1 Avoid tight wears during rest or sleeping.
- 2 Always rest or sleep in a good and ventilated area.
- 3 Always maintain a good posture during resting or sleeping.
- 4 Always go to bed early.
- 5 Rest after each meal.

1. Explain the types of family.
2. List three functions of the family.

WEEK FOUR

MEANING AND CHARACTERISTICS OF A HOME

A **home** is a dwelling place for family members. It is where family members stay together and share love. It is a place where children are trained and prepared for adult life.

A **house** is a building kept for people to live in. It is also a place where properties are kept.

CHARACTERISTICS OF A HOME

1. It must provide comfort and security to the family
2. A home normally belongs to a family who owns it.
3. It is base where family members can return to even when they are old.
4. Family members share love, intimacy and companionship in the home,
5. It meets the shelter needs of the family.
6. Family members communicate and bond with themselves.

TYPES OF HOUSES

1. Mud Houses: These are commonly found in rural areas. They have shallow foundation and are not suitable in riverine areas. They are usually cool in hot /dry season and warm during the cool season.

2. Bamboo Houses: This type of house is common in riverine areas. They are houses constructed on top of stilts standing in water. It has different shape with thatched roofs.

3. Modern Houses: Modern houses can be made from red bricks or cement blocks with iron sheet or roofing.

Types of Modern Houses

1. Single-Family Houses: E.g. bungalow, one or several storeys high.

2. Two- Storey Houses: Can have two or more flats or can be divided into four wings.

3. The Multi-storey Houses: have many flats or are designed to be used as offices or for a shopping centres.

Evaluation Questions

1. Define the following: (a) House (b) Home.
2. List three types of house and explain anyone.

FACTORS THAT INFLUENCE THE LOCATION AND CHOICE OF FAMILY AND HOUSE

1. The economic status of the family.
2. The location of the house.
3. Design of the house.
4. Family life style i.e., either to live a secluded life or not will affect one's choice of location.
5. Family taste in relation to the various rooms and facilities in the house.
6. Size or number of people in relation to size of the house.

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