

P.E SCHEME OF WORK FOR 3RD TERM

LEARNING OUT COME: The learner is able to know and apply basic skills, techniques and principals of playing, officiating and spectating the game of rolling ball, always upholding rule structures

WK	PD	TOPIC	SUB-TOPIC	COMPETENCES		CONTENT	METHODS/ TECHNOQUES	ACTIVITIES	INDICATORS OF LIFESS KILLS AND VALUES	INSTRUCTIONAL MATERIALS	REF	REM
				LANGUAGE	SUBJECT							
1	1	VOLLEY-BALL	VOLLEYING	The learner -listens and responds to instructions -Uses unfamiliar words appropriately applied in volley ball (volleying)	The learner -performs the basic skills of volleying	volleying the ball	explanation demonstration	volleying a ball to a partner net	team work - performing a task - confidence - carrying	ball field whistle	P.5 curr page 93-94	

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									out a physical activity without fear			
2	1			The learner listens and responds to instructions	The learner performs the basic skills of volleying	service s/ serve -under arm service	demonstr ations	volleying the ball over the net	working freely with others in a group - countin g one's anger during and after play	ball field whistle	P.5 curr page 93-94	
3	1			tHe learner uses unfamiliar words applied in volley ball (serving)	The learner listens, says and uses basic skills of volleying	service / serve	demonstr ation explanati on	serving/ volleying from various positions -standing -kneeling	-co-ordinati ng with member s of a group - carrying out activity without	ball field whistle	P.5 curr page 93-94	

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									fear, anger or disgust			
4	1			The learner uses new words as applied in volley ball e.g (tossing)	the learner performs the basic skills of tossing	tossing	explanation demonstration	tossing the ball in air individually -tossing and hitting the ball at varied distances and target	coming up with ways of performing a task	ball field net whistle	P.5 curr page 93-94	
5	1			The learner uses digging as a new word applied in volley ball	The learner uses/ performs the basic skills of digging	digging	demonstration participation	digging to a partner -digging to various direction	apologizing in case of mistake requesting	ball field - whistle	P.5 curr page 93-94	
6	1			The learner: -Listens and responds to instructions -uses unfamiliar words appropriately as applied in volley ball like -digging -service	The learner performs the basic skills of -volleying -serving -digging altogether	demonstration guided discovery	-tossing -serving -volleying	-carrying out a physical activity without fear, anger, shyness or disgust	apologizing in case of mistake requesting	ball, field, whistle	P.5 curr page 93-94	

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				-volleying -tossing								
7	1					Girls Vs Girls					P.5 curr page 93-94	
8	1					Boys Vs girls					P.5 curr page 93-94	
Learning outcome: The learner is able to demonstrate, perform, practice and apply basic skills and tactics in hand ball, uphold rule structures and principles of playing officiating and spectating the game in competitive and leisure situations												
9	1	Hand ball	rudimentary skills of catching and throwing the ball	The learner -listens and responds to instructions -uses the unfamiliar words correctly e.g catching and throwing	the learner performs skills of catching and throwing	catching and throwing	explanation demonstration	practicing the two handed catching with emphasis on the grip, timing, stance as well as co-ordination and transfer of weight and follow through	-apologizing in case of a mistake -co-operating with member of a group -determination -self confidence	ball field whistle	P.5 curr page 93-94	`

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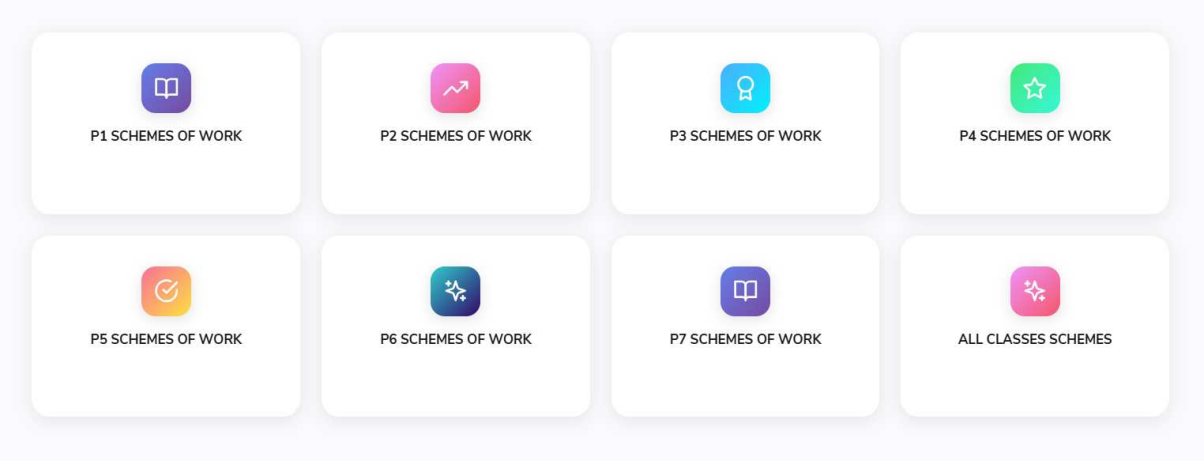
10	1		rudimentary skills of catching and throwing and movement on the court	The learner uses unfamiliar words appropriately as applied in hand ball	The learner performs the basic skills of catching , throwing and movement on the court	catching throwing and movement on the court	explanation demonstration	-practicing -chest pass -drills -moving with or without a ball	-requesting -determining	ball field whistle	P.5 curr page 93-94	`
11	1		Dribbling and shooting	The learner uses the unfamiliar words correctly e.g dribbling and balancing diving	the learner performs basic skills of – dribbling -bouncing -diving and shooting	basic skills and ball control -catching -throwing -passing	explanation demonstration	-bouncing and dribbling the ball around obstacles(staggers, skittles, cones) -performing, hopping, stepping, shot, drills	-coming up with new ways of performing a task -determination -carrying out a physical activity	balls, whistle, field, staggers	P.5 curr page 93-94	

						- dribbling - movement with the ball - positioning play -attack and defense - shooting for goal without a dive - blocking a shot		-simple attack combination -requesting	without fear, anger, shyness or disgust			

						-goal keeping						
12	1			The learner uses words like -catching -throwing -passing -movement with the ball -shooting -diving	The learner performs -catching -throwing -passing -movement		guided discovery			balls, field, whistles	P.5 curr page 93-94	

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