

PHYSICAL EDUCATION

LESSON NOTES

PRIMARY TWO

TERM THREE

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1. BENDING AND STRETCHING DIFFERENT BODY PARTS

Children will move to the field in a double file and will trot on spot under the teacher's guidance. **(Warm up)**

SKILL TEACHING

The pupils will space up themselves under teacher's guidance and will stretch the different body parts.

POSITIONING

X X X X X X X T

X X X X X X X

X T X X X X X X

The lesson will end with Mayi ayiye amata and in a double file the pupils will move to their rooms. **(Warm down)**

2. MEASURING DISTANCE

The children will move to the field in a double file and will chase a partner's shadow under the teacher's guidance. **(Warm up)**

SKILL TEACHING

In groups of six pupils will measure different marked parts with strides under the teacher's guidance.

POSITIONING

X X X X X X X X T X

X X X X X X X X X

X X X X X X X X X

T

The lesson will end with pepeta and in double files pupils will move to their rooms. **(Warm down)**

3. MARCHING AND CLAPPING ON SPOT

The children will move to the field in a double file and will swing the arms with the teacher's guidance. **(Warm up)**

SKILL TEACHING

Pupils will be grouped then will march and clap on spot with the teacher's guidance.

POSITIONING



The lesson will end with kicking the air and in a double file will move to their rooms. **(Warm down)**

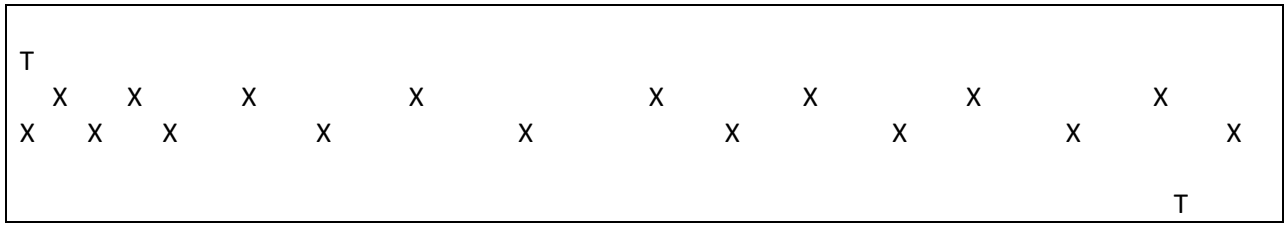
4. ZIG-ZAG RACE

The pupils will move to the field in a double file and will tip toe around the field with the teacher's guidance. **(Warm up)**

SKILL TEACHING

The pupils will make a file and in a zig zag form will race following their teacher's guidance.

POSITIONING



The lesson will end with nyama nyama we eat and in a double file they will move to their rooms. **(Warm down)**

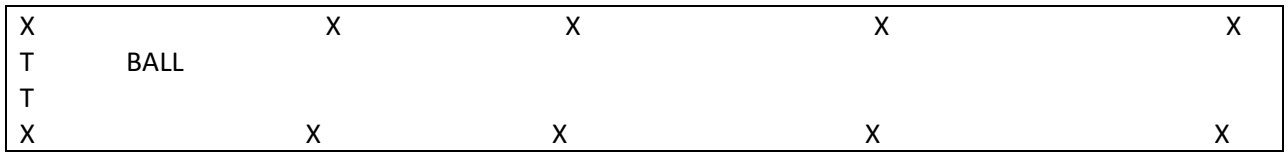
5. THROWING THE BALL INTO SPACE

The pupils will move to the field in a double file and will kick the air with the teacher's guidance. **(Warm up)**

SKILL TEACHING

Children will be grouped under the teacher's guidance and will throw the balls in space.

POSITIONING



The lesson will end with twisting the waist and pupils will move to their rooms. **(Warm down)**

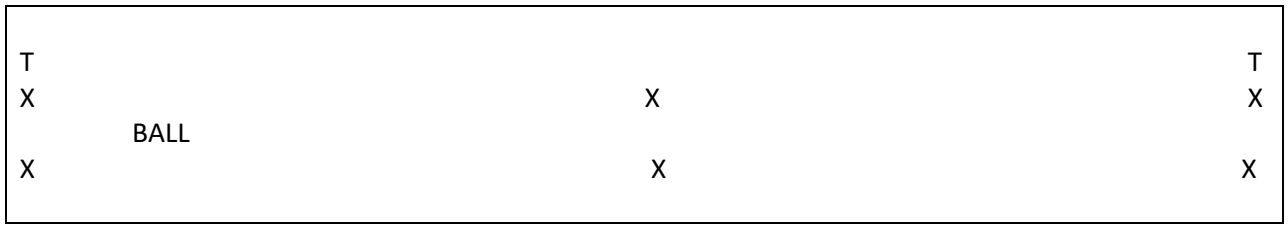
6. ROLL THE BALL TO AIM AT THE TARGET

Children will move to the field in a double file and will bounce the ball with the teacher's guidance.

SKILL TEACHING

Children will be grouped and will roll the balls to hit the targets under the teacher's guidance.

POSITIONING



The lesson will end with threading and pupils will move to their rooms. **(Warm down)**

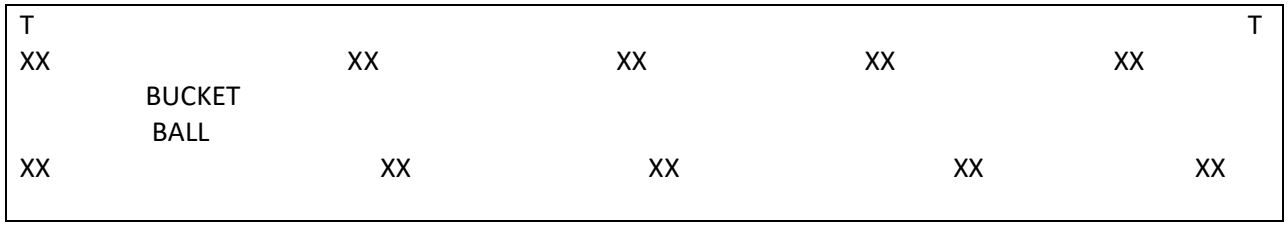
7. THROWING THE BALL UNDER ARM AND TARGET

Pupils will move to the field in a double file and will skip on spot under the teacher's guidance. **(Warm up)**

SKILL TEACHING

Pupils will stand in twos with a ball at a given distance and they will throw it under the arm to hit the bucket with the teacher's guidance.

POSITIONING



The lesson will end with tip toeing round the field and the pupils will move to their rooms in a double file. **(Warm down)**

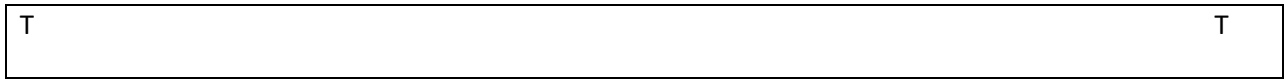
8. BOUNCE THE BALL INTO THE HOOP

Pupils will move to the field in a double file and they will box the air. **(Warm up)**

SKILL TEACHING

Pupils will make groups of six, each with a ball and a hoop placed at a distance then each group will target it's ball into a hoop with the teacher's guidance.

POSITIONING



XXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXX
BALL HOOP		

The lesson will end with stretching different body parts and in a double file the learners will move to their rooms. **(Warm down)**

9. CHASE AND CATCH

Pupils will move to the field in a double file and will skip on spot. **(Warm up)**

SKILL TEACHING

Pupils will make groups and will throw a ball chase it and catch under the teacher's guidance.

POSITIONING

T		T
XXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXXX
BALL		

The lesson will end with twisting the waist and the pupils will move to their rooms in a double file. **(Cool down)**

10. SACK RACE

Pupils will move to the field in a double file and skip on spot. **(Warm up)**

SKIL TEACHING

Pupils will be grouped and each with a sack then will race with the teacher's guidance.

POSITIONING

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	SACK
T	T
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	

The lesson will end with a deep breath in and out and in a double file they will move to their rooms. **(Warm up)**

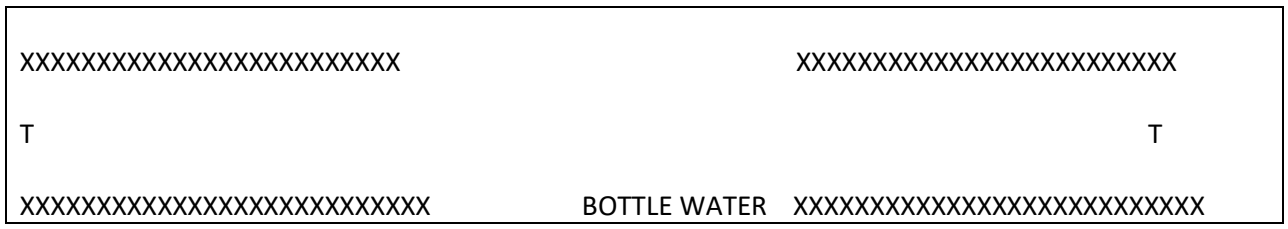
11. FILL BOTTLES

Pupils will move to the field in a double file and will jump on spot.

SKILL TEACHING

Pupils will be grouped and will fill bottles with water under the teacher's guidance.

POSITIONING



The lesson will end with pepeta and they will go to their rooms. **(Cool down)**

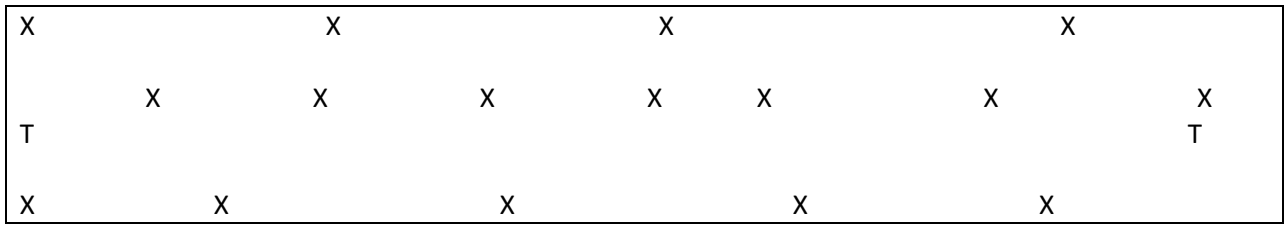
12. HIDE AND SEEK

Pupils will move to the field in a double file and will kick the air. **(Warm up)**

SKILL TEACHING

Pupils will perform hide and seek in their groups with the teacher's guidance.

POSITIONING



The lesson will end with bouncing the ball and they will go to their rooms. **(Cool down)**

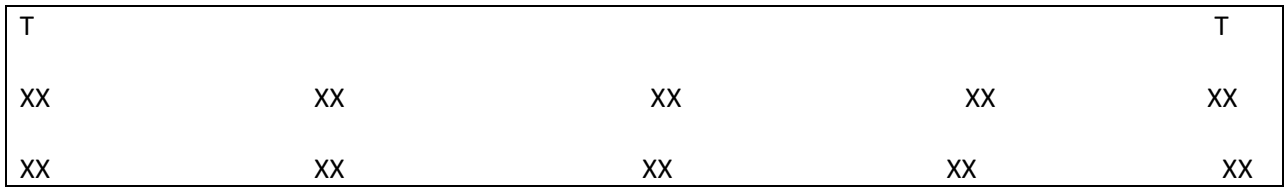
13. CHASE, CATCH AND SQUAT

Pupils will go to the field in a double file and will hop to a given point.

SKILL TEACHING

Pupils will be grouped in twos and will chase, catch and squat with the teacher's guidance.

POSITIONING



The lesson will end with threading and they will go to their rooms. **(Cool down)**

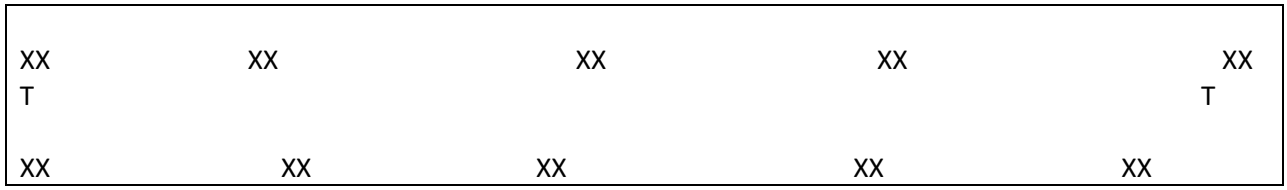
14. CHASE THE SHADOW

Pupils will go to the field in a double file and will arm circle. **(Warm up)**

SKILL TEACHING

Pupils will be grouped in twos and will chase each other's shadow with the teacher's guidance.

POSITIONING



The lesson will end with mayi ayiye amata and in a double file pupils will go to their rooms. **(Cool down)**

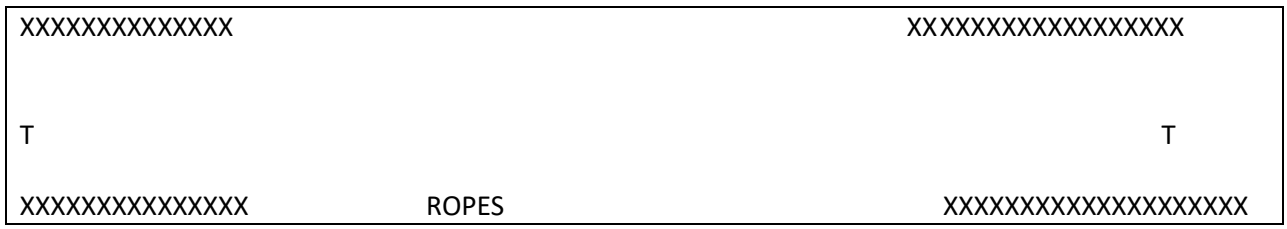
15. SKIPPING THE ROPES

Pupils will go to the field in a double file and will swing their arms. **(Warm up)**

SKILL TEACHING

Pupils will be grouped each with a rope and will skip to a given distance as demarcated.

POSITIONING



The lesson will end with stretching body parts and they will go to their rooms. **(Cool down)**

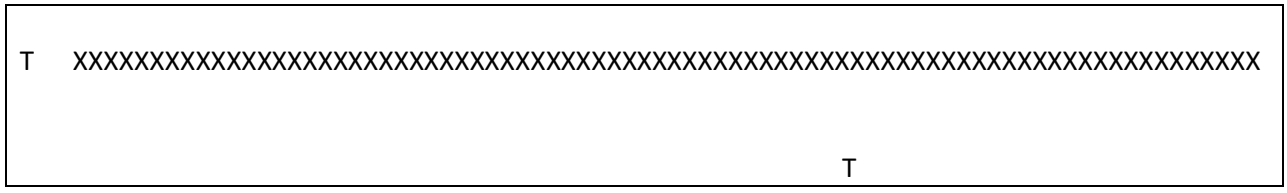
16. FROG JUMP

Pupils will go to the field in a double file and will box the air.

SKILL TEACHING

Pupils will squat and jump up to a given point with the teacher's guidance.

POSITIONING



The lesson will end with pepeta and they will go to their rooms. **(Cool down)**

17. AIM AND TARGET

Pupils will go to the field in a double file and will jump on spot.

SKILL TEACHING

Pupils will be grouped in six. Each will get a ball and will target a bucket at a marked point with the teacher's guidance.

POSITIONING

T XXXXXXXXXXXXXX XXXXXXXXXXXXXXX T XXXXXXXXXXX

BUCKET

The lesson will end with bouncing the ball and they will go to their rooms. **(Cool down)**

18. DRESS UP

Pupils will go to the field in a double file and will jog on spot.

SKILL TEACHING

Pupils will be grouped they will remove their T.shirts, shoes, then will dress up with the teacher's guidance.

POSITIONING

XXXXXXXXXXXXXX T XXXXXXXXX T XXXXXXXXXXXXXX

T.SHIRTS SHOES

The lesson will end with tip toeing and they will go to their rooms. **(Cool down)**

19. SEVEN STONES

Pupils will go to the field in a double file and will kick the air.

SKILL TEACHING

Pupils will be grouped in …with stones and balls and will perform seven stones with the teacher's guidance.

POSITIONING

XXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXX

X X X X

X	X	X	X	
XXXXXXXXXXXXXX		XXXXXXXXXXXXXXXXXXX		
T				T
BUCKET		BUCKET		

The lesson will end with stretching body parts and they will go to their rooms in a double file. **(Cool down)**

20. BLIND FOLD

Pupils will go to the field in a double file and will run back words. **(Warm up)**

SKILL TEACHING

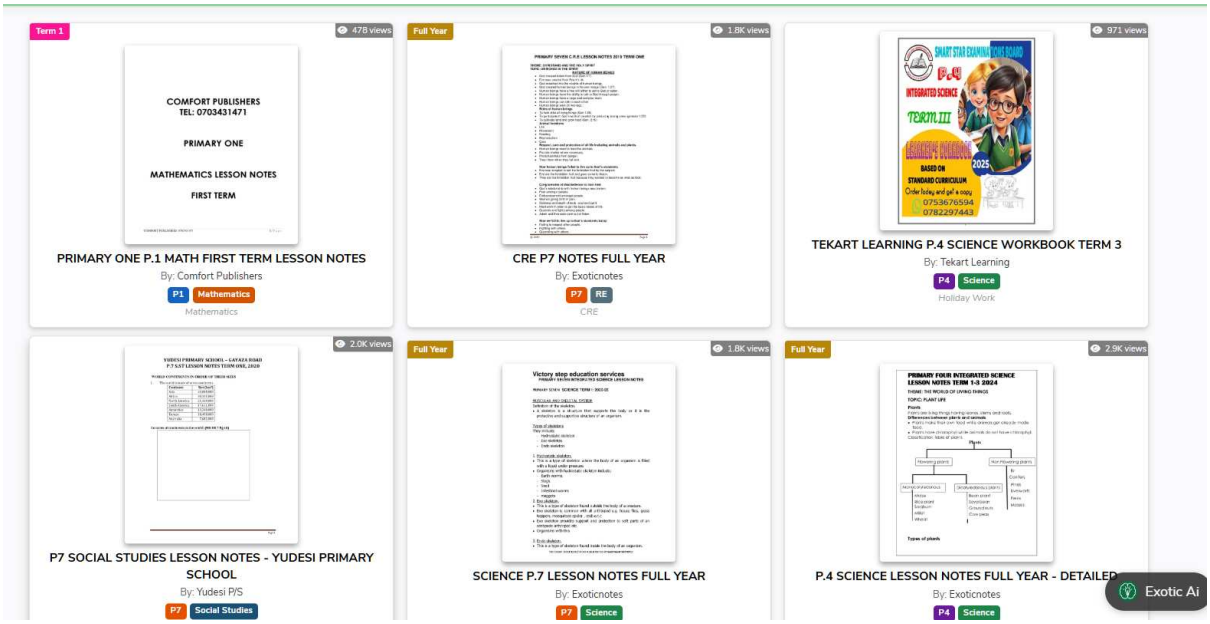
Pupils will be grouped each with a blind man and will perform the blind fold with the teacher's guidance.

POSITIONING

T		T
XXXXXXXXXXXX	XXXXXXXXXXX	XXXXXXXXXXXXXXX
BLIND MAN		

The lesson will end with stretching body parts and they will go to their rooms. **(Cool down)**

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