

PHYSICAL EDUCATION SCHEME OF WORK

CLASS P. 1 TERM III

WK	PD	TOPIC	SUB TOPIC/ ACTIVITIES	COMPETENCES		LIFE SKILLS	VALUES	APPARATUS	REFERENCES	RMKS
				SUBJECT	LANGUAGE					
1	1	**TRADITONAL GAMES INVOLVING IMITATION**	**Animal movement** Walking like different animals eg Frog jump, Duck walk, Walking like a chameleon , Chimpanzee walk	The learner: Imitates how various animals walk	The learner: Listens to instructions and reacts accordingly	Self awareness Assertiveness Self esteem	Respect Appreciation Effective communication	Cones Whistle	Physical Education for primary schools (Jerim Othieno) Practical physical education	
	2		**Wheelbarrow race** In pair the activity is performed alternately	The learner: Carries the partner's legs	The learner;	Self awareness Assertiveness	Respect Appreciation	Cones hurdles		

			within a distance of about 30 M.	Uses the hands to move like a wheelbarrow.	Listens and learns to use terms like hop, Hoop, sideways	Interpersonal relationship Self esteem	Effective communication		CAPE physical education syllabus	
2	1		**Cat and rat chase** In a circle the cat chases the rat while rat is being given protection by the other members in the circle.	The learner: Chases the rat from within the circle Dodges when being chased	The learner: listen to instructions and react accordingly.	Coping with emotions, Critical thinking Creative thinking	Determination Cooperation endurance	Whistle		
	2		**Fire on the mountain** Within a demarcated area pupils perform fire on the mountain	The learner Runs Falls down on the command.	The learner; Listens and follows instructions.					
3	1	**EXPERIENCE WITH BODY AND SPACE**	**Egg race** Pupil balance (the egg) tennis ball on a spoon and move for a distance and hand Over to partner.	The learner: Handles spoon Balances the item on the spoon Hands over.	The learner: Learns and uses terms like hand over, Balance.	Self esteem Assertiveness Self awareness Decision making	Patience Togetherness appreciation	Spoons Either, irish potatoes Tomatoes Or tennis ball.	Physical Education for primary schools (Jerim Othieno)	
	2		**Jump over objects** In group learners compete jumping over hurdles	The learner: Jumps over hurdles, Passes under the bars fast.	The learner: Listens to instructions use the terms under and over.	Self esteem, Coping with emotions Interpersonal relationship.	Tolerance Endurance,	Hurdles	Practical physical education CAPE physical education syllabus	
4	1		**Hopping** Pupils hop in different ways freely Sideways, backwards, Over a low object Into an object like a hoops	The learner; Listen and learn to use terms like hop, Hoop, sideways	The learner; Listen and learn to use terms like hop, Hoop, sideways	Self awareness Assertiveness Interpersonal relationship Self esteem	Respect Appreciation Effective communication	Hoops Sticks		
	2		**Lifting objects**	The learner; Carries the object	The learner	Self awareness	Confidence, Endurance,	Boxes with sand in polythene .		

			Pupils carry some objects (box) for a distance and them over to a partner**.**	Hands object over to partner	Listens and follows instructions	Inter personal relationship, Decision making	Patience			
5	1		S**kipping** In different ways while standing walking, running, slow, fast, while hopping on one leg alternately, moving sideways.(allow learners to innovate other styles)	The learner ; Skips with the rope in different ways.	The learner ; Listens to instructions learns to use words like skip, hop,	Self awareness Inter personal relationship, Decision making	Confidence, Endurance, Patience	Ropes. Cones		
	2		**Catch the Tail** Chasing and Picking tails at the same time protecting own tail. Counting who has more after some time	The learner: -Chases and pluck friend's tails. -walk on ropes on the ground	The learner: Listens to instructions and learns terms like Tail, pluck	Critical thinking Decision making	Appreciation Tolerance patience	Tags Belts Ropes Whistle		
6	1	**EXPERIENCE WITH BODY AND SPACE**	**Relay** In form a shuttle relay learners run with the ball and hand it over to the next person.	The learner Runs with the ball Hands over ball to partner.	The learner. Listens and uses words like relay Hand over,	Self awareness Inter personal relationship, Decision making	Confidence, Endurance, Patience	BALLS	Physical Education for primary schools (Jerim Othieno) Practical physical education CAPE physical education syllabus	
	2		**Walking** Walking in different ways; on toes, walk sideways by crossing one foot in front of the other , lung walk, Novelty walk, walking Backwards, Walking fast (race)	The learner: Runs freely in different ways. Walks freely	The learner ; Uses new words like lung walk, Novelty walk.	Self esteem Assertiveness Self awareness	Confidence, Endurance, Patience.	Whistle Cones		
7	1		**Running**	The learner:	The learner ; get differences	Self esteem Assertiveness	Appreciation Tolerance	Whistle Cones		

			Differences between a jog a run and a sprint. Running with knees lifted high, gallop, Running on toes with short or long steps. Running backwards	Runs in different ways. Gallops for some distance,	between a jog, run and sprint,	Self awareness	patience			
	2		**Filling the basket** In group pupils try to fill their own baskets scrambling for balls from a common source**.**	The learner: Runs fast to pick the ball Puts ball in the basket.	The learner; Listen to instructions and respond to picking and filling the basket.	Friendship formation Interpersonal relationship. Self esteem	Cooperation Commitment Determination	Baskets Tennis ball		
8	1		**Crawl into hoop and jump in and out** The Learner in pairs or threes share a hoop one holds it at reasonable height the other(s) enter it from under and jump out or vice versa.	The learner Bends low and crawls under the hoop. Jumps out of hoop Jumps into hoop.	The learner. Listen and use words like crawl Jump into	Friend ship formation Self esteem empathy	Cooperation Togetherness Respect	Hoops		
	2	**SIMPLE GAMES**	**Bean bag Challenge** A relay with multiple objects (about 3) objects in a succession where the last hands over to the front	The learner Runs with object, Hands over object	The learner; Follows instructions use words like hand over.	Friend ship formation Self esteem Empathy	Cooperation Togetherness Respect	Balls (beanbags)	Physical Education for primary schools (Jerim Othieno)	
9	1		**Rolling ball through a gate to a partner**. In 2 lines facing one another learners roll the ball to a partner	The learner Rolls the ball Catches the ball	The learner Uses words like Roll Aim catch	Friend ship formation Self esteem Empathy	Friend ship formation Self esteem Empathy	Balls Cones	Practical physical education	

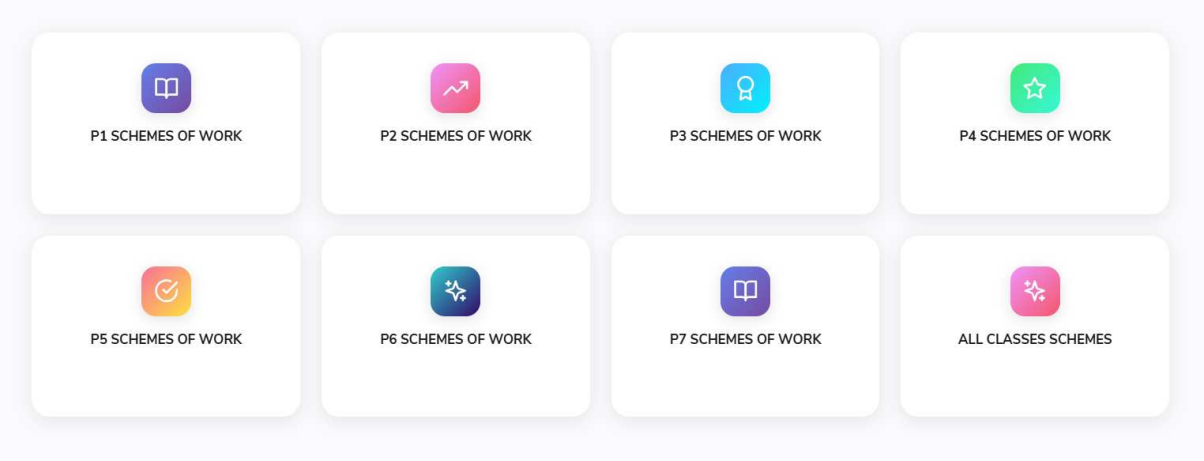
			though a gate (between two cones)						CAPE physical education syllabus	
	2		**Roll the ball to aim at a target** Two lines facing one another with skittles (cones) in the middle to be aimed at. More balls may be used.	The learner: Aims at the skittles Catches the ball Rolls the ball	The learner: Learn and use words like; Roll Aim Catch Target	Self awareness Inter personal relationship, Decision making assertiveness	Orderliness Responsibility Cooperation	Cones Big balls Confidence, Endurance, Patience		

SOME SUGGESTED ACTIVITIES

Warm up activities	Cool down / warm down
Jogging around the activity area	**Mai ayuye amata**
Sprinting from one end to another	**Pepeta**
Arm swinging	**Threading/ unthreading**
Arm circling	**Bouncing ball while moving**
Cartwheel	**Twisting waists**
Flying an aeroplane	**Deep breathe in and out**
Running back words	**Free walking within demarcated area**
Hopping	**Stretching specific parts of the body**
Leg cycling	**Nyama nyama we eat**

Free skipping at the spot	**Tip toeing around the field**
Jogging at the spot	
Bouncing ball while moving	
Boxing the air	
Kicking the air	
Galloping	
Chasing the shadow	
Jump over an imaginary object (ball)	
Elbow circling front & back wards	

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