



P.6 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

W K	P D	TOPI C	SUB- TOPI C	COMPETENCES		CONT ENT	METHOD S/ TECHNO QUES	ACTIVITIES	INDICA TORS OF LIFESS KILLS AND VALUES	INSTR UCTIO NAL MATE RIALS	REF	R E M
				LANGUAGE	SUBJECT							
1	1	VOLL EY- BALL	VOLL EYING	The learner -listens and responds to instructions -Uses unfamiliar words appropriately applied in volley ball (volleying)	The learner -performs the basic skills of volleying	volleyi ng the ball	explanati on demonstr ation	volleying a ball to a partner net	team work - perform ing a task - confiden ce - 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	demonstrations	volleying the ball over the net	working freely with others in a group - counting 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	demonstration explanation	serving/ volleying from various positions -standing -kneeling	-co-ordinating with members 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	explanati on demonstr ation	tossing the ball in air individually -tossing and hitting the ball at varied distances and target	coming up with ways of perform ing 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	demonstr ation participat ion	digging to a partner -digging to various direction	apologiz ing in case of mistake requesti ng	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	demon stratio n guided discov ery	-tossing -serving -volleying	-carrying out a physical activity without fear, anger, shyness or disgust	apologiz ing in case of mistake requesti ng	ball, field, whistle	P.5 curr page 93-94	

				-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	rudimen- tary skills of catchi ng and throw ing 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	catchi ng and throwi ng	explanati on demonstr ation	practicing the two handed catching with emphasis on the grip, timing, stance as well as co- ordination and transfer of weight and follow through	- apologiz ing in case of a mistake -co- operatin g with member of a group - determi nation -self confiden ce	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	

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						<ul style="list-style-type: none">- dribbling- movement with the ball- positioning play- attack and defense- shooting for goal without a dive- blocking a shot		<ul style="list-style-type: none">- simple attack combination- requesting	without fear, anger, shyness or disgust			
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						-goal keepin g						
1 2	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, whistle s	P.5 curr page 93-94