



P.4 P.E SCHEME OF WORK FOR TERM II

W K	P D	TOPIC	SUB TOPIC	CONTENT	COMPETENCES		METHOD S	ACTIVITI ES	Indicators of life skills and values	t/aids	Ref	r e m
					Subject	Languag e						
1	1	Advanced games	Reaction games	<u>Relay game</u> -put learners into two teams -give them the button -the first player in each team takes button and runs fast	The learner - demonstrates physical qualities e.g reaction, speed and strength	The learner -listens and responds to instructions -explains the values of playing advanced games	participation demonstration	running jogging	<u>team work</u> -tolerance -co-operation -patience	sticks buttons	Pri 4 curricula page 8	
2	1			<u>Crusts and crumbs</u>	The learner:	The learner	command discovery	running hopping	<u>Team work</u>	whistles	Teachers resources	

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				-Group the learners into two groups -Let then chase after one another	- demonstra tes physical qualities like speed	- pronoun ces the words ie crust and crumb -listens and responds to instructi ons			- cooperatio n sharing		re book Pri 4 page 44	
3	1		Invasi on games	<u>Devil touch</u> -select one player to become the devil - tie a ribbon around the devils heads to cover the eyes Let the devil begin the chase across the river -Divide the activity area into three	The learner - demonstra tes physical qualities like speed and strength	The learner -listens and responds to instructi ons - strategie s involving playing advance d games	practice discovery	running jumping chasing	<u>coping with emotions</u> -tolerance -patience -sharing -concern	ribbon whistle	Pri 4 curr Cape II page 8 Teach ers resou rce book Pri 4 page 44	
4	1				The learner	The learner	discovery participat ion	pushing running catching	<u>friendship formation</u> -toleranve	whistle s learner	Teach ers resou	

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				sections i.e ABC -appoint two players for section B and name them crocodiles -The rest should go to section c then start the game	- demonstra tes a healthy and active life style by participati ng in the game	-listens and responds to rules and regulatio ns of the game - interpret s strategie s involving playing advance d games			-sharing -concern		re book Pri 4 page 46 Pri 4 Curr Cape II page 8	
5	1	Advance d games	Ball games	<u>Dodge the ball</u> -Group learners into two teams ie the targeters and the dodges. -The targeters throw a ball at the dodgers	The learner - demonstra tes strength and endurance -applies basic values and strategies of playing	The learner listens and responds to the rules of the game	participat ion demonstr ation	dodging throwing	sharing <u>team work</u> cooperatio n sharing	balls	Pri Cape II page 9	

				aiming at hitting them	advanced games						
6	1	Contest games	<p><u>Foot fighting</u></p> <p>-Put learners in pairs and instructs them to use their feet to push one another</p> <p>-The one who falls off loses the game</p>	<p>The learner</p> <p>- demonstrates strength and flexibility</p>	<p>The learner</p> <p>-listens and responds to instructions</p>	discovery command	pushing fighting	.tolerance .patience	pupils whistles	Teachers resource book Pri 4 page 50	
7	1	Lead up games	<p><u>Her, there every where</u></p> <p>-Let the stand spaced all over the activity area and you in the centre.</p> <p>-Tell them to run as pointing towards the</p>	<p>The learner:</p> <p>- demonstrates speed and endurance through performance of various games</p>	<p>The learner</p> <p>listens and responds to instructions</p>	discovery demonstration	running participating the game	-tolerance - togetherne ss -co-operation -concern	whistle	Pri 4 curr Cape II page 9	

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				intended direction								
8	1		Lead up games	-Learners who take the wrong direction should stay out of the game air, land and sea -divide learners into three teams air, land, and sea -have members of each team stand in a line behind their group leader -direct them to specific areas to run -instructs learners in-	The learner: Applies basic values and strategies of playing advanced games	The learner Explains the playing advanced games	demonstration command	runnug around the activity area	<u>team work</u> -co-operation -sharing -endurance	whistle	Pri 4 Cape II page 9 Teachers respir es book Pri 4 page 53	
9	1											

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				front of the line to rund							
10	1			<u>Katambala game</u> -divide the learners into two grouos -the first player one the line runs with a handkerchief -they give the handkerchief to the next runner in their team	The learner - demonstra tes strength and speed -performs games and activities from his or her own communit y	The learner listens and responds to the instructi ons -sings songs and recites the known poems related to the tradition als gaames	command discovery	singing running	<u>team work</u> - cooperatio n - leasdership sharing	handke rchiefs	Teach ers resou rce book Pri 4 page 56