

P.5 P.E SCHEME OF WORK FOR TERM II

LEARNING OUTCOME: 1The learner is able to know, uphold and apply correct basic skills, techniques and rules in playing officiating and spectating the game of football in competitive and leisure situations.

2. the learner is able to demonstrate uphold and apply basic skills, techniques, in playing officiating and spectating the game of netball during competitive and leisure situations

WK	PD	TOPIC	SUBTOPIC	Competences		CONTENT	METHOD	SUGGESTED ACTIVITIED	INDICATORS OF LIFE SKILLS AND VALUES	RECHNIQUES / LEARNIG AIDS	REF	REM
				LANGUAGE	SUBJECT							
1	1	Footb all	Passing	The learner listens and responds to instructio ns	- passes/ kicks the ball correctl y with wide foot	passing/ kicking the ball	explana tion demons tration	passing/ kicking the ball on ground	performing a task confidence team work	field whistle r ball	P.5 curr page 87	
2	1		Dribbling	The	diddles	dribblin	demons	dribbling	team work	whistle	P.5 curr	

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				learner -uses words like dibbing dribble	the ball individually	g	tration explanation	the ball over varied distance		ball	set CAPE page 87	
3	1		Ball control	The learner uses unfamiliar words like ball control	tosses the ball and control using the foot	ball control using the foot	participating demonstration explanation	practicing controlling the ball	performing a task participation	whistle balls		
4	1		Ball control	The learner listens and responds to instructions	control the ball using the chest	ball control using the chest	role play participation demonstration	playing with the ball	critical thinking performing a task in more than one way	ball whistle	P.5 Curr set CAPE 87	
5	1		Ball control	The learner listens and responds to instructions	control the ball using the thigh	ball control using one thigh	participating explanation demonstration	controls the ball using the thigh	leardership guiding others / group participating in selecting leaders	field ball	P.5 curr set CAPE page 87	

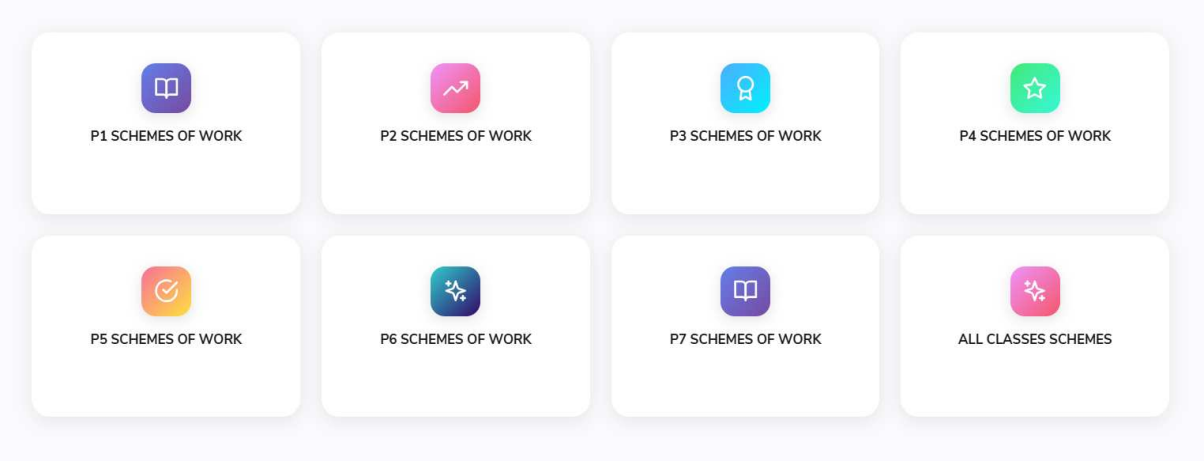
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									fair play			
6	1		Shooting	The learner uses words correctly like shoot	shoot at a goal score	shooting	explora tory and discove ry role play demons tration	shooting from different positions	performing tasks participati ng sharing	foot ball whistle	P.5 curr set CAPE page 87	
7	1		Throwing	The learner uses unfamilia r words like throw in	perfor ms the skills of passing and catchin g the ball	catching and throwin g	role play explana tion demons tration	throwing and catching balls with partners	team work working freely with others in a group sharing	whistle balls	P.5 curr set CAPE page 91	
8	1	Netba ll	Catching and throwing	The learner listens and respects to instructio ns	perfor ms skills of passing and catchin g the ball	catching and throwin g	role play explana tion demons tration	throwing and catching balls with the partner	team work working freely with others in groups sharing	whistle s balsa	P.5 curr set CAPE page 91	
9	1		Netball	The learner applies unfamilia	demon strates correct footwo	footwor k	particip ating role play	demonstra tion correct footwork	creative thinking coming up with new	netball whistle s	P.5 curr set CAPE page 91	

				r words like football	rk		demonstration		ways of performing tasks respect			
10	1	Netball	Basic passes	The learner listens and responds to instructions		basic passes	demonstrations participating explanation	performing two handed passes	performing two handed passes	netball whistles	P.5 curr set CAPE page 91	
11	1		Dodging	The learner uses unfamiliar words like two handed shot	demonstrates correct dodging	dodging (getting free)	exploratory and discovery demonstration role play	dodging playing with the ball	dodging playing with balls dodging	netball whistles	P.5 curr set CAPE page 91	
12			Marking players		demonstrates marking skills	marking players with or without a ball	participatory demonstration explanation	playing		whistle	P.5 curr set CAPE page 91	

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