

CPS

Primary Physical Education

New Curriculum

ECD B Physical Education Teacher's Guide



ECD B

Musiyiwa J

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CPS

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ECD B **Physical Education** **Teacher's Guide**

Musiyiwa J Ncube S.B Nyakuno J

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ECD B Physical Education - Teacher's Guide

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Guidelines on how to use the book

The book is written in line with the revised curriculum developed and prepared by the Ministry of Primary and Secondary Education (new curriculum 2015-2022). It is logically and sequentially arranged to help the teacher effectively and efficiently deliver the intended lessons. It explicitly and clearly guides the teacher on how to implement the curriculum. The book tallies very well with both the learner's book and workbook. It empowers the teacher with skills and expertise of teaching the subject areas. The book's layout lessens the teacher 's burden in the execution of lessons as everything is clearly spelt out. The book gives room to the teacher to collect materials for the lessons. It highly involves learners as it employs learner-centred methodologies.

The book has assessment activities at the end of each unit to guide the teacher in assessment of the learners' progress.

This Physical Education Teachers' Guide is complemented by an interesting Learner's Book and an exciting Learner's Workbook.

Structure of the book

1. Weekly aims of the lessons
2. Suggested learning materials
3. Lesson objectives
4. Lesson development
5. Assessment of the weekly lessons

A well thought out book for teachers. Enjoy your work and activities with this fabulous helper.

CHAPTER 1 My body

Aims

To help learners:

- develop basic physical education skills
- develop coordination and balancing skills
- acquire aesthetic awareness of beauty in motion

Source of matter

ECD B syllabus pages 5 and 9

Suggested learning materials

Monday: a big chart showing a human body with different body parts

Tuesday: balls

Wednesday: crayons or big pencils for beginners, balls

Thursday: balls

Friday: balls

Monday

Topic: My body

Objectives:

During the lesson, learners will:

- a) read a picture of a human body
- b) identify different body parts
- c) make circles with different parts of their body

Skills to be developed

- Reading / signing
- Identifying
- Naming / signing
- Making circles

Learning activities

1. Learners, in turns, identify on the displayed chart the body parts that the teacher points at on his or her body. For example, if teacher points at an arm, learners will identify the arm on the chart.

2. Learners name the different parts of the body shown on the chart.
3. Learners turn to their reader on page 1 where there is a picture showing body parts. They read the picture naming the different parts of the body.
4. Teacher explains to learners that all body parts are important and there is need to take good care of them. Learners suggest ways of taking good care of the body parts such as bathing, not breaking the body parts through dangerous play.
5. Teacher demonstrates making circles with different parts of the body. Learners practice the activity individually. Teacher moves round watching learners carrying out the activity.

Tuesday

Topic: Kids athletics: Free throwing

Objectives

During the lesson, learners will:

- a) read a picture of children throwing balls
- b) throw balls in various directions

Skills to be developed

- Reading / signing
- Discussing / signing
- Throwing
- Catching

Learning activities

1. Learners do a warm up activity in the classroom by running freely in any direction within a marked area. On signal, all learners stop and stand still.
2. Learners take their seats. They turn to their reader on page 2. They read a picture of children throwing balls to each other. In pairs, learners discuss what is happening in the picture while teacher moves round listening to the discussion.
3. Learners throw balls freely to each other in pairs within the marked area. Teacher watches learners throwing balls to each other.

Wednesday

Topic: Coordination

Objectives:

During the lesson, learners will:

- a) practise throwing and catching the ball
- b) complete a drawing of a child throwing a ball to a partner

Skills to be developed

- Throwing
- Catching
- Completing a drawing
- Colouring
- Fine motor skills

Learning activities

1. Teacher takes learners outside and they throw balls to each other in pairs. They practice throwing and catching the balls while teacher moves round watching learners carrying out the activity.
2. Teacher and learners go back

into the classroom. Learners turn to their workbook on page 1. They complete a drawing of a child throwing a ball to a partner by joining the dotted lines. The arm that is throwing the ball and the ball itself are in dotted form. Learners also colour one picture of their choice.

3. Teacher moves round observing learners completing their drawings. Learners show each other their work.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- a) practice solo balancing on one leg
- b) throw a ball while balancing on one leg

Skills to be developed

- Balancing
- Throwing

Learning activities

1. Teacher and learners go outside the classroom. Teacher demonstrates solo balancing while standing on one leg.
2. Learners practice solo balancing while standing on one leg. Teacher moves round watching learners carrying out the activity.
3. In pairs learners practice throwing balls while standing on one leg and the partners catch the ball on two legs.
4. A few pairs of learners who volunteer, demonstrate throwing balls while standing on one leg.

Their partners catch the balls while standing on two legs. Other learners watch them in appreciation.

Skills to be developed

- Throwing
- Receiving / catching
- Playing a game

Friday

Topic: Game skills: Throwing and receiving

Objectives:

During the lesson, learners will:

- a) practice throwing and catching to self
- b) playing a game of throwing and catching in pairs

Learning activities

1. Teacher and learners go outside their classroom. Teacher demonstrates throwing and catching a ball to self.
2. Learners practice throwing and catching balls to self.
3. In pairs, learners throw and catch balls. Teacher moves round assisting the needy learners.

Assessment

Name of learner	Are learners able to identify and name parts of the body?	Are learners able to throw balls freely within a marked area?	Are learners able to throw and catch the ball to self?	Are learners able to do solo balancing on one leg?	Are learners able to play a game of throwing and receiving to self?
Joyce					
Memory					
Paul					

CHAPTER 2 External and internal body parts

Aims

To help learners:

- develop gross motor skills
- develop healthy bodies
- acquire team building skills

Source of matter

ECD B syllabus pages 5 and 9

Suggested learning material

Monday: chart drawing or picture of internal and external body parts

Tuesday: illustrations of frog jumping

Wednesday: crayons

Thursday: tins with strings

Monday

Topic: External and internal parts of the body

Objectives:

During the lesson, learners will:

- a) recite a rhyme on body parts
- b) read a picture on external and internal body parts

Skills to be developed

- Reading/signing
- Naming/signing
- Reciting/Signing
- Discussing / signing

Learning activities

1. Learners revise naming different parts of the body such as arm, leg, eye among others.
2. Teacher introduces learners to a rhyme on parts of the body called 'De de zengerere ichi chiiko?' Different

parts of the body are named as learners recite or sing the rhyme.

De de zengerere, ichi chiiko?

Musoro sengurudze paya tsve.

De de zengerere, ichi chiiko?

Iziso sengurudze paya tsve.

3. Learners and teacher practice singing or reciting the rhyme.
4. Learners turn to their reader on page 3. There is a picture showing external and internal parts of the body. Learners name the external parts of the body and teacher helps them name the internal parts such as intestines, lungs, liver among others.

Tuesday

Topic: Kids athletics: Free jumping

Objectives:

During the lesson, learners will:

- a) jump freely in various directions
- b) practice frog jumping

Skills to be developed

- Free jumping
- Frog jumping
- Gross motor skills

Learning activities

1. Learners practice reciting the rhyme 'De de zengerere, ichi chiiko?' as they name the different external parts of the body being touched.

- As a warm up activity, learners do free running in any direction but within the marked area. Upon instruction, learners stop and stand still.
- Learners jump freely in various directions within the marked area. Teacher watches learners perform the activity.
- Learners practice frog jumping in any direction within the marked area.

Wednesday

Topic: Locomotion (movement)

Objectives:

During the lesson, learners will:

- jump like frogs
- colour the picture of a frog

Skills to be developed

- Jumping
- Colouring
- Fine motor skills
- Gross motor skills

Learning activities

- Learners engage in jumping activities. Learners pretend to be frogs jumping into the water as they jump lightly into the pit sand. Teacher watches learners very closely as they perform this activity for safety reasons.
- Back in the classroom, learners turn to their workbook on page 2. There is a picture of a frog jumping into the pond full of water. Learners colour the picture of a frog.
- Teacher moves round watching learners colour their drawings

and giving them assistance where necessary. Learners show each other their work to appreciate each other's work.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- practice solo balancing on two points
- read a picture of a solo balance on two points

Skills to be developed

- Balancing
- Reading / signing
- Discussing / signing

Learning activities

- Learners practice balancing on two tins with strings as they walk on tins. Teacher watches learners very closely as they engage in this activity for safety reasons.
- Learners turn to their reader on page 4. There is a picture of a solo balance on two points (a child walking on two tins with strings). In pairs, learners discuss the picture highlighting what is happening in the picture.
- Teacher moves round listening to the discussions by learners.

Friday

Topic: Play and game skills - Chasing

Objectives

During the lesson, learners will:

- practice following instructions

Skills to be developed

- Playing a game
- Gross motor skills
- Following instructions
- Listening skills

Learning activities

1. Learners run and jump freely in any direction but within the marked area. Upon instruction, learners stop and stand still.
2. Teacher divides the learners into two groups. One group is called hwai (sheep) or bantwana. Another group is called the hyenas. The hyenas call hwai (sheep) bantwana group to come home. They chase the hwai group and whoever is caught is part of the hyenas group.
3. Learners end the game by free running and jumping in any direction within the marked area.

Assessment

	Yes	No	Sometimes
Is the learner able to name the external and internal body parts?			
Is the learner able to recite a rhyme on body parts?			
Is the learner able to jump like a frog?			
Is the learner able to balance on two points?			
Is the learner able to play the game 'Hwai'?			

CHAPTER 3 Kids athletics

Aims

To help learners:

- develop gross motor skills
- develop basic physical education related skills
- develop a sense of self awareness

Source of matter

ECD B syllabus pages 5 and 9

Suggested learning materials

Monday: A chart on human body with clear body parts; full-length mirror

Tuesday: illustration or clip of knee high running

Wednesday: crayons, beginner's pencil

Thursday: tins with strings

Monday

Topic: My body

Objectives:

- a) read the picture on missing parts of the body
- b) match pictures
- c) make circles with missing parts of the body

Skills to be developed

- Reading / signing
- Naming
- Matching
- Making circles
- Role playing

Learning activities

1. Learners name the different parts of the body with the help of the chart on body parts and the full-length mirror. They stand before the full-length mirror so that they

recognize the body parts which they have.

2. Learners turn to their reader on page 5. There is a drawing of a human body with some missing parts. For example, leg and arm are missing. Learners name the missing body parts.
3. Learners make circles with the parts that are missing in the picture. For example they draw in the air, a circle with the head, arm and leg. The activity is done in pairs.
4. Teacher moves round watching learners carry out the activity. For safety reasons, teacher assists learners where necessary.
5. A few volunteers demonstrate in turns making circles with the head, arm and leg while others look on to appreciate the work done by others.

Tuesday

Topic: Kids athletics: Running

Objectives:

During the lesson, learners will:

- a) demonstrate knee high running
- b) read a picture of children performing knee high running

Skills to be developed

- Demonstrating
- Reading

- Knee high running
- Gross motor skills

Learning activities

1. Learners perform free running activity in any direction to warm themselves up. On signal, learners stop and stand still.
2. Teacher demonstrates knee high running while learners are looking on. Individually learners perform knee high running in any direction within the marked area. Teacher watches learners perform the activity very closely for safety reasons.
3. Learners, back in the classroom, turn to their reader on page 6. In pairs, they read the picture of children performing knee high runs and discuss what is happening in the picture.
4. Learners run freely in various directions within the marked area and upon signal, they stop and stand still waiting to be dismissed.

Wednesday

Topic: Locomotion: Animal walks

Objectives:

During the lesson, learners will:

- a) walk like a cat to catch a rat and an elephant to the river
- b) imitate how different animals walk
- c) complete the drawing of an animal

Skills to be developed

- Walking
- Running
- Jumping
- Imitating animal walks (role playing)
- Completing a drawing

- Fine motor skills
- Gross motor skills

Learning activities

1. Learners imitate different animal walks. For example, they walk like a cat to catch a rat; walk like an elephant to the river; run like a hare; jump like a frog.
2. Learners turn to their workbook on page 3. There is a picture of a cat in dotted form. Learners join the dotted lines to complete drawing of the cat. They colour the cat.
3. Teacher moves round observing learners perform their tasks. Learners show each other their work to appreciate each other's work.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- a) balance on three points
- b) practice balancing one, two and three points

Skills to be developed

- Balancing
- Practising balancing
- Gross motor skills

Learning activities

1. Learners practice balancing on one leg.
2. Learners practice balancing on two legs while walking on tins with strings.
3. Teacher demonstrates balancing on three points by walking with a walking stick. Learners practice the activity individually.

- Learners perform free running in any direction within the marked area. Upon instruction, learners stop and stand still, waiting dismissal.

Friday

Topic: Play and game skills: Running

Objectives

During the lesson, learners will:

- play the rounders' game
- follow instructions

Skills to be developed

- Playing a game
- Gross motor skills
- Listening
- Following game rules

Learners activities

- Learners practise playing the game Hwai/sheep/bantwana which was introduced in the previous lessons.
- Teacher introduces a rounders' game. Learners sit in a circle. One

child becomes the leader. The child goes round other children with an object in the hand running and singing.

'An egg is rotten'

'Iqanda libolile'

'Zai rakaora

Pindai mukati'

The child places the object behind any child and this child with an object behind, will stand up and run in a different direction competing for this empty space which has been created by this child who has stood up to run. The child who gets there first will sit in this empty space and the other child becomes the leader and the game continues.

- Teacher watches learners perform the activity very closely for safety reasons to avoid learners bumping into each other. Upon instruction, the learners stand up and do free running in any direction within marked area, waiting to be dismissed.

Assessment

	Yes	No	Sometimes
Is the learner able to name body parts?			
Is the learner able to identify the missing parts?			
Is the learner able to perform knee high running?			
Is the learner able to role play or imitate animal walks?			
Is the learner able to balance on three points?			
Is the learner able to play the rounders' game according to game rules?			

CHAPTER 4 Hand eye coordination

Aims

To help learners:

- develop a sense of fair play, achievement and self-awareness
- develop gross and fine motor skills
- establish a firm foundation for further studies in physical education
- inculcate aesthetic awareness of beauty in motion

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: full length mirror, crayons or beginners' pencil

Tuesday: balls, targets like skittles

Wednesday: basket or any container, balls, crayons

Thursday: tins with strings

Friday: balls

Monday

Topic: My body – Left and right

Objectives

During the lesson, learners will:

- a) role play left and right orientation
- b) play left and right games

Skills to be developed

- Identifying
- Explaining
- Role playing
- Playing left and right games
- Listing
- Gross motor skills

- Fine motor skills
- Appreciating

Learning activities

1. Learners identify their left and right sides. The full-length mirror can be used to help them recognise their different sides.
2. Teacher demonstrates and explains role playing left and right orientation. For example, teacher can draw pre-writing pattern in the air while others look on. Learners practice role playing the activity while teacher observes them very closely and offers them assistance where there is need.
3. Learners differentiate the left from the right by way of listing and playing left and right games.
4. Learners turn to their workbook on page 4. They draw pre-writing patterns from left to right. Learners complete the patterns given.
5. Teacher moves round observing learners carrying out their activity. Learners show each other their work to appreciate their work.

Tuesday

Topic: Kid athletics: Target throws

Objectives

During the lesson, learners will:

- throw balls to hit a target
- read a picture on children hitting the target

Skills to be developed

- Throwing
- Reading / signing
- Performing target throws
- Eye-hand coordination

Learning activities

- Learners run freely all over the place within the marked area. Upon signal, learners stop and stand still.
- Teacher demonstrates hitting a skittle or any target with a ball while learners are looking on.
- In groups, learners practice hitting a target or skittle with balls. Teacher moves round watching learners perform the activity and advises where necessary.
- Learners turn to their reader on page 7 where there is a picture of children performing some target throws. In pairs, learners discuss what is happening in the picture. Teacher moves round listening to their discussions.

Wednesday

Topic: Coordination - Throwing the ball

Objectives

During the lesson, learners will:

- practice throwing their balls to partners
- throw balls to fill the basket

Skills to be developed

- Throwing
- Eye-hand coordination
- Observing

Learning activities

- Learners practice throwing their balls in pairs to partners and partners throwing the balls back.
- Learners throw balls from a distance to fill the basket in groups.
- Learners turn to their workbook on page 5. There is a drawing of a basket and learners fill the basket with balls. They colour their balls.
- Teacher moves round observing learners performing their activity and giving them assistance where necessary. Learners show each other their work to appreciate their work.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- balance on four points
- read a picture on balancing on four points

Skills to be developed

- Balancing
- Reading / signing
- Discussing
- Demonstrating
- Appreciating

Learning activities

- Learners practice balancing on one leg, walking on two tins with strings and walking with a stick to refresh their memories.
- Teacher demonstrates balancing

on four points (walking on two legs and two hands) while learners are looking on.

3. In groups, learners practice balancing on four points while other learners look on.
4. Teacher asks volunteer learners to demonstrate walking on four points while others look on to appreciate their effort and performance.
5. Learners turn to their reader on page 8. There is a picture of children balancing on four points. In pairs, learners discuss what is happening in the picture. Teacher moves round listening to learners' discussions.

Skills to be developed

- Playing games
- Following game rules
- Eye-hand coordination
- Gross motor skills

Learning activities

1. Learners practice throwing balls to hit set targets in groups to refresh their minds.
2. Learners suggest and play a throw and hit game such as a dunhu. Learners stand in a circle. A few learners get inside the circle and they are the targets. Other learners throw the ball to hit the learners inside the circle. Anyone who is hit by a ball is out of the game.
3. Learners perform free running in any direction within the marked area. Upon the signal, learners stop and stand still while waiting to be dismissed.

Friday

Topic: Play and game skills - Throwing and catching

Objectives

During the lesson, learners will:

- a) play the throw and hit games
- b) follow game rules

Assessment

Name of learner	Are learners able to role play left to right orientation?	Are learners able to throw balls and hit the target?	Are learners able to throw balls to each other reciprocally?	Are learners able to throw balls from a distance to fill the basket or a container?	Are learners able to balance on four points?	Are learners able to play throw and hit games?
Florence						
Flossy						
Joe						
Jacqueline						

CHAPTER 5 Jumps and five-point balances

Aims

To help learners:

- develop gross and fine motor skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem
- make informed decisions about health, safety and well being

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: crayons or beginners' pencils

Tuesday: age appropriate targets such as balls, skittles

Thursday: tins with strings

Friday: balls

Monday

Topic: My body

Objectives

During the lesson, learners will:

- a) name body parts
- b) count the body parts

Skills to be developed

- Naming
- Drawing
- Joining dotted lines
- Counting
- Appreciating

Learning activities

1. Learners name the body parts as they sing or recite the rhyme 'De de zengerere, icho chiiko?' which was learnt in previous lessons. For example, 'De de zengerere icho chiiko? Igumbo sengurudze paya tsve.'

2. Learners turn to their workbook on page 6. There is a drawing of a human body in dotted form. Learners join the dotted lines to draw the human body. Learners show each other their work to appreciate their work.
3. Learners count the body parts on the drawing in pairs. Teacher moves round listening to learners performing the activity and assisting the needy learners.

Tuesday

Topic: Kids athletics - Guided jumping

Objectives

During the lesson, learners will:

- a) read the picture on children performing a jumping race
- b) jump over set targets

Skills to be developed

- Reading / signing
- Jumping
- Running

Learning activities

1. Learners perform a free running activity in any direction within the marked area to warm up themselves. On signal, they stop and stand still.
2. Learners turn to their reader on page

- 9 and read the picture on children performing a jumping race, where they run and jump over a hurdle and then run to the finishing line. In pairs, learners discuss the picture highlighting what is happening in the picture. Teacher moves round listening to learners' discussions.
- Learners practice jumping over set targets such as a ball, skittle of age appropriate size, according to given instructions. Teacher observes learners very closely for safety reasons to avoid hurting their limbs. Upon signal, all learners perform a free running activity in any direction within marked area, awaiting dismissal.
 - Teacher demonstrates running to the jump as learners are looking on. Learners practice performing the activity.
 - Learners practice walking to the jump. Teacher observes learners very closely as they perform their activity for safety reasons.
 - Learners perform a free running activity in any direction within the marked area. Upon signal, all learners stop and stand still and are dismissed.

Wednesday

Topic: Coordination

Objectives

During the lesson, learners will:

- jump and balance on two feet
- run and walk to the jump

Skills to be developed

- Jumping
- Running
- Walking

Learning activities

- Teacher demonstrates jumping and balancing on two feet while learners look on.
- Learners practise jumping and balancing on two feet while teacher moves round watching learners carrying out the activity very closely for safety reasons.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- balance on five points

Skills to be developed

- Balancing
- Gross motor skills
- Body coordination

Learning activities

- Learners refresh their minds and skills by balancing on one leg, walking on two tins, walking using a walking stick, moving on hands and feet.
- Teacher and learners suggest ways of balancing on the five points.
- Learners practice balancing on five points as suggested in the previous step.
- Learners perform a free running activity. Upon signal, all learners stop, stand still and dismiss.

Friday

Topic: Play and game skills – Throwing

Objectives

During the lesson, learners will:

- a) throw balls to partners
- b) throw balls around in groups, creating various shapes

Skills to be developed

- Throwing
- Creating shapes
- Gross motor skills
- Eye-hand coordination

Learning activities

1. Learners practice throwing balls to partners in pairs. Teacher moves round watching learners performing the activity.
2. Teacher explains and demonstrates throwing balls around in groups to create or form various shapes. Learners practice throwing balls around in their groups creating various shapes.
3. Learners perform a free walking activity in any direction within a marked area. On instruction, all learners stop, stand still and dismiss.

Assessment

	Yes	No	Sometimes
Is the learner able to name body parts in response to music or rhyme?			
Is the learner able to count the body parts?			
Is the learner able to join dotted lines to draw the human body?			
Is the learner able to jump over set targets according to instruction?			
Is the learner able to jump and balance on two feet?			
Is the learner able to run and walk to the jump?			
Is the learner able to balance on five points?			
Is the learner able to throw a ball to others in the group creating shapes?			

Aims

To help learners:

- acquire team building skills
- develop a sense of fair play and self-awareness
- develop gross and fine motor skills
- establish a firm foundation for further studies in Physical Education

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: a chart on human body with clear body parts

Tuesday: crayons, skittles

Wednesday: balls

Thursday: tins, string

Friday: balls

Monday**Topic: My body****Objectives**

During the lesson, learners will:

- a) name body parts from the chart
- b) read a picture on body parts
- c) count the body parts

Skills to be developed

- Naming / signing
- Reading / signing
- Counting / signing

Learning activities

1. Teacher shows learners a chart with very clear body parts.
2. Learners name the body parts from the chart.
3. Learners turn to their reader on page 10. In pairs they read a picture

showing body parts in different colours per part. For example, ears are both blue, nose is in yellow. They name the body parts.

4. Learners count the body parts on the picture and on themselves.

Tuesday**Topic: Kids athletics – Guided jumping race****Objectives**

During the lesson, learners will:

- a) discuss the picture of children performing a jumping race
- b) draw a circle around the winning child in the race
- c) practice jumping over set targets

Skills to be developed

- Running
- Jumping
- Discussing / signing
- Drawing
- Gross and fine motor skills

Learning activities

1. Learners perform free running in any direction within the marked area as a warm up activity. Learners repeat the same activity

- as they perform free jumping in any direction.
- Learners turn to page 7 of their workbook and discuss the picture of children performing a jumping race. They draw a circle around the winning child in the race and colour all the pictures. Learners show each other their work to appreciate their work.
 - Learners practice jumping over targets such as tins, bricks, skittles in groups. Teacher moves round watching learners jumping over the set targets.
 - Learners perform free jumping in any direction within the marked area. On signal, they stop and stand still and dismiss.
- Teacher demonstrates running and throwing the ball to a partner. The partner also runs and throws the ball back to the partner.
 - In pairs, learners run and throw the ball to a partner. The partner in turn also runs and throws the ball back to the partner. Teacher moves round watching learners perform the activity.
 - Learners perform a free jumping activity in any direction within the marked area. On signal, learners stop and stand still waiting to be dismissed.

Wednesday

Topic: Coordination - Running and throwing the ball

Objectives

During the lesson, learners will:

- run and throw the ball to a partner
- practice throwing and catching the ball

Skills to be developed

- Running
- Throwing
- Catching
- Gross motor skills
- Eye-hand coordination

Learning activities

- Learners perform a free running activity in any direction within the marked area as a warm up activity.
- Learners perform a free running activity in any direction within the marked area. On signal, learners stop and stand still and dismiss.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- balance on five points

Skills to be developed

- Balancing
- Gross motor skills
- Appreciating

Learning activities

- Learners practice balancing on one leg, walking on tins with strings individually.
- Teacher demonstrates balancing on five points while learners look on.
- Learners practice balancing on five points individually. Teacher moves round observing learners perform the activity.
- Learners perform a free running activity. On signal, learners stop, stand still and dismiss.

Friday

Topic: Play and game skills - Catching

Objectives

During the lesson, learners will:

- read a picture on catching the ball
- throw and catch the ball in pairs

Skills to be developed

- Reading / signing
- Throwing
- Catching

Assessment

	Yes	No	Sometimes
Is the learner able to name and count the body parts?			
Is the learner able to draw a circle around the winning child in the picture?			
Is the learner able to run and throw the ball to a partner?			
Is the learner able to balance on five points?			
Is the learner able to catch a ball from a partner?			

Learning activities

- Learners turn to their reader on page 11. They read a picture of a child catching the ball from a partner. In pairs, learners discuss what is happening in the picture. Teacher moves round listening to learners' discussion.
- Teacher demonstrates catching a ball from a partner while learners look on. In pairs, learners practice catching a ball from a partner.
- In pairs, learners throw and catch balls. On signal learners stop, stand still and dismiss.

Aims

To help learners:

- develop gross and fine motor skills
- inculcate aesthetic awareness of beauty in motion

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: chart showing the human body with clear body parts

Tuesday: balls

Wednesday: balls

Thursday: illustration of children carrying each other on their backs

Friday: balls

Monday

Topic: Body parts and their functions

Objectives

During the lesson, learners will:

- a) name the body parts
- b) role play the functions of different parts of the body
- c) read the picture on functions of the body parts

Skills to be developed

- Naming / signing
- Role playing
- Discussing
- Reading / signing
- Reciting

Learning activities

1. Teacher displays a chart showing the human body with clear body parts. Learners name the body parts from the chart while reciting a rhyme 'De de zengerere icho chiiko?'
2. Learners turn to page 12 of their reader. They read and discuss pictures which show the functions of different parts of the body. For example, a leg is for walking, an eye is for seeing things, an ear is for hearing, a mouth is for eating, among other functions. Teacher moves round listening to their discussions.
3. Learners role play the functions of different body parts in their groups.

Tuesday

Topic: Kids athletics - Overhead backward throw

Objectives

During the lesson, learners will:

- a) read a picture of a boy throwing a ball
- b) practise throwing the ball using the overhead throw

Skills to be developed

- Reading / signing
- Throwing
- Practising overhead throw

Learning activities

1. Learners perform a warm up activity as they do free running in any direction within the marked area.
2. Learners turn to their reader on page 13. They talk about the picture of a boy throwing a ball to a distant target using the overhead backward throw. Teacher moves round listening to their discussions.
3. Teacher demonstrates throwing the ball at a target using the overhead throw while learners look on.
4. Learners practise throwing the ball at a target using the overhead throw in pairs.
5. Learners perform a free running activity. On signal, learners stop, stand still and dismiss.

Wednesday

Topic: Coordination - Objects relay

Objectives

During the lesson, learners will:

- a) toss the ball to a partner
- b) practise tossing the ball in pairs

Skills to be developed

- Tossing the ball
- Walking
- Eye - hand coordination

Learning activities

1. Teacher demonstrates tossing the ball to a partner gently while learners look on.

2. In pairs, learners practise tossing the ball to a partner. The partner practises stopping the ball so that they can gently toss it back to the sender. Teacher moves round watching learners practise the activity.
3. Learners perform a free running activity in any direction within the marked area. On signal, learners stop, stand still and dismiss.

Thursday

Topic: Balances - Weight bearing

Objectives

During the lesson, learners will:

- a) balance on each other
- b) transfer and bear weight through balancing
- c) colour drawings

Skills to be developed

- Balancing
- Transferring weight
- Bearing weight
- Colouring
- Appreciating

Learning activities

1. Teacher demonstrates transferring and bearing weight through balancing on a partner, while learners look on. Learners stand in pairs and practise transferring and bearing weight through balancing on each other. They stand back to back and practise carrying each other at the back.
2. Learners turn to their workbook on page 8. There is a picture of children who are standing back to back and they carry each other on

their backs. Learners colour the pictures of these children who are balancing on each other.

- Teacher moves round observing learners carrying out their activity. Learners show each other their work to appreciate their work.

Friday

Topic: Play and game skills – Throwing against the wall

Objectives

During the lesson, learners will:

- play the game of throwing the ball against the wall
- hop through the steps of the ladders on the floor

Skills to be developed

- Throwing
- Hopping
- Picking up ball
- Eye-hand coordination

Learning activities

- Learners play the game of throwing a ball against the wall. Learners hop through the steps of the ladders drawn on the floor. When they get to where the ball is, they stop and stand on two feet. They pick up the ball and throw it against the wall.
- In groups, learners repeat the activity. Teacher moves round watching learners perform the activity.
- Learners perform a free running activity in any direction within the marked area. On signal, learners stop, stand still and dismiss.

Assessment

Name of learner	Are learners able to role- play functions of body parts?	Are learners able to throw the ball to a distant target using the overhead throw?	Are learners able to toss the ball to a partner?	Are learners able to transfer and bear weight through balancing on each other?	Are learners able to play a game of throwing a ball against the wall?
Judith					
Alex					
Shechem					
Linda					
Locadia					

Aims

To help learners:

- develop eye-hand coordination
- develop gross and fine motor skills
- acquire team building skills

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

- Monday:** chart showing functions of different body parts
- Tuesday:** age appropriate netball goal post or net
- Wednesday:** balls
- Friday:** balls, age appropriate net

Monday

Topic: Body parts and their functions

Objectives

During the lesson, learners will:

- identify the functions of different parts of the body
- role play the functions of different body parts
- match the body parts and their functions

Skills to be developed

- Identifying
- Role playing
- Matching
- Fine motor skills

Learning activities

- Teacher displays a chart showing functions of different parts of the body. Learners identify the functions of different parts of the body on the chart.
- Learners role play the functions of different parts of the body.
- Learners turn to their workbook on page 9. There are corresponding pictures of functions of the body parts and the body parts. Learners draw lines to match body parts to their functions. Teacher moves round giving assistance to learners where necessary.
- Learners show each other their work to appreciate each other's work.

Tuesday

Topic: Target throw for accuracy

Objectives

During the lesson, learners will:

- read a picture of a boy throwing a ball into the net
- practise throwing the ball into the net

Skills to be developed

- Throwing
- Catching
- Reading
- Eye-hand coordination
- Gross motor skills

Learning activities

1. Learners turn to their reader on page 14. They read the picture of a boy throwing a ball into the net. In pairs, they talk about what is happening in the picture and teacher moves round listening to the discussions.
2. Learners perform a free running activity in any direction within the marked areas as a warm up activity.
3. Learners take turns to throw a ball into their age appropriate netball goal post or net.
4. Learners perform a free running activity in any direction within the marked area. On signal, learners stop, stand still and dismiss.

Wednesday

Topic: Coordination - Objects relay

Objectives

During the lesson, learners will:

- a) practise passing the ball to a partner
- b) practise receiving the ball

Skills to be developed

- Passing the ball
- Receiving the ball
- Eye-hand coordination

Learning activities

1. Learners perform a free jumping activity in any direction within a

marked area as a warm up activity.

2. Teacher demonstrates passing a ball gently to a partner while learners look on. Learners practise passing a ball gently to a partner. The partner practices receiving the ball and passing it back to the partner. Teacher observes learners passing on balls gently to partners and partners passing the balls back to the other partner.
3. Teacher asks a few volunteer pairs of learners to practise passing and receiving balls and passing it back to the other partner while other learners watch.

Thursday

Topic: Balances - Weight bearing

Objectives

During the lesson, learners will:

- a) transfer and bear weight through balancing in threes.

Skills to be developed

- Balancing
- Transferring weight
- Bearing weight

Learning activities

1. Learners practise balancing on each other in twos as they stand back to back. They carry each other on the back.
2. Teacher and two other children demonstrate balancing on each other in threes. They all stand on one leg while joining hands.
3. In threes, learners stand on one leg while joining hands. Teacher moves round watching learners transfer and bear weight through balancing

- on each other in threes.
- Teacher calls a few volunteer learners to demonstrate balancing on each other in threes.

Friday

Topic: Play and game skills – Throwing the ball over a barrier

Objectives

During the lesson, learners will:

- read a picture on throwing and catching the ball
- practise throwing and catching the ball across a net

Skills to be developed

- Throwing
- Catching
- Reading / signing
- Eye-hand coordination

Assessment

	Yes	No	Sometimes
Is the learner able to match body parts to their functions?			
Is the learner able to throw the ball into the net?			
Is the learner able to pass the ball gently to a partner?			
Is the learner able to balance on others in threes?			
Is the learner able to throw the ball over the net?			

- Fine motor skills

Learning activities

- Learners turn to their reader on page 15. They discuss a picture of two groups of players throwing and catching the balls across a net. They discuss what is happening in the picture while teacher moves round listening to the discussions.
- Teacher and learners go outside the classroom. Learners are placed into two groups. The groups are divided by a low basketball net. Learners throw the balls to their partners on the other side of the net, who in turn catch the ball and throw it back. Teacher observes learners play the game in two groups.
- Learners perform a free running activity in any direction within the marked area. On signal, learners stop, stand still and dismiss.

CHAPTER 9 Body parts coordination

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education related skills
- acquire aesthetic awareness of beauty in motion
- develop gross and fine motor skills

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: chart on parts of the body

Tuesday: netball goal posts

Wednesday: crayons or beginners' pencils

Friday: balls

Monday

Topic: Human body – Caring for my body

Objectives

During the lesson, learners will:

- a) list the different functions of the body parts
- b) discuss how the different parts of the body should be cared for
- c) role play the functions of different parts of the body

Skills to be developed

- Naming / signing
- Listing / signing
- Discussing / signing
- Role playing

Learning activities

1. Teacher displays a chart on body parts on the wall. Learners name the different body parts.
2. Learners turn to their reader on page 16 and read pictures on how to care for the different parts of the body. Teacher and learners list the different ways of caring of the body parts. For example, we clean teeth using a tooth brush and tooth paste, we clean our bodies by bathing with towel and soap, we wash our head with soap and water and comb it using a comb or brush.
3. Teacher demonstrates role playing the function of one part of the body. For example, sweeping the floor using an arm. Learners role play the functions of different body parts in groups. Teacher moves round observing learners perform the activity.
4. Learners role play and other learners guess what they are role playing.
5. Learners are told to bring towels, tooth brushes, combs for the next lesson. Teacher brings soap and tooth paste for the next lesson.

Tuesday

Topic: Kids athletics – Target throw for distance and accuracy

Objectives

During the lesson, learners will:

- a) read a picture of a boy throwing a ball into a net
- b) practise throwing the ball into the net

Skills to be developed

- Running
- Reading / signing
- Discussing / signing
- Throwing
- Jumping
- Gross motor skills

Learning activities

1. Learners perform a free running activity in any direction within the marked area, under instruction.
2. Learners turn to their reader on page 17. They read and discuss the picture of a girl throwing the ball into the net. Teacher moves round listening to their discussions.
3. Teacher demonstrates throwing a ball into the net. Learners take turns to throw the ball into their age appropriate netball goal post.
4. In groups, learners practise throwing the ball into the net while teacher observes learners performing the activity. Teacher gives assistance to learners where necessary.
5. Learners perform a free jumping activity in any direction within the

marked area. On signal, learners stop, stand still and dismiss.

Wednesday

Topic: Coordination – Bouncing

Objectives

During the lesson, learners will:

- a) bounce the ball to a partner
- b) complete a picture of a child bouncing the ball to a partner

Skills to be developed

- Bouncing
- Running
- Completing the drawing of a picture
- Fine motor skills
- Eye-hand coordination
- Receiving a ball

Learning activities

1. Teacher demonstrates bouncing a ball to a partner while learners observe very closely. In turns, learners practise bouncing the ball to a partner as others watch.
2. Learners stand in a circle in groups and one learner bounces the ball from the centre. The nearest learner to the bouncing ball receives it and bounces the ball back to the centre.
3. Learners turn to their workbook on page 10. There is a picture of a child bouncing the ball to a partner in dotted form. Learners complete the drawing of by dotted lines that show the movement of the bouncing ball by joining the dotted lines.
4. Learners show each other their work to appreciate each other's work.

Thursday

Topic: Balances – Weight bearing

Objectives

During the lesson, learners will:

- a) transfer and bear weight through balancing on each other
- b) link weight bearing and balancing

Skills to be developed

- Balancing
- Transferring weight
- Bearing weight
- Linking weight to balancing
- Gross motor skills

Learning activities

1. Teacher and three pre-coached learners demonstrate transferring and bearing weight through balancing on each other in fours by joining hands while standing on one leg. The rest of the learners observe the others performing the activity.
2. In groups of fours, learners practise the activity demonstrated.
3. In groups of fours, learners stand on one leg while joining their left hands.
4. Teacher moves round watching learners perform the activity and assisting them where necessary.

Friday

Topic: Play and game skills – A ball game

Objectives

During the lesson, learners will:

- a) play a ball game
- b) throw a ball to hit the target

Skills to be developed

- Throwing
- Dodging
- Playing a ball game
- Gross motor skills
- Eye-hand coordination

Learning activities

1. Teacher and learners engage in a free jumping activity in any direction within the marked area.
2. Teacher and learners stand in a circle and play the dunhu game. It is a ball game. In this game, a few learners get inside the circle. They are targets. Learners in a circle try to hit the learners inside the circle with a ball. Those learners hit by the ball are automatically out of the game. The game continues until all learners in the circle are knocked out of the game and other learners will get inside the circle.
3. Learners perform a free running activity in any direction within the marked area under instruction. On signal, learners stop, stand still and dismiss.

Assessment

Name of learner	Are learners able to name body parts?	Are learners able to say the functions of the body parts?	Are learners able to discuss ways of caring for the body parts?	Are learners able to throw a ball in a netball goal post?	Are learners able to bounce a ball to a partner?	Are learners able to balance on each other in fours?	Are learners able to play a dunhu ball game?
Rudo							
Luke							
Love							
John							
Amos							
Rita							
Collen							

CHAPTER 10 Body parts coordination: the leg

Aims

To help learners:

- develop a sense of self-awareness
- acquire team building skills, confidence and self-esteem
- make informed decisions about health, safety and well being
- develop gross and fine motor skills

Source of matter

ECD B syllabus on pages 5 – 17

Suggested learning materials

Monday: chart with objects and materials that are used to care for the body parts like soap, water, toothbrush, towel and comb. Real soap, water, toothbrush, towels, combs, toothpaste

Tuesday: balls, hula-hoops, mattresses

Wednesday: balls

Friday: balls, balancing beam

Monday

Topic: Human body –
Body parts and
their care

Objectives

During the lesson, learners will:

- a) identify and name the different objects and materials used in caring for the body parts
- b) read pictures on body caring
- c) demonstrate the proper care of different parts of the body

Skills to be developed

- Identifying
- Naming / signing
- Explaining / signing
- Reading / signing
- Discussing / signing
- Demonstrating

Learning activities

1. Teacher shows learners a chart on items that are used to care for the body parts which include soap, towel, water, tooth paste, tooth brush, comb to name a few. Teacher names an item that is shown on the picture and in turns, learners identify the items on the chart.
2. Learners name the pictures of the items on the chart. For example, soap, tooth paste, water, towel just to name a few. Teacher explains to learners that the items or objects shown on the pictures are used to care for body parts.
3. Learners turn to their reader on page 18 and read pictures of items found on the picture such as soap, towel, water, tooth brush, tooth paste, a comb among others. In pairs, learners discuss how the items

are used for caring the body. For example, toothpaste and toothbrush are used to clean the teeth.

4. Learners take turns to demonstrate the proper care of the different parts of the body using various items and objects brought by learners and teacher for the lesson. Teacher asks volunteer learners to demonstrate caring for the body parts while others are watching.

Tuesday

Topic: Kids athletics - Target throw for height

Objectives

During the lesson, learners will:

- a) throw balls into hula-hoops
- b) spot the difference between two pictures

Skills to be developed

- Running
- Throwing
- Spotting the difference

Learning activities

1. Learners perform a warm up activity of free running in any direction within the marked area.
2. Teacher demonstrates throwing a ball into a hula-hoop from a lying position on the floor, while other learners are watching.
3. In pairs, learners practise throwing balls into their hula-hoops as they lie on the floor on the mattress while a friend or partner holds the hula-hoop. Teacher moves round observing learners performing the activity and assisting where

necessary.

4. Learners turn to their workbook on page 11 where there are two pictures of a girl throwing a ball through hula-hoops. In one picture, the girl is lying on the mattress on the floor and is throwing a ball into a hula-hoop being held by another child. In the other picture, the same girl lies on a mattress on the floor and throws a ball in the hula-hoop on the floor.
5. In pairs, learners discuss the pictures spotting the difference between them. For example, learners can say one hula-hoop is big and the other one is small; one hula-hoop is on the floor while the other one is being held by the partner.
6. Learners perform a free running activity in any direction within the marked area. On signal, learners stop, stand still and dismiss.

Wednesday

Topic: Coordination - Bouncing

Objectives

During the lesson, learners will:

- a) practise bouncing the ball against the wall and receiving it
- b) compete among themselves to see who catches most balls that bounce back

Skills to be developed

- Practising bouncing
- Receiving the ball / catching
- Competing against each other
- Eye-hand coordination

Learning activities

1. Teacher demonstrates bouncing a ball gently against the wall and receiving or catching it while learners watch.
2. Learners in turns practise bouncing the balls gently against the wall and receiving or catching them.
3. In groups, learners bounce the balls against the wall gently and compete to see the learner who catches most balls from the bounces. Teacher moves round watching learners perform the activity.
4. Teacher allows a few volunteer learners to bounce the balls gently against the wall and catching them as others watch.

Thursday

Topic: Balances - Weight bearing

Objectives

During the lesson, learners will:

- a) practise transferring and bearing weight through balancing on each other
- b) balance on each other

Skills to be developed

- Balancing
- Transferring weight
- Bearing weights
- Gross motor skills

Learning activities

1. Teacher instructs learners to stand on one leg individually.
2. In pairs, learners stand back to back and carry each other on the back in turns.
3. In fours, learners join hands alternatively (right and left) while joining hands in a circle.
4. In sixes, learners transfer and bear

weight through balancing on one leg and joining hands. They also repeat the activity while joining hands and holding one's leg. Teacher moves round observing learners performing the activity and assisting them where necessary. How do they manage to hold one's leg when they are joining hands with both hands?

5. Teacher asks a few volunteer learners to perform the activity in step 4 while others watch.

Friday

Topic: Play and game skills - Kicking against the wall

Objectives

During the lesson, learners will:

- a) kick the ball in any direction
- b) walk on the balancing beam

Skills to be developed

- Kicking
- Walking
- Eye-hand coordination

Learning activities

1. Teacher instructs learners to kick the ball in any direction within the marked area individually.
2. Teacher explains to learners that they walk on the balancing beam and when they get to the end of the beam where there is a ball, they stand on two feet, pick up the ball and kick it against the wall.
3. Learners take turns to perform the activity.
4. Learners finally kick the balls in any direction within the marked area. On signal, learners stop, stand still and dismiss.

Assessment

	Yes	No	Sometimes
Is the learner able to identify and name the materials used to care for the body parts?			
Is the learner able to demonstrate the proper care of the different parts of the body?			
Is the learner able to spot the difference between pictures?			
Is the learner able to bounce the ball against the wall and catch it?			
Is the learner able to transfer and bear weight through balancing on each other in sixes?			
Is the learner able to walk on the balancing beam and kick the ball against the wall?			

CHAPTER 11 Coordination and balances

Aims

To help learners:

- acquire team building skills, confidence and self-esteem
- make informed decisions about health, safety and well being
- develop basic Physical Education related skills

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: chart showing items used to care for the body parts such as soap, toothbrush, tooth paste, towel, water in a dish or tin, comb

Tuesday: balls

Wednesday: balls

Thursday: crayons or beginners' pencil

Friday: small stones for nhodo game

Monday

Topic: Human body – Caring for my body

Objectives

During the lesson, learners will:

- a) identify the items used to care for the body parts
- b) name the objects and materials used to care for the body parts
- c) match items with appropriate pictures demonstrating their use
- d) role play the use of items to care for body parts

Skills to be developed

- Identifying
- Naming / signing
- Matching
- Role playing

Learning activities

1. Teacher displays a chart on items used to care for the body parts on the wall. Teacher names the objects or materials used to care for the body parts and learners take turns to identify them on the chart.
2. Learners name the items on the chart which are used to care for the body parts. For example, soap, towel, toothpaste, comb, tooth brush.
3. Learners role play in groups the use of different items to care for body parts.
4. Learners turn to their reader on page 19 where there are pictures of the items to care for the body parts. They match the pictures of the items with the appropriate picture demonstrating their uses in pairs. For example, water with bathing, comb with combing the hair, tooth brush with cleaning teeth among others.
5. Teacher moves round observing learners perform the activity in

pairs and assisting them where necessary.

Tuesday

Topic: Kids athletics - Target throw for height

Objectives

During the lesson, learners will:

- a) throw balls at targets
- b) read a picture of children throwing their balls
- c) discuss the pictures on ball throwing

Skills to be developed

- Throwing
- Reading / signing
- Discussing / signing
- Eye-hand coordination

Learning activities

1. Learners perform a free running activity in any direction within the marked area.
2. Teacher sticks objects (targets) on the wall, and demonstrates throwing a ball at targets that have been set high up on the wall while learners watch.
3. In turns, learners practise throwing balls at targets set high up on the wall.
4. Learners repeat the same activity in groups.
5. Learners turn to their reader on page 20 where there is a picture of children standing in a row throwing their balls at targets high up on the wall. In pairs, they read and discuss what is happening in the picture. Teacher moves round

assisting them where necessary.

6. Learners perform a free jumping activity while standing in one place. On signal, learners stop, stand still and dismiss.

Wednesday

Topic: Coordination - Balances

Objectives

During the lesson, learners will:

- a) balance on one foot and on both feet alternatively
- b) catch the ball while balancing on one foot and on both feet alternatively

Skills to be developed

- Balancing
- Throwing
- Catching
- Eye-hand coordination

Learning activities

1. Learners engage in a free running activity in any direction within the marked area as a warm up activity.
2. Teacher demonstrates balancing on one foot and on both feet interchangeably. Learners practise balancing on one foot and on both feet interchangeably while teacher moves round observing.
3. Teacher demonstrates changing over from one balance to the other and then catching the ball. Learners repeat step 2, where they change over from balancing on one foot to balancing on both feet and catching the ball while teacher observes them very closely.
4. Learners practise moving in any

direction within the marked area. On signal, learners stop, stand still and dismiss.

Thursday

Topic: Balances – Creating shapes and formations

Objectives

During the lesson, learners will:

- balance in threes
- create shapes as they balance
- complete a drawing of a triangle created by three children by drawing lines.

Skills to be developed

- Balancing
- Creating shapes
- Creating formations
- Fine motor skills
- Drawing lines

Learning activities

1. Learners practise balancing on one leg individually. In pairs, they stand back to back and balance on each other as they carry the partner on the back alternately.
2. Teacher demonstrates balancing on threes with two learners creating a circle while holding hands and standing on one leg. Learners practise the activity, balancing on one leg and joining hands to create a circle in threes. Teacher moves round observing the shape created.
3. Teacher demonstrates creating a triangle with two learners while standing on one leg and joining hands. Learners practise the activity in threes while joining hands and standing on one leg. Teacher moves

round observing them and assisting where necessary.

4. Learners turn to their workbook on page 12. There are three children each standing on one leg and joining hands creating a triangle. Learners draw lines from one child to another creating a triangle. Learners colour pictures of children.
5. Teacher moves round observing and assisting learners performing the activity. Learners show each other their work to appreciate each other's work.

Friday

Topic: Play and game skills – Nhodo / igwini game

Objectives:

During the lesson, learners will:

- a) play the nhodo or igwini game in pairs
- b) promote eye – hand coordination

Skills to be developed

- Sending / throwing
- Receiving / catching
- Playing the game
- Eye-hand coordination
- Fine motor skills

Learning activities

1. Teacher demonstrates throwing a small stone in the air and catching it before it falls down.
2. Learners practise throwing small stones in the air and catching them so that they do not fall down. They do the activity individually while teacher moves round watching how they perform the activity.
3. With one learner, teacher

demonstrates playing nhodo/igwini in turns while learners are observing. Learners practise playing nhodo/igwini in pairs

giving each other turns.

- Learners repeat throwing the small stone in the air individually and catching it before it falls down.

Assessment

Name of learner	Are learners able to match items with the appropriate picture demonstrating their uses?	Are learners able to hit the target high up the wall with a ball?	Are learners able to balance on one leg and then both interchangeably?	Are learners able to create shapes while balancing on trees?	Are learners able to play nhodo / igwini?
Jonah					
Regina					
Tinos					
Faith					
Rashid					
Reegan					
Besta					

Aims

To help learners:

- develop basic Physical Education related skills
- acquire team building skills, confidence and self-esteem
- develop a sense of fair play, achievement and self-awareness

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning materials

Monday: large picture of a boy and a girl

Tuesday: balls

Wednesday: balls

Monday

Topic: Human body – Boys and girls

Objectives

- read a picture of a boy and a girl
- discuss the picture
- identify boys and girls in the classroom

Skills to be developed

- Reading / signing
- Discussing / signing
- Identifying
- Naming
- Differentiating
- Classifying

Learning activities

- Learners turn to their reader on page 21. There is a picture of a boy and a girl. As a class, learners read and discuss the picture focusing on the difference between the two

children. They identify a boy child and a girl child on the picture.

- Turning to themselves, learners identify boy learners and girl learners.
- They name their friends and identify them as boys or girls.
- Finally, they identify each one of them as a boy or girl.
- Learners are encouraged to collect pictures for both boys and girls, men and women for the next lesson.

Tuesday

Topic: Kids athletics – Rotational throws

Objectives

During the lesson, learners will:

- rotate throwing balls at targets
- colour the drawing on throws
- appreciate each other's work

Skills to be developed

- Rotating throws
- Throwing
- Fine motor skills
- Eye – hand coordination

Learning activities

- Learners practise throwing an imaginary ball at a target individually exercising their arms.

2. In small groups, learners stand in a line holding balls. They practise throwing balls at targets such as skittles one after the other giving each other turns.
 3. Learners turn to their workbook on page 13. There is a drawing of two children throwing balls at targets, a skittle, a tin.
 4. Learners colour the drawing.
 5. Teacher moves round observing and assisting learners perform the activity. Learners show each other their work appreciating each other's work and effort.
3. Learners practise changing over from a single foot balance to double feet balance and then throwing the ball. Teacher moves round watching and assisting learners performing the activity.
 4. Learners perform a free running activity in any direction within the marked area. On signal, learners stop, stand still and dismiss.

Thursday

**Topic: Balances –
Creating shapes
and formations**

Objectives

During the lesson, learners will:

- a) balance in fours
- b) create shapes and formations

Skills to be developed

- Balancing
- Creating shapes
- Creating formations

Learning activities

1. As a warm up activity, learners practise balancing on one leg individually.
2. Teacher and three learners demonstrate balancing in fours standing on one leg and joining hands while creating a single file (line). Learners practise performing the activity in fours while teacher moves round watching and assisting them.
3. Teacher and other three learners demonstrate balancing on one leg while joining hands and holding the hanging foot with the other

Wednesday

**Topic: Coordination –
Balances**

Objectives

During the lesson, learners will:

- a) balance interchangeably from one foot to both feet
- b) throw a ball while balancing interchangeably from one foot to both feet

Skills to be developed

- Walking
- Balancing
- Throwing
- Running

Learning activities

1. Learners walk in any direction within the marked area as a warm up activity under instruction.
2. Teacher demonstrates balancing changing over from single foot balance to double feet balance and back while learners look on. Learners practise the activity while

hand, creating a circle. Learners practise performing the activity while teacher looks on and assists learners where necessary.

- Learners practise changing over from single foot balance to double feet balance and back.

Friday

Topic: Play and game skills – Run and dodge game

Objectives

During the lesson, learners will:

- play the run and dodge game

Skills to be developed

- Playing game
- Dodging
- Singing

Learning activities

- Teacher and one learner demonstrate running in and out among learners who are standing in a circle while learners look on. Learners sing a song called 'Zvamutsana muchuru.'

Lead: Hwengure, hwengure

Others: Zvamutsana muchuru

Lead: Hwengure

Others: Tsuru nembwa

Lead: Hwengure

Others: Zvamutsana muchuru

Lead: Hwengure

Others: Tsuru nembwa

- Learners practise performing the game. Two learners run after each other. The one in front is the hare and the one following is the dog. The hare is dodging in and out of the other learners in a circle while the dog is following also going in and out of learners in a circle. If the dog catches the hare, the hare is out of the game and the dog now becomes the hare and a new dog replaces the former one.
- The game is played repeatedly changing the hare and the dog allowing more learners to participate in the activity.
- Learners perform free running on the spot under instruction. On signal, learners stop, stand still and dismiss.

Assessment

	Yes	No	Sometimes
Is the learner able to identify boys from girls and vice versa?			
Is the learner able to give others turns in throwing the ball?			
Is the learner able to colour the drawing on throws?			
Is the learner able to change over from single foot balance to double feet balance and throw the ball?			
Is the learner able to balance in fours with others to create shapes?			
Is the learner able to play the game of 'Run and dodge?'			

Aims

To help learners:

- develop gross motor skills
- acquire team building skills
- develop a sense of achievement and self-awareness

Source of matter

ECD B syllabus pages 5 – 17

Suggested learning material

Monday: pictures of boys and girls

Monday

**Topic: Human body –
Men and women**

Objectives

During the lesson, learners will:

- a) classify themselves as boys and girls accordingly
- b) sort pictures according to sex
- c) role play activities done by men and women

Skills to be developed

- Identifying
- Differentiating
- Reading / signing
- Sorting
- Explaining
- Role playing

Learning activities

1. Teacher displays a chart with a man and a woman, a boy and a girl. Learners differentiate the pictures according to sex.
2. Learners classify themselves according to sex. They differentiate themselves from the other sex.

3. Learners turn to page 22 of their reader. There is a picture of a man and a woman, a boy and a girl. They discuss the picture and identify the males and females.

4. Teacher distributes pictures previously collected by learners of boys, girls, men and women to learners. Learners sort the pictures according to sex; males alone and females alone. Teacher moves round asking for explanations on the activity being performed by learners.

5. Learners role play some of the activities done by males and females. Other learners guess the activities being role played.

6. Learners are encouraged to collect pictures of clothes for different sexes.

Tuesday

**Topic: Kids athletics –
Running**

Objectives

During the lesson, learners will:

- a) run with knees high

Skills to be developed

- Running
- Lifting knees up high
- Performing
- Hopping
- Appreciating

Learning activities

1. As a warm up activity, learners hop around in any direction within the marked area under instruction. On signal, learners stop and stand still.
2. Teacher demonstrates running with knees high. Learners practise running around in any direction within the marked area with knees high. Teacher moves round observing learners perform the activity.
3. In groups, learners practise running in turns with knees high.
4. Teacher allows a few volunteer learners to demonstrate running with knees high while other learners look on in appreciation.
5. Learners hop around in any direction within the marked area and on signal, all learners stop, stand still and discuss.

Wednesday

Topic: Locomotion

Objectives

During the lesson, learners will:

- a) run, hop and jump like a frog

Skills to be developed

- Walking
- Running
- Hopping
- Jumping
- Demonstrating
- Gross motor skills
- Performing

Learning activities

1. Learners walk around in any direction in the marked area under instruction.

2. Teacher demonstrates running, hopping and jumping like a frog while learners are observing. Learners practice performing the activity while teacher moves round watching them.
3. In pairs, learners perform the activity as they run, hop and jump like a frog.
4. A few volunteer learners perform the activity while others are watching them in appreciation.
5. Learners walk, run and hop in any direction within the marked area under instruction and on signal, they stop, stand still and dismiss.

Thursday

Topic: Balances - Creating shapes and formations

Objectives:

During the lesson, learners will:

- a) balance in fives
- b) create shapes and formations while balancing

Skills to be developed

- Hoping
- Balancing
- Creating shapes
- Creating formations
- Gross motor skills

Learning activities

1. Learners hop on one leg in any direction within the marked area under instruction.
2. Teacher and other four learners demonstrate balancing on each other. They create shapes like a circle and a triangle while balancing on one leg and joining hands.

- Learners practise the activity as they balance in fives creating and forming circle and triangle shapes. Teacher moves about observing learners performing the activity.
- At least two volunteer groups of five demonstrate balancing in fives creating and forming circle and triangle shapes while other learners look on in appreciation.

Learning activities

- Learners perform a free running activity in any direction within the marked area under instruction.
- Teacher divides learners into two groups namely the Hwai or Bantwana and the hyena. The hyena group is smaller than the Hwai or Bantwana group. The two groups stand facing each other.
- Learners play the game as explained by the teacher. The hyena group calls the Hwai or Bantwana group to come to hyenas and upon refusal, the hyenas chase the Hwai or Bantwana. Anyone caught belongs to the hyena group. The game continues until all Hwai or Bantwana have been caught by hyenas.
- Learners hop and jump like frogs under instruction. On signal, all learners stop, stand still and dismiss.

Friday

Topic: Play and game skills – Playing a game

Objectives:

During the lesson, learners will:

- play the Hwai or Bantwana game
- follow instructions closely

Skills to be developed

- Playing a game
- Following instructions
- Gross motor skills

Assessment

Name of learners	Are learners able to sort pictures according to sex?	Are learners able to role play activities done by males and females?	Are learners able to run on knees high?	Are learners able to balance in fives creating shapes and other formations?	Are learners able to play the Hwai or Bantwana game?
Peter					
Gideon					
Raymond					
George					
Simedi					
Rice					
Ralph					

CHAPTER 14 Over arm throws and balances

Aims

To help learners:

- develop gross motor skills
- develop hand-eye coordination
- develop the sense of creativity through creating shapes and formations
- inculcate aesthetic awareness of beauty in motion
- acquire team building skills, confidence and self-awareness

Source of matter

ECD B syllabus pages 5 – 18

Suggested learning materials

Monday: actual clothes and pictures of clothes for different sexes on a chart

Tuesday: balls

Wednesday: balls

Thursday: balls

Monday

Topic: Human body –
Boys, girls, men
and women

Objectives

During the lesson, learners will:

- a) discuss the clothes for different sexes
- b) read the pictures of clothes for different sexes
- c) match the different sexes with their clothes

Skills to be developed

- Identifying
- Naming
- Discussing
- Listing
- Reading / signing
- Matching

Learning activities

1. Teacher displays a chart showing clothes on the wall. Learners identify clothes on the chart under teacher's instruction. For example; Who can find a shirt, shorts, dress, blouse among others on the chart.
2. Learners name the clothes shown on the chart in turns. For example; This is a jersey. This is a jacket. This is a skirt. This is a hat.
3. Learners discuss the clothes highlighting clothes for males and females.
4. Teacher distributes pictures of clothes collected in the previous lessons. In groups, learners match clothes to their sexes. For example, a dress to a woman, a shirt to a man.
5. Learners turn to their workbook on page 14. There are different types of clothes. Learners match the clothes to the sexes by drawing lines from left to right. Teacher moves round observing learners performing their activity. Learners show each other their work to appreciate each other's work and effort.

Tuesday

Topic: Kids athletics -Over arm throwing

Objectives

During the lesson, learners will:

- read a picture of a child performing an over arm throw
- throw a ball using an over arm skill

Skills to be developed

- Reading / signing
- Throwing
- Performing
- Discussing
- Eye – hand coordination
- Over arm throwing

Learning activities

- Learners perform a free running activity in any direction within the marked area under instruction.
- Learners turn to their reader on page 23, where there is a picture of a child performing an over arm throw. Learners read the picture and discuss what is happening in the picture as a class. For example, who is throwing the ball? How is he throwing the ball?
- Teacher demonstrates the over arm throw using a ball while learners are looking on. Learners practise throwing an imaginary ball using an over arm skill.
- Learners throw the balls against the wall using the over arm throw in pairs. Teacher moves round watching and assisting learners as they perform their activity. Particular attention is paid on the over arm throw.

- Learners perform free walking in any direction within the marked area under instruction.

Wednesday

Topic: Coordination - Balances

Objectives

During the lesson, learners will:

- balance on left and right foot
- throw the ball against the wall

Skills to be developed

- Walking
- Balancing
- Throwing
- Changing balancing from one foot to another

Learning activities

- Learners perform a free walking activity in any direction within the marked area under instruction.
- Teacher demonstrates balancing on one leg and changing over from left single foot balance to right single foot balance and back while learners look on.
- Learners practise balancing on one leg changing over from left single foot balance to right single foot balance and throwing the ball against the wall. Teacher moves round watching and assisting learners perform the activity.
- A few volunteer learners perform the same activity while others look on to appreciate each other's effort.

Thursday

**Topic: Balances –
Creating shapes
and formations**

Objectives

During the lesson, learners will:

- a) balance in sixes
- b) create shapes and formations

Skills to be developed

- Balancing
- Creating shapes
- Creating formations

Learning activities

1. Learners perform a free running and hopping activity in any direction within the marked area under instruction.
2. Teacher and other five learners demonstrate balancing in sixes standing on one leg, creating circle, triangle and square shapes while learners look on.
3. In groups of six, learners practise performing the activity, creating circle, triangle and square shapes. Teacher moves round watching and assisting learners perform the activity appropriately.
4. A few volunteer learners demonstrate balancing in sixes while creating circle, triangle and square shapes. The other learners watch very closely to appreciate each other's effort and teamwork spirit.

Friday

**Topic: Play and game
skills – Playing a
game**

Objectives

During the lesson, learners will:

- a) play the game under instruction
- b) follow the instructions

Skills to be developed

- Patting on the back
- Playing the game
- Following instructions

Learning activities

1. Learners perform a free running activity in any direction within the marked area under instruction.
2. Teacher tells learners that they are going to play the game Chitsveru / Tag game / Woza ngenungenu. Teacher explains how the game is played. For example, one person pats another one at the back and runs away. The person who pats runs away. The person patted on the back runs after the one who patted. If caught, the chaser returns the pat and runs away and the patted one will chase after the one who patted.
3. Learners play the game in groups while teacher observes learners perform the activity.
4. A few volunteer learners demonstrate playing the game while others look on.

Assessment

	Yes	No	Sometimes
Is the learner able to match clothes to different people?			
Is the learner able to throw a ball using the over arm throw?			
Is the learner able to change over from left single foot balance to right single foot balance and throw ball using the over arm skill?			
Is the learner able to balance with others in sixes creating shapes and formations?			
Is the learner able to play Chitsveru / Tag game / Woza ngenungenu game?			

Aims

To help learners:

- develop a collective spirit based on Zimbabwean norms and values (unhu/ubuntu/vumunhu)
- develop aesthetic beauty in motion

Source of matter:

ECD B Syllabus pages 5 and 9

Suggested learning materials

Monday: chart with pictures of different sexes

Tuesday: tails

Wednesday: picture of a squat jump, drum

Thursday: sticks

Friday: balls

Monday

Topic: Brothers and sisters

Objectives

During the lesson, learners will:

- a) identify sexes
- b) read pictures of different sexes
- c) demonstrate different activities done by different sexes

Skills to be developed

- Identifying
- Reading
- Demonstrating

Learning activities

1. Teacher displays a chart with pictures of a male and a female.
2. Learners observe the pictures and state the sexes of the children on the pictures.

3. In the learner's reader on page 24, learners read pictures of brothers and sisters doing different chores.
4. Learners demonstrate the chores done by different sexes.

Tuesday

Topic: Kids athletics

Objectives

During the lesson, learners will:

- a) read a picture showing a squat jump
- b) perform the squat jump

Skills to be developed

- Observing
- Reading
- Squat jumping

Learning activities

1. In the learner's reader on page 25, learners read the picture of a learner squat jumping.
2. Learners discuss the activities read.
3. Teacher demonstrates the squat jump as learners observe.
4. Teacher asks learners to take the squat jump posture.
5. Learners take the squat jump posture as the teacher helps those having challenges.
6. Learners perform the squat jump on one place in the classroom.

7. As a conclusion, teacher asks one individual to perform the jump.

Wednesday

**Topic: Locomotion:
Jumps in response
to stimuli**

Objectives

During the lesson, learners will:

- a) imitate the squat position
- b) colour a drawing of a child in a squat posture

Skills to be developed

- Imitating
- Colouring

Learning activities

1. Learners observe a chart with a child in the squat position.
2. Learners talk about the picture.
3. Learners imitate the squat position.
4. In the work book on page 15, learners colour a drawing of a child in a squat position.
5. Learners display their finished work.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- a) balance on one and two points
- b) balance using sticks

Skills to be developed

- Balancing

Learning activities

1. As a warm up, learners engage in muscle stretches like head turning, arm stretching, finger stretching.
2. Teacher demonstrates balancing on one and two points.
3. Learners explore balances on one and two points.
4. Learners balance on two points using sticks.

Friday

**Topic: Under-arm
throw**

Objectives

During the lesson, learners will:

- a) read a picture of a boy throwing a ball using the under-arm skill
- b) imitate throwing a ball using the under-arm skill

Skills to be developed

- Reading
- Throwing a ball using the under-arm skill

Learning activities

1. Learners turn to page 26 of their readers and read the picture of a boy throwing a ball using the under-arm skill.
2. Learners discuss how the boy is throwing the ball.
3. Teacher moves round listening to learners' discussions.
4. A few learners demonstrate throwing balls using the under-arm skill

Assessment

	Yes	No	Sometimes
Is the learner able to identify sexes?			
Is the learner able to read pictures of different sexes?			
Is the learner able to demonstrate different activities done by different sexes?			
Is the learner able to read a picture showing a squat position?			
Is the learner able to imitate the squat jump?			
Is the learner able to colour the picture of a child in the squat posture			
Is the learner able to balance on one and two points?			
Is the learner able to balance using sticks?			
Is the learner able to throw balls using the under-arm skill?			

CHAPTER 16 Underarm throws

Aims

To help learners:

- acquire team building skills, confidence and self esteem
- develop a sense of fun, enjoyment and entertainment

Source of matter

ECD B Syllabus pages 5, 8 and 11

Suggested learning materials

Monday: Body parts pieces

Tuesday: balls

Wednesday: balls

Thursday: benches

Friday: plastic tails

Monday

Topic: Males and females

Objectives

During the lesson, learners will:

- a) identify males and females
- b) colour the picture of a female
- c) fit body parts pieces to form a male

Skills to be developed

- Identifying
- Colouring
- Fitting in body parts pieces

Learning activities

1. Learners closely study the pictures shown in their workbooks on page 16.
2. Learners identify the males and females in the pictures shown.
3. Learners describe the differences between a male and a female.
4. Learners identify the female and

colour the female in their workbook on page 16.

5. Learners display their finished work by showing each other their work.

Tuesday

Topic: Under-arm throw

Objectives

During the lesson, learners will:

- a) read a picture of a boy throwing a ball using the under-arm skill
- b) throw a ball at a target using the under-arm throw.

Skills to be developed

- Reading
- Throwing

Learning activities

1. In the learner's reader on page 27, learners read a picture of a boy throwing a ball to a partner.
2. Learners discuss how the learner is throwing the ball.
3. Learners go to the playground and teacher demonstrates the throw as learners observe.
4. Learners practice the throw as they aim at a target.
5. In game-like activities, learners throw balls hitting targets.

Wednesday

Topic: Combining animal walks with throws

Objectives

During the lesson, learners will:

- throw the ball using the under-arm technique
- imitate the walk of an animal and throw the ball using the under-arm technique

Skills to be developed

- Under-arm throwing
- Imitating

Learning activities:

- Teacher asks learners to throw the ball to a partner using the under-arm technique.
- Learners throw the ball to each other using the under-arm technique.
- Teacher demonstrates the animal walk and throws the ball.
- Learners guess the animal imitated in the walk.
- Learners engage in animal walks and throw balls using the under-arm method.
- Teacher asks learners to cool down by walking around slowly.

Thursday

Topic: Pair work balances

Objectives

During the lesson, learners will:

- balance on each other on one point
- balance on a bench on two points

Skills to be developed

- Balancing

Learning activities

- Teacher engages learners in warm up activities like jogging slowly and then fast.
- Teacher explains balancing on one and two points and then demonstrates.
- Learners explore various balances.
- Learners balance on each other, back to back, one leg up.
- In pairs learners balance on a bench.

Friday

Topic: Run and dodge

Objectives

During the lesson, learners will:

- dodge as they run

Skills to be developed:

- Dodging

Learning activities:

- Teacher involves learners in a warm up activity of jogging slowly and then fast on one place.
- Learners jog slowly and then fast on one place.
- Teacher explains the tail game to learners.
- In pairs, learners run after each other to pluck the plastic tail on the partner.
- Partners with tails dodge so that their tails are not plucked.

Assessment

Name of child	Are learners able to identify males and females?	Are learners able to colour a female?	Are learners able to fit body parts to form a male?	Are learners able to read a picture of a boy throwing a ball using the under-arm skill?	Are learners able to throw a ball at a target using the under-arm throw?	Are learners able to balance on each other on one point?	Are learners able to balance on a bench on two points?	Are learners able to dodge as they run?
Rod								
Joe								
Lim								

Aims

To help learners:

- develop a sense of fun, enjoyment and entertainment
- develop a sense of fair play, achievement and self awareness

Source of matter

ECD B Syllabus pages 5 and 9

Suggested learning materials

Monday: human model, clay and play dough

Wednesday: radio, beginner's pencils

Monday

Topic: Males and females

Objectives

During the lesson learners will:

- a) state differences between males and females
- b) mould a human figure

Skills to be developed:

- Speaking
- Moulding

Learning activities:

1. Learners turn to page 28 of their readers where there are pictures of female and male human bodies.
2. Learners observe the bodies and state the differences.
3. Teacher shows learners a model of a human figure and explains how it was moulded.
4. Learners mould the human body using clay, play dough or plasticine.

Tuesday

Topic: Kids athletics; two feet jumping

Objectives

During the lesson, learners will:

- a) perform the two feet jumping in one direction

Skills to be developed

- Jumping in one direction

Learning activities

1. Learners are involved in the warm up activities of jogging on one place slowly and fast.
2. Learners jog slowly and then fast on one place.
3. Teacher demonstrates a two-foot jump while learners observe.
4. Learners practice the jump as a class.
5. In pairs learners perform the jump going in one direction.

Wednesday

Topic: Locomotion

Objectives

During the lesson, learners will:

- a) draw a child jumping
- b) listen to a song
- c) jump following the rhythm of a song

Skills to be developed

- Drawing
- Listening
- Jumping to the rhythm

Learning activities

1. Learners draw a jumping child by completing the dotted lines in their work book on page 17.
2. Learners talk about the drawing.
3. Learners dance to a song.
4. Learners listen to the rhythm of a song being played.
5. Teacher demonstrates the jump according to the rhythm.
6. Learners jump in rhythm with the song.
7. In groups learners jump to the rhythm of the song.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- a) read pictures of children performing balances
- b) perform balances in pairs
- c) link balances in pairs

Skills to be developed

- Balancing

Learning activities

1. In the learner's reader on page 29, learners read pictures of children

- performing linked balances.
2. Learners discuss the balances.
3. Learners imitate the read balances in groups while in their classroom.
4. Teacher asks learners to explore other balances.
5. Learners explore other linked balances.

Friday

Topic: Long jump

Objectives

During the lesson, learners will:

- a) jump into the sand pit
- b) compare their jumps

Skills to be developed

- Jumping
- Comparing

Learning activities

1. Teacher engages learners in warm up activities like jumping slowly on one place.
2. Teacher explains the long jump activity to learners as they listen.
3. Teacher demonstrates the long jump.
4. Learners take turns to jump.
5. Learners compare their jumps and see who jumps the furthest.

Assessment

	Yes	No	Sometimes
Is the learner able to state differences between males and females?			
Is the learner able to mould a human figure?			
Is the learner able to perform the two feet jumping in one direction?			
Is the learner able to listen to a song?			
Is the learner able to jump following the rhythm of a song?			
Is the learner able to perform balances in pairs?			
Is the learner able to link balances in pairs?			
Is the learner able to jump into the sand pit?			
Is the learner able to compare their jumps?			

CHAPTER 18 Promotion of health through games

Aims

To help learners:

- make informed decision about health, safety and well being
- develop basic physical education related skills

Source of matter

ECD B Syllabus pages 5 and 10

Suggested learning materials

Tuesday: chart with a boy hopping

Wednesday: beginner's pencils, ropes

Friday: sacks

Monday

Topic: Health

Objectives

During the lesson, learners will:

- a) list importance of exercises to the body
- b) read pictures showing different locomotor activities
- c) demonstrate the locomotor activities

Skills to be developed:

- Speaking
- Listening
- Observing
- Reading

Learning activities

1. As a class, learners discuss the importance of exercises to the body.
2. In the learner's reader on page 30, learners read pictures of children engaged in different locomotor activities like walking,

running, jumping, hopping and skipping, and crawling.

3. Learners demonstrate some of the activities in small groups.
4. As a conclusion, the teacher selects a few individuals to demonstrate what they have read.

Tuesday

Topic: Hopping

Objectives

During the lesson, learners will:

read a picture of a child hopping

- a) run freely in the designated play area as warm up
- b) hop on one leg maintaining their balances

Skills to be developed

- Reading
- Running
- Hopping
- Balancing

Learning activities:

1. In the learner's reader on page 31, learners read a picture of a child hopping on one leg.
2. Learners observe the picture and discuss what is happening.
3. In the marked play area, learners run around as warm up for two minutes.

4. Teacher demonstrates the hopping as learners observe.
5. Learners practice the hopping in smaller groups, maintaining their balances.
6. In a game situation, learners hop to collect a ball five metres away maintaining their balances.
7. Learners walk fast and then slowly as a cooling down activity.

Wednesday

Topic: Skipping

Objectives

During the lesson, learners will:

- a) draw a boy skipping by joining dotted lines
- b) skip using ropes as individuals

Skills to be developed

- Drawing
- Left to right orientation
- Skipping

Learning activities

1. Learners study the drawing in the learner's workbook on page 18.
2. Learners guess what they think is happening in the picture. They discuss their guesses.
3. Learners complete the drawing of a skipping boy by joining the dotted lines.
4. Learners compare their guesses with the drawing they have produced.
5. Learners show each other their work.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- a) balance on two and three points
- b) link their balances in groups

Skills to be developed

- Balancing
- Linking balances

Learning activities

1. As a warm up activity, learners engage in muscle stretches, being directed by the teacher.
2. Teacher demonstrates a two and three point balance (standing on two feet with one hand touching the ground) as learners observe.
3. Teacher asks learners to explore some balances.
4. Teacher assists learners to link their balances to form a group balance.
5. Learners explore and discover on their own other linked group balances, for example, in pairs learners balance on each other's back standing on one leg.
6. Learners sit down relaxing as a cool down activity.

Friday

Topic: The treasure bag game

Objectives

During the lesson, learners will:

- a) compete in the hopping game

- b) maintain balancing on one leg as they hop

Skills to be developed

- Hopping
- Balancing

Learning activities

1. In a warm up activity, learners jump on one place slowly and then fast.
2. Teacher explains the treasure

game to the learners. Learners get into a sack and compete in sack race, hoping to collect a treasure a distance away.

3. In their groups, learners compete in the hopping game to collect the treasure bag. Those who cannot maintain their balance on one leg are considered out of the game.
4. As a cool down activity, learners walk around the marked area.

Assessment

	Yes	No	Sometimes
Is the learner able to list the importance of exercises to the body?			
Is the learner able to read pictures showing different locomotor activities?			
Is the learner able to demonstrate the locomotor activities?			
Is the learner able to run freely in the designated play area as warm up?			
Is the learner able to hop on one leg maintaining their balances?			
Is the learner able to draw a boy skipping by joining dotted lines?			
Is the learner able to skip using ropes as individuals?			
Is the learner able to balance on two and three points?			
Is the learner able to link their balances in groups?			
Is the learner able to compete in the hopping game?			
Is the learner able to maintain balancing on one leg as they hop?			

CHAPTER 19 Balancing and moving on hands

Aims

To help learners:

- make informed decision about health, safety and well being
- develop basic physical education related skills

Source of matter

ECD B Syllabus pages 8 and 16

Suggested learning materials

Tuesday: balls

Friday: whistle, flat small stones

Monday

Topic: Running

Objectives

During the lesson, learners will:

- a) read pictures of learners running in the play ground
- b) run on the balls of their feet in the play ground

Skills to be developed

- Reading
- Running on balls of feet

Learning activities

1. Learners read pictures of children running in the play ground using different parts of their feet in the learner's reader on page 32.
2. Learners identify parts of the feet being used to run.
3. Learners discuss the importance of running, such as physical fitness, mental health, entertainment.
4. Outside the classroom, learners practice standing on the parts of the feet being used to run in the

pictures they read.

5. Learners practice the running on balls of feet.

Tuesday

Tuesday: Hopping

Objectives

During the lesson, learners will:

- a) balance on one leg as they play the cock game
- b) compete in a hopping game to collect a ball a distance away

Skills to be developed

- Balancing
- Hopping

Learning activities

1. In a warm up activity, learners run around the marked area.
2. Teacher explains the cock game to learners and demonstrates with another learner.
3. In pairs learners play the cock game. Learners fold arms and stand on one leg. In pairs, learners use folded arms to fight by pushing each other.
4. In a mini game, learners compete in a hopping race to collect a ball five metres away.
5. As a cool down activity, learners jump on one place fast and then slowly.

Wednesday

Topic: Moving on hands

Objectives

During the lesson, learners will:

- a) read pictures of learners moving on hands
- b) move on their hands

Skills to be developed:

- Reading
- Moving on hands

Learning activities

1. In the learner's reader on page 33, learners read pictures of children moving on hands, while a friend is holding legs.
2. In pairs, learners practice moving on hands.
3. In a mini competition, learners compete in the wheelbarrow race. In pairs, one learner holds the other learner's legs in the manner they hold and push a wheelbarrow, and the other learner moves forward on hands.
4. As a cool down, learners sit on the ground for at least three minutes.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- a) balance on several points
- b) link balances in groups

Skills to be developed

- Balancing
- Linking balances

Learning activities

1. Learners jog and stretch muscles as a warm up.
2. Teacher asks learners to balance on various points and change as the whistle is blown.
3. Learners balance on various points. They balance on legs and arms and on bolls of feet.
4. Learners link their balances to form group balances.
5. As a cool down activity, learners sit on the ground for about three minutes.

Friday

Topic: The hopscotch game

Objectives

During the lesson, learners will:

- a) draw two children playing hopscotch
- b) balance on one leg
- c) play the hopscotch game

Skills to be developed

- Balancing
- Hopping

Learning activities

1. In their workbooks on page 19, learners study a picture of a child playing hopscotch.
2. Learners discuss the game on the picture.
3. Learners imitate the play.
4. Learners draw a second child waiting for his turn to play hopscotch. They draw in their workbook on page 19.
5. Learners show each other their completed work.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of learners running in the play ground?			
Is the learner able to run on the balls of their feet in the play ground?			
Is the learner able to balance on one leg as they play the cock game?			
Is the learner able to compete in a hopping game to collect a ball a distance away?			
Is the learner able to read pictures of learners travelling on hands?			
Is the learner able to travel on their hands?			
Is the learner able to balance on several points?			
Is the learner able to link balances in groups?			
Is the learner able to play the hop scotch game?			

Aims

To help learners:

- make informed decision about health, safety and well being
- develop basic physical education related skills

Source of matter

ECD B Syllabus pages 8 and 16

Suggested learning materials

- Monday:** objects for jumping over
Tuesday: chart
Wednesday: mats, logs
Thursday: chart with balances
Friday: beginner's pencil

Monday

Topic: Jumping

Objectives

During the lesson, learners will:

- a) read pictures of learners jumping
- b) jump over objects

Skills to be developed

- Reading
- Jumping over objects

Learning activities

1. Learners read pictures of children jumping over objects in the play ground in the learner's reader on page 34.
2. Learners discuss the importance of jumping activities.
3. In the marked area, teacher demonstrates jumping over objects as learners observe.

4. Learners practice the jumping over objects in the marked area.

Tuesday

Topic: Hopping

Objectives

During the lesson, learners will:

- a) read a picture of a child hopping
- b) perform the two-foot jump

Skills to be developed

- Reading
- Two-foot jumping

Learning activities

1. Learners read the picture children performing a hop jump in the learner's reader on page 35.
2. As a warm up activity, learners jog on one place slowly and then fast in the marked area.
3. Learners imitate the jump they read in the learner's reader.
4. Teacher demonstrates the two-foot jump as learners observe.
5. Learners practice the jump in one direction.
6. Learners perform the two-foot jump in all directions in the marked area.

Wednesday

Topic: Rolling

Objectives

During the lesson, learners will:

- roll some logs and observe how they move
- roll on the mats

Skills to be developed

- Observing
- Rolling

Learning activities:

- Learners engage in some muscle stretches as a warm up.
- Learners roll some logs and observe how they move.
- Teacher demonstrates rolling on the mat as learners observe.
- Learners lie down and take the posture of the log and roll.
- Teacher assists learners facing challenges.
- As a cooling down activity, learners sit relaxing on the mats.

Thursday

Topic: Balances

Objectives

During the lesson, learners will:

- identify matching balances from a chart
- perform matching balances in groups

Skills to be developed

- Identifying
- Matching

Learning activities

- Teacher shows learners a chart with some balances such as back to back balances, pyramid balances.
- Learners observe and identify matching balances.
- Teacher groups learners and asks them to explore balances and display matching balances.
- Learners perform matching balances in their groups.

Friday

Topic: Hopscotch game

Objectives:

During the lesson, learners will:

- draw the hopscotch game
- play the hopscotch game

Skills to be developed:

- Drawing
- Hopping
- Balancing

Learning activities

- Learners observe a picture of a child playing the hopscotch game on the chart.
- Learners discuss the activity on the picture.
- Learners draw the hopscotch game in their workbook on page 20 by joining some dotted lines.
- Learners show each other their diagrams of the game.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of learners jumping?			
Is the learner able to jump over objects?			
Is the learner able to read a picture of a child hopping?			
Is the learner able to perform the two-foot jumping?			
Is the learner able to roll some logs and observe how they move?			
Is the learner able to roll on the mats?			
Is the learner able to identify matching balances from a chart?			
Is the learner able to perform matching balances in group?			
Is the learner able to draw the hopscotch game			
Is the learner able to play the hopscotch game			

Aims

Aims

To help learners:

- make informed decisions about health, safety and well being
- acquire team building skills, confidence and self esteem

Source of matter

ECD B Syllabus pages 8 and 16

Suggested learning materials

Monday: skipping ropes

Wednesday: radio

Thursday: chart

Monday

Topic: Skipping

Objectives

During the lesson, learners will:

- a) read pictures of children playing the skipping game
- b) play the skipping game

Skills to be developed

- Reading
- Skipping

Learning activities

1. In the learner's reader on page 36, learners read pictures of children playing the skipping game.
2. Learners discuss the importance of games like skipping.
3. Teacher demonstrates the technique of skipping the rope.
4. Learners skip without a rope as individuals.
5. Learners in groups play the skipping game.

Tuesday

Topic: Sideways jumping

Objectives

During the lesson, learners will:

- a) read the picture of children playing the river-bank game
- b) jump sideways
- c) play the river bank game

Skills to be developed

- Reading
- Sideways jumping

Learning activities

1. In the learner's reader on page 37, learners read a picture of children playing the river-bank game. There is a river flowing and children standing along the "river" facing one direction. The teacher stands aside to give instructions such as "river" and the children jump into the river, 'bank' they jump to the river bank.
2. Teacher and learners discuss the activity shown on a chart with learners playing the river-bank game.
3. In the playground, learners jump sideways under the teacher's command.
4. In groups, learners play the river bank game jumping sideways.
5. For cooling down, learners walk around the marked area.

Wednesday

Topic: Locomotion

Objectives

During the lesson, learners will:

- jump sideways under the teacher's command
- jump sideways over equipment following a musical rhythm

Skills to be developed

- Sideways jumping
- Listening

Learning activities

- As a warm up activity, learners run on one place slowly and then fast.
- Teacher demonstrates the sideways jumps as learners observe.
- Learners practice the sideways jumps under the teacher's command starting slowly and then fast.
- Teacher plays a musical beat and learners jump sideways following the musical beat.
- As a cool down activity, learners walk around the play area and then sit down.

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- identify sources of water
- state dangers of water
- colour water in the swimming pool

Skills to be developed:

- Identifying
- Speaking
- Colouring

Learning activities

- Teacher shows learners a chart with sources of water.
- Learners read the sources of water.
- Learners discuss the safe sources of water.
- Learners discuss the dangers posed by unsafe water to humans.
- In the learner's workbook on page 21, learners colour the water in the dam.

Friday

Topic: The river-bank game

Objectives

During the lesson, learners will:

- jump sideways
- play the river-bank game

Skills to be developed

- Sideways jumping

Learning activities

- Learners perform the sideways jumps following the teacher's command.
- Learners perform the sideways jumps following a rhythm.
- In groups, learners play the river-bank game, paying particular attention to sideways jumps.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of children playing the skipping game?			
Is the learner able to play the skipping game?			
Is the learner able to read the picture of children playing the river-bank game?			
Is the learner able to jump sideways?			
Is the learner able to jump sideways following the teacher's command?			
Is the learner able to jump sideways over equipment following a musical rhythm?			
Is the learner able to state dangers of water?			
Is the learner able to colour water in the swimming pool?			
Is the learner able to play the river bank game?			

Aims

To help learners:

- a) develop a sense of fun, enjoyment and entertainment
- b) make informed decisions about health, safety and well being

Source of matter

ECD B Syllabus pages 8 and 16

Suggested learning materials

Monday:

Tuesday:

Wednesday: tyres, logs and bicycle rims

Thursday:

Friday: pictures of sources of water

Monday

Topic: Hopping

Objectives

During the lesson, learners will:

- a) read a picture of children hopping
- b) imitate grasshopper movements
- c) play hopping games

Skills to be developed

- Reading
- Imitating
- Hopping

Learning activities

1. Learners read pictures of children hopping in the learner's reader on page 38.
2. Learners discuss what the children in the pictures are doing.

3. Teacher demonstrates the grasshopper hopping as learners observe.
4. Learners hop like grasshoppers in the marked area.
5. In groups, learners play the grasshopper games.

Tuesday

Topic: Cross hopping

Objectives

During the lesson, learners will:

- a) run slowly on one place
- b) perform cross hops following instructions

Skills to be developed

- Running slowly
- Cross hopping

Learning activities

1. As a warm up activity, learners run slowly on one place.
2. Teacher demonstrates the cross-hop activity as learners observe.
3. Learners practice the cross-hop game in drawn circles on the ground.
4. Learners use one divided circle to perform the cross-hop activities.
5. As cool down, learners walk around the marked area.

Wednesday

Topic: Locomotion

Objectives

During the lesson, learners will:

- free run in the marked area
- read a picture of children moving equipment
- move with equipment around the play area

Skills to be developed

- Reading
- Identifying
- Moving with equipment

Learning activities

- Learners read a picture of children rolling tyres and bicycle rims in their reader on page 39.
- Learners identify the equipment being moved.
- Learners run freely around the marked areas as warm up.
- Learners roll some tyres in any direction but within the marked area.
- As a cool down activity, learners walk around the marked area.

Thursday

Topic: Water familiarisation and safety

Objectives

During the lesson, learners will:

- identify safe sources of water
- classify water bodies as safe and unsafe sources

Skills to be developed

- Identifying
- Classifying

Learning activities

- Teacher displays a chart with sources of water.
- Learners observe and identify sources of safe water.
- In groups, learners classify pictures of sources of water into safe and unsafe water sources.
- In the learner's workbook on page 22, learners circle sources of safe water.
- Learners display their work by showing others their finished work.

Friday

Topic: The moving train/ khutshu khutshu sitimela/Chitima chinofamba game

Objectives

During the lesson, learners will:

- play the moving train game

Skills to be developed

- Singing

Learning activities

- Teacher explains the game to the learners.
- Teacher introduces the game song to the learners. Two learners hold each other's hands and give each other names, for example lion and elephant. The other learners pass through under the arms like a train going under a bridge singing "The train is moving" song. The two learners holding each other's hands trap the learners one at a time. The trapped learners are made to choose a side or team and join the chosen side, either on the side of the lion or elephant.

3. Learners play the game until all the learners have joined sides.

4. Learners then engage in a tug-of-war.

Assessment

	Yes	No	Sometimes
Is the learner able to imitate grasshopper movements?			
Is the learner able to play hopping games?			
Is the learner able to run slowly on one place?			
Is the learner able to perform cross-hops following instructions?			
Is the learner able to free run in the marked area?			
Is the learner able to read a picture of children moving equipment?			
Is the learner able to move with equipment around the play area?			
Is the learner able to identify safe sources of water?			
Is the learner able to classify pictures of water bodies as safe and unsafe sources?			
Is the learner able to play the moving train game?			

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic physical education related skills

Source of matter:

ECD B Syllabus pages 8 and 16

Suggested learning materials

Tuesday: mats

Wednesday: hula-hoops

Thursday: chart with water hazards

Monday

Topic: Bending

Objectives

During the lesson, learners will:

- read pictures of children doing some axial activities
- demonstrate some axial movements

Skills to be developed

- Reading
- Bending

Learning activities

- In the learner's reader on page 40, learners read pictures of children doing some head and finger stretches.
- Learners discuss the importance of such activities.
- Learners imitate some of the axial activities read.
- Teacher demonstrates an axial activity.
- Learners perform the activities as individuals in the classroom.

Tuesday

Topic: Knee lifting and elbow bending

Objectives

During the lesson, learners will:

- read a picture of a child performing some knee and elbow stretches.
- run freely in the marked area
- bend and stretch their legs and hands on the knees and elbows

Skills to be developed

- Reading
- Observing
- Stretching

Learning activities

- In the learner's reader on page 41, learners read pictures of children lying on the ground bending their elbows and knees and discuss the activities.
- As a warm up activity, learners run around the marked area and squat when the teacher blows a whistle.
- Teacher demonstrates the knee and elbow stretches.
- Learners do the stretches on the mats with the teacher's assistance.
- As a cool down activity, learners slowly jog on one place.

Wednesday

Topic: Coordination - Moving with equipment

Objectives

During the lesson, learners will:

- run freely within the marked area
- roll their hula-hoops within the marked area

Skills to be developed

- Rolling

Learning activities:

- Teacher engages learners in a warm up activity in which they run around the marked area.
- Teacher explains and demonstrates the rolling of the hula-hoop emphasising the arm movement and focusing on the movement of the elbow.
- Learners roll their hula-hoops making the necessary hand movement.
- Teacher assists those with challenges with the hand movement.
- As cool down, learners walk around the marked area

Thursday

Topic: Water familiarisation and safety

Objectives

During the lesson, learners will:

- state the dangers posed by water
- identify water hazards
- circle a water hazard

Skills to be developed

- Speaking
- Listening
- Identifying
- Writing

Learning activities

- Teacher displays a chart with water hazards.
- Learners observe the chart and talk about what is happening.
- Learners state the dangers of water.
- In the learner's workbook on page 23, learners identify and circle a water hazard picture.

Friday

Topic: 'Look inside' game

Objectives

During the lesson, learners will:

- play the rotten egg game

Skills to be developed

- Listening
- Feeling
- Alertness

Learning activities:

- Teacher explains the game to the learners.
- Teacher demonstrates the game to the learners.
- Learners sit in a circle and the teacher introduces a song while playing the game.
Look inside
The lion bites
Look inside
The lion bites
- Learners play the game. One child will be moving around the circle singing "Look inside" with an object to drop behind a victim. The others will also answer by saying "the lion bites" remaining alert in case they may be eaten by a lion.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of children doing some axial activities?			
Is the learner able to demonstrate some axial movements?			
Is the learner able to read a picture of a child performing some knee and elbow stretches?			
Is the learner able to run freely within the marked area?			
Is the learner able to bend and stretch their legs and hands on the knees and elbows?			
Is the learner able to roll their hula-hoops within the marked area?			
Is the learner able to identify water hazards?			
Is the learner able to circle a water hazard?			

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic physical education related skills

Source of matter

ECD B Syllabus pages 5, 7, 10 and 14

stretch neck muscles following the teacher's commands.

Suggested learning materials

Tuesday: chart

Thursday: beginner's pencil

Monday

Topic: Stretching

Objectives

During the lesson, learners will:

- read and state the muscles being stretched
- discuss the importance of stretches

Skills to be developed

- Reading
- Speaking
- Stretching

Learning activities

- In the learner's reader on page 42, learners read the pictures of learners performing stretches.
- Learners state the muscles being worked on.
- Learners discuss the importance of muscle stretches.
- Teacher demonstrates the neck muscle stretches as learners observe.
- In their classroom, learners

Tuesday

Topic: Two feet jump

Objectives

During the lesson, learners will:

- read the picture of a girl jumping
- stretch their body muscles
- perform the two feet jump

Skills to be developed

- Reading
- Stretching
- Jumping

Learning activities

- In the learner's reader on page 43, learners read a picture of a girl jumping on two feet.
- Learners discuss the activities being done by the girl.
- As a warm up activity, learners perform the various body muscle stretches being led by the teacher.
- Teacher demonstrates the two feet jump while learners observe.
- Learners practice the jump while teacher assists learners facing challenges.
- As a class, learners perform the jumps.

Wednesday

Topic: Skipping

Objectives

During the lesson, learners will:

- a) perform the skipping skill without apparatus
- b) sing the fish rhyme as they play the skipping game

Skills to be developed

- Skipping

Learning activities

1. Teacher explains how the skipping game is played.
2. Teacher asks learners to give some songs or rhymes they sing when playing the skipping games.
3. Learners give the rhymes.
4. Teacher demonstrates the skipping game as learners watch.
5. Learners perform jumps without the rope as practice.
7. Teacher then introduces a rhyme:
Fish, fish
Spell your name
F.I.S.H
6. Learners sing a rhyme as they jump.

Thursday

Topic: Water safety

Objectives

During the lesson, learners will:

- a) identify safe entry into water
- b) circle unsafe entry into the pool

Skills to be developed

- Identifying
- Writing

Learning activities

1. Teacher shows learners a chart of swimmers entering a pool.
2. Learners discuss how the people are entering the pool.
3. Learners identify safe ways of entering a pool.
4. In the learner's workbook on page 24, learners circle an unsafe way of entering a pool.
5. Learners show each other their completed work.

Friday

Topic: Playing the game Zai rakaora, Iqanda libolile, rotten egg

Objectives

During the lesson learners will:

- a) play the game Zai rakaora

Skills to be developed

- Listening
- Feeling
- Alertness

Learning activities

1. Teacher explains the game to the learners.
2. Teacher demonstrates the playing of the game to the learners.
3. Learners sit in a circle and the teacher introduces a song while playing the game.
Zai rakaora; Rakaora; Zai rakaora
Rakaora;
Rotten egg;
Iqanda libonile.
4. Learners sit in a circle and one of them go round the circle singing, "look inside" and places an object

on a chosen individual's back. The individual stands up and picks the object and runs round the circle

singing, looking for someone who is not alert to make a rotten egg.

Assessment

	Yes	No	Sometimes
Is the learner able to read and state the muscles being stretched?			
Is the learner able to stretch body muscles?			
Is the learner able to read the picture of a girl jumping?			
Is the learner able to stretch their body muscles?			
Is the learner able to perform the two foot jump?			
Is the learner able to perform the skipping skill without apparatus?			
Is the learner able to chant 'spelling' rhymes as they play the game?			
Is the learner able to identify safe entry into water?			
Is the learner able to circle the picture that shows unsafe entry into the pool?			

Aims

To help learners:

- develop a sense of fun, enjoyment and entertainment
- make informed decisions about health, safety and well being

Source of matter

ECD B Syllabus pages 5 and 16

Suggested learning materials

- Monday:** objects for lifting
Tuesday: objects like ball, hula-hoops, bean bags
Wednesday: drawing pencils, ropes
Thursday: skipping ropes
Friday: skipping ropes

Monday

Topic: Lifting objects

Objectives

During the lesson, learners will:

- read pictures of children lifting objects using their hands
- lift given objects using their hands

Skills to be developed

- Observing
- Reading
- Lifting

Learning activities

- In the learner's reader on page 44, learners read pictures of learners lifting various objects using their hands.
- Learners discuss the activities in the pictures and state the importance of exercises.
- Teacher demonstrates the posture

and the lifting of an object using hand muscles.

- Learners practice the lifting of objects in pairs in their classroom.

Tuesday

Topic: Controlled running

Objectives

During the lesson, learners will:

- read a picture of children running in a track
- jog on one place
- run along the track

Skills to be developed

- Jogging
- Running along a track

Learning activities

- In the learner's reader on page 45, learners read a picture of children running in a track.
- Learners discuss the picture.
- As a warm up activity, learners jog slowly on one place and then fast.
- Teacher explains and demonstrates running following a track.
- In small groups, learners practice running following a track.
- In a mini-game, learners run in tracks to pick an object ten metres away and return in the track.

Wednesday

Topic: Skipping with apparatus

Objectives

During the lesson, learners will:

- a) skip the rope continuously

Skills to be developed:

- Observing
- Drawing
- Speaking

Learning activities

1. Learners observe a picture of children playing skipping ropes on a displayed chart.
2. Learners discuss what is happening in the picture.
3. In their workbook on page 25, learners complete the picture of a boy playing the skipping game, by drawing in the rope.
4. Learners show each other their finished work.

Thursday

Topic: Water familiarisation

Objectives

During the lesson, learners will:

- a) walk down the pool using the steps
- b) sit swivel into the water

Skills to be developed

- Walking into the pool
- Swivelling into the pool

Learning activities

1. Teacher explains to the learners the importance of entering safely into the pool.
2. Teacher demonstrates the safe entering into the pool by using steps or ladders.
3. Learners enter the pool safely using the steps or ladders.
4. Teacher demonstrates the sitting swivel (sits on the pool's edge, legs in the water, holds one's sides with both hands and swings down facing the edge of the pool).
5. Learners practice the sitting swivel.

Friday

Topic: The skipping game

Objectives

During the lesson, learners will:

- a) play the skipping game
- b) sing a skipping rhyme

Skills to be developed

- Skipping

Learning activities

1. Learners skip their ropes individually running around the marked area as a warm up activity
2. Teacher demonstrates the playing of the game while singing a rhyme as learners observe.
3. In groups learners play the skipping game whilst saying a rhyme.
4. As a cool down activity, learners walk around the marked area stretching their legs.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of children lifting objects using their hands?			
Is the learner able to lift given objects using their hands?			
Is the learner able to jog on one place?			
Is the learner able to run along the track?			
Is the learner able to skip the rope continuously?			
Is the learner able to sing a skipping rhyme			
Is the learner able to sit swivel into the water?			
Is the learner able to play the skipping game?			

CHAPTER 26 Vigorous body exercises

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic physical education related skills

Source of matter

ECD B Syllabus pages 5 and 16

Suggested learning materials

Tuesday: beginner's pencil, chart with a picture of a boy jumping an obstacle.

Wednesday: balls, bean bags, whistle

Monday

Topic: Twisting

Objectives

During the lesson, learners will:

- a) read pictures of children performing some body twists
- b) twist those parts of their bodies that twist

Skills to be developed

- Reading
- Twisting

Learning activities

1. In the learner's reader on page 46, learners read pictures of children performing some twists.
2. Learners discuss the importance of twists to our bodies.
3. Teacher demonstrates waist twists while learners observe.
4. Learners practice the twisting of their waists while the teacher assists.

Tuesday

Topic: Sideways jumps

Objectives

During the lesson, learners will:

- a) jump on one place
- b) perform sideways jumps while jumping obstacles

Skills to be developed

- Jumping on one place
- Sideways jumping

Learning activities

1. Learners observe a picture of a boy jumping an obstacle displayed by the teacher.
2. Learners tell what the boy is doing.
3. Learners imitate jumping an object as shown on the chart.
4. Learners complete a drawing of a boy jumping an obstacle by joining some dotted lines in their learner's work book on 26.

Wednesday

Topic: Moving with contrasting qualities

Objectives

During the lesson, learners will:

- a) walk in contrasting steps
- b) run in contrasting steps

Skills to be developed

- Walking in contrasting steps
- Running in contrasting steps

Learning activities

1. As warm up, learners run around the play area doing the tail plucking game in pairs.
2. Teacher demonstrates the contrasting steps (heavy and light steps), as learners watch.
3. As a class, learners walk around in contrasting steps, walking using heavy steps and change to light steps upon the blow of a whistle.
4. Teacher demonstrates running in contrasting steps while learners observe.
5. Learners run in contrasting steps as demonstrated.
6. As a cooling down exercise, learners walk slowly around the play area and then sit down.

Thursday

Topic: Submerging

Objectives

During the lesson, learners will:

- a) read pictures showing safe entry into a pool
- b) hold their breath
- c) close their nose with fingers

Skills to be developed

- Reading
- Holding a breath

Learning activities

1. Learners read a picture showing safe entry into a pool in their readers on page 47.
2. Teacher explains the importance of safe entry into the pool.
3. Teacher explains the techniques needed when submerging in water,

such as holding the breath or closing the nose.

4. Learners try to hold their breaths and closing the nose using the two fingers for 15 seconds.

Friday

Topic: 'Goat goat mee' game

Objectives

During the lesson, learners will:

- a) play the game 'Goat goat mee'

Skills to be developed

- Observing
- Speaking
- Alertness

Learning activities

1. Teacher explains the game to the learners. Children join hands in a circle. One child gets inside the circle and sing "mbuzi mbuzi mee while observing where children are not holding their hands tightly. The child runs and breaks through. If he or she breaks through, the learner will choose another learner to go inside the circle, and the game resumes.
2. Teacher demonstrates the game to the learners.
3. Learners stand in a circle and the teacher introduces a song while playing the game.
Mbuzi mbuzi
Mee
Yadla amabele
Mbuzi mbuzi
Mee
Yadla amabele
4. Learners play the game making sure they observe the weaker point to escape from.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of children performing some body twists?			
Is the learner able to read pictures of children performing some body twists?			
Is the learner able to twist parts of their bodies that twist?			
Is the learner able to jump on one place?			
Is the learner able to perform the sideways jumps while jumping obstacles?			
Is the learner able to walk in contrasting steps?			
Is the learner able to run in contrasting steps?			
Is the learner able to enter the pool safely?			
Is the learner able to submerge in the water?			
Is the learner able to play the Me-e! me-e! game?			

Aims

To help learners:

- develop a sense of achievement and self awareness
- make informed decisions about health, safety and well being

Source of matter

ECD B Syllabus pages 7 and 14

Suggested learning materials

Monday: wax crayons

Tuesday: an actual slide in the play area

Wednesday: tunnels made of drums or tyres, whistle

Thursday: swimming pool

Friday: chart with a child receiving a ball

child sliding on a slide.

- Learners show each other their completed work.

Tuesday

Topic: Kids athletics

Objectives

During the lesson, learners will:

- balance on one foot
- single foot jump in one direction

Skills to be developed

- Balancing
- Jumping on one foot

Learning activities:

- As a warm up activity, learners run around the play area and jump when the teacher blows a whistle.
- Teacher demonstrates how to balance on one leg.
- Learners balance on one leg.
- Teacher demonstrates a single foot jump as learners observe.
- Learners practice the single foot jump.
- As a class, learners single foot jump in one direction using their most preferred leg.
- As cool down activity, learners walk around the play area.

Monday

Topic: Sliding

Objectives

During the lesson, learners will:

- colour a picture of children playing on the slide
- slide safely on the slides

Skills to be developed

- Observing
- Colouring

Learning activities

- Learners observe a chart with children playing on a slide.
- Learners discuss the activities the children are doing.
- In the learner's workbook on page 27, learners colour the drawing of a

Wednesday

Topic: Locomotion

Objectives

During the lesson, learners will:

- a) read pictures of children crawling in and out of tunnels
- b) crawl in and out of the tunnels

Skills to be developed

- Reading
- Crawling through tunnels

Learning activities

1. In the learner's reader on page 48, learners read pictures of children crawling through a tunnel.
2. Learners discuss the activities being carried out in the picture.
3. Teacher asks one learner to demonstrate crawling through the tunnel in the play centre while others observe.
4. Learners take turns to crawl through the tunnel.

Thursday

Topic: Water familiarisation and safety

Objectives

During the lesson, learners will:

- a) enter safely into the pool using steps or ladders
- b) submerge under water

Skills to be developed

- Safe entry into the pool
- Submerging

Learning activities

1. Teacher explains the importance of safe entry into the pool.

2. Teacher asks learners the techniques needed when submerging in water, such as holding the breath or closing the nose.
3. Teacher asks one learner to demonstrate the skill while others observe.
4. Learners take turns to submerge while the teacher watches.
5. Teacher assists those facing challenges.
6. Learners safely exit the pool by using the pool steps or ladder.

Friday

Topic: Receiving skill

Objectives

During the lesson, learners will:

- a) read a picture of a child receiving a ball thrown to him or her
- b) receive the ball

Skills to be developed

- Reading
- Receiving

Learning activities

1. In the learner's reader on page 49, learners read a picture of a child receiving a ball thrown.
2. Learners discuss how the child is receiving the ball.
3. As a warm up activity, learners run around the marked area for two minutes.
4. Teacher demonstrates the shaping of the receiving hands.
5. Learners practice the shaping of hands and pretend to receive the ball.
6. In pairs, learners throw and receive balls, paying attention to the receiving shape of hands.

Assessment

	Yes	No	Sometimes
Is the learner able to colour a picture of children playing on the slide?			
Is the learner able to slide safely on the slides?			
Is the learner able to balance on one foot?			
Is the learner able to single foot jump in one direction?			
Is the learner able to read pictures of children crawling in and out of a tunnel?			
Is the learner able to crawl in and out of the tunnel?			
Is the learner able to enter safely into the pool using steps or ladder?			
Is the learner able to submerge in the water?			
Is the learner able to read a picture of a child receiving a ball thrown to him or her?			
Is the learner able to receive the ball?			

Aims

To help learners:

- develop a sense of achievement and self awareness
- make informed decisions about health, safety and well being
- develop a sense of fun, enjoyment and entertainment

Source of matter

ECD B Syllabus pages 7, 14 and 15

Suggested learning materials

Monday: swings

Wednesday: tunnels

Thursday: straws, foam, water

Friday: balls

Monday

Topic: Swinging

Objectives

During the lesson, learners will:

- read pictures of learners swinging on swings
- swing on the swings

Skills to be developed

- Reading
- Swinging

Learning activities

- In the learner's reader on page 50, learners read pictures of children swinging on swings.
- Learners discuss the activities they have read
- At the swings, teacher asks one learner to demonstrate swinging while other learners observe.
- Learners practice the swinging while teacher assists those failing to swing.

- In pairs, learners assist each other to swing while the teacher observes and makes sure learners do not hurt each other.

Tuesday

Topic: Single foot jump

Objectives

During the lesson, learners will:

- stretch their body muscle
- single foot jump in all directions

Skills to be developed:

- Stretching
- Balancing
- Jumping on one foot

Learning activities:

- As a warm up activity, learners stretch their body muscles following the teacher's commands.
- Learners balance on one foot.
- Teacher demonstrates jumping while balancing on one foot as learners observe.
- Learners practice single foot jumping as individuals.
- As groups, learners practice the balancing and jumping on one foot in the marked area.
- As a cool down activity, learners walk around the marked area.

Wednesday

Topic: Locomotion

Objectives

During the lesson, learners will:

- colour the drawing showing children crawling through the tunnel
- crawl through the tunnel

Skills to be developed

- Colouring
- Crawling through the tunnel

Learning activities:

- In the learner's workbook on page 28, learners colour the drawing of children crawling through the tunnel.
- Learners show each other their completed coloured work.
- As a warm up activity, learners run and squat at the blow of a whistle.
- Learners take turns to crawl through the tunnel.

Thursday

Topic: Blowing bubbles in water

Objectives

During the lesson, learners will:

- blow bubbles in water

Skills to be developed

- Blowing

Learning activities

- Learners state safe ways of entering the pool.
- Teacher demonstrates how to create bubbles using water and foam while learners observe.
- Learners individually blow bubbles using straws and foam.

Friday

Topic: Receiving a ball

Objectives:

During the lesson, learners will:

- read picture of a child receiving the ball
- shape hands in preparation to receive the ball

Skills to be developed

- Reading
- Shaping

Learning activities

- Learners read a picture of a child receiving the ball and cradling it on his or her chest from the learner's reader on page 51.
- Learners talk about the picture.
- Teacher demonstrates the shaping of hands in preparation for receiving a ball.
- Learners shape their hands in preparation for receiving the ball thrown. Teacher assists those learners with challenges.

Assessment

	Yes	No	Sometimes
Is the learner able to read pictures of learners swinging on swings?			
Is the learner able to swing on the swing?			
Is the learner able to stretch their body muscle?			
Is the learner able to jump in all directions on a single foot?			
Is the learner able to colour the drawing showing children crawling through the tunnel?			
Is the learner able to crawl through the tunnel?			
Is the learner able to blow bubbles in water?			
Is the learner able to receive the ball?			
Is the learner able to cradle the ball on the chest?			

Aims

To help pupils:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- provide learners with a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning material

- Monday:** a chart
Tuesday: music player
Thursday: swimming pool, basins
Friday: balls, pencils and crayons

Monday

**Topic: Safety and health
- Walking**

Objectives

During the lesson, learners will:

- state the importance of walking for health
- talk about the picture
- walk slowly and briskly

Skills to be developed

- Stating
- Discussing
- Walking

Learning activities

- Teacher discusses with the learners the importance of walking to maintain physical fitness and mental health.
- In their groups, learners talk about

the picture of children on a walking race around the track. The picture is in their readers on page 52.

- Learners walk to the play area and then walk and briskly around the play area.
- Learners walk back to the classroom in a single file.

Tuesday

**Topic: Kids athletics -
Running for speed**

Objectives

During the lesson, learners will:

- perform a high run on the balls of their feet for speed
- run in one direction towards a specific finishing line

Skills to be developed

- Running

Learning activities

- The teacher plays some music and learners run around the play centre in rhythm with the music.
- Learners stand in a circle at the stop of the music.
- Teacher demonstrates high running on the balls of their feet for speed and learners practice the run on

the same spot as they stand in the circle.

- Learners are placed in groups and then each group runs for speed on the balls of their feet in one direction towards a specific finishing line.
- Learners make a circle and then run slowly on the balls of their feet.

Wednesday

Topic: Locomotion - Movement

Objectives

During the lesson, learners will:

- play the game
- talk about the picture
- play on the climbers

Skills to be developed

- Playing
- Discussing

Learning activities

- Learners play the game 'Follow the leader'.
- Learners sit down in a circle and talk about the picture of children playing on a climber which is in their readers on page 53.
- Learners are taken to their outdoor play area to play some climbing games on the climbers.
- They follow the leader back into the classroom.

Thursday

Topic: Aquatic skills - Water familiarisation and safety

Objectives

During the lesson, learners will:

- splash water in different directions

Skills to be developed

- Splashing water

Learning activities

- Learners move water in the shallow end of the pool or in open basins around with their hands in a clockwise direction.
- Learners then splash water with the back of their hands away from themselves towards a specific target and then with the palms of their hands.
- They then splash water towards themselves with their fingers.

Friday

Topic: Play and game skills

Objectives

During the lesson, learners will:

- strike suspended objects in different directions

Skills to be developed

- Striking

Learning activities

1. Teacher suspends different non-breakable objects like balls on suspended beams or goal posts.
2. Learners make circles with their left and then their right arms.
3. Teacher demonstrates how to strike a suspended object. Learners take turns to strike suspended objects in specific directions, for example, to the left, to the right and forward.
4. Learners stand side by side in a row and all make a forward striking move.
5. Learners colour the drawing showing a boy striking a suspended ball. The drawing is in their workbooks on page 29.

Assessment

Name of child	Are learners able to state the importance of walking for health?	Are learners able to describe the activities being carried out in the pictures?	Are learners able to walk slowly and briskly?	Are learners able to perform a high run on the balls of their feet for speed?	Are learners able to splash water in different directions?	Are learners able to strike suspended objects in different directions?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- provide learners with a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem.

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning material

Monday: a chart showing children playing a ball game

Tuesday: balls

Wednesday: balls

Thursday: chart showing some floating devices

talk about the picture of children playing a netball game. The picture is in their readers on page 54.

- Learners are placed into two groups and they play a netball game. Teacher emphasises the throwing and catching skills.
- Each learner picks up a ball and they throw the balls to each other and catch.

Monday

**Topic: Safety and health -
Playing games**

Objectives

During the lesson, learners will:

- explain the importance of playing games
- play a netball game

Skills to be developed

- Explaining
- Playing

Learning activities

- Learners discuss the picture of children playing a ball game shown in their readers on page 54.
- Learners discuss the importance of playing games to maintain physical fitness and mental health. Learners

Tuesday

**Topic: Kids athletics -
Continuous single foot
jump in one direction
over a rope**

Objectives

During the lesson, learners will:

- perform the continuous single foot jumps in one direction
- hold some jumping competitions

Skills to be developed

- Jumping

Learning activities

- Learners jog and jump around the play centre.
- The teacher demonstrates how to perform the continuous single foot jumps in one direction.

3. Learners practice performing the continuous single foot jumps in one direction over some low-lying hurdles as a class and then in groups.
4. Learners hold some jumping races in their groups.

Wednesday

**Topic: Locomotion -
Moving from point A
to B with apparatus**

Objectives

During the lesson, learners will:

- a) move with a ball
- b) kick a ball lightly and control it towards a specific target.

Skills to be developed

- Kicking
- Controlling a ball

Learning activities

1. Learners make a circle. They then make some star jumps before kicking the air with their right and left feet
2. Teacher marks the centre of the circle and each learner is assisted to move with a ball, kicking it lightly and controlling it towards the centre point.
3. Learners move away from the circle to stand side by side on one end of the play area with their balls. They then move with their balls kicking them lightly and controlling them to the end of the play area and back again.

Thursday

**Topic: Aquatic skills - Water
familiarisation and
safety**

Objectives

During the lesson, learners will:

- a) identify and name some floating devices
- b) colour a floating device

Skills to be developed

- Identifying
- Colouring

Learning activities

1. Learners watch a video showing children being assisted to float using different floating devices.
2. Learners identify and name the floating devices shown on the chart or on the teacher's table. Teacher discusses their use with the learners.
3. Learners handle and feel the assistive devices placed in their groups.
4. As individuals, learners colour a floating device in their workbooks on page 30.

Friday

**Topic: Play and game
skills**

Objectives

During the lesson, learners will:

- a) describe the activities taking place in the pictures
- b) strike suspended objects in different directions

Skills to be developed

- Describing
- Striking

Learning activities

1. In pairs, learners talk about the picture of a boy striking an object that is suspended from a beam. The picture is in their reader on page 55. They describe and mime the activities being done by children in the picture.
2. Learners make circles with their left and then their right arms. They then swing their arms up and down.
3. One of the learners demonstrates how to strike a suspended object. Learners take turns to strike suspended objects in specific directions, for example, to the left, to the right and forward.
4. Learners stand side by side in a row and all make a left side striking move.

Assessment

Name of child	Are learners able to perform continuous single foot jumps in one direction?	Are learners able to move with a ball?	Are learners able to kick a ball lightly and control it towards a specific target?	Are learners able to identify and name some floating devices?	Are learners able to colour a floating device?	Are learners able to strike suspended objects in different directions?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem

Source of matter

ECD B Physical Education Syllabus pages 18-26

Suggested learning materials

Monday: toiletry items, dish, water, soap

Tuesday: low lying hurdles

Wednesday: pencils or crayons

Thursday: samples or pictures of floating devices

Friday: skipping ropes

Monday

Topic: Safety and health - Personal hygiene

Objectives

During the lesson, learners will:

- talk about the pictures demonstrating good personal hygiene
- discuss some good personal hygiene activities
- sing the hygiene song

Skills to be developed

- Discussing
- Singing

Learning activities

- In pairs, learners talk about the pictures demonstrating good personal hygiene activities. The

pictures are shown in the learners' readers on page 56.

- Teacher discusses some good personal hygiene activities like bathing, brushing teeth, washing hands after visiting the toilet and washing fruits before eating them.
- Learners sing the hygiene song whilst demonstrating good hygiene practices.

Tuesday

Topic: Kids athletics - Continuous double footed jumps over a rope

Objectives

During the lesson, learners will:

- perform continuous double footed jumps in one direction
- hold a jumping race

Skills to be developed

- Jumping
- Racing

Learning activities

- Learners hop and jump around the play centre.
- Learners make a big circle and then do star jumps.
- Learners jog and jump around the play centre.

4. The teacher demonstrates how to perform the continuous double footed jump in one direction.
5. Learners practice performing the continuous double footed jumps in one direction over some low-lying hurdles as a class and then in groups.
6. Learners hold some jumping races in their groups

Wednesday

Topic: Locomotion -
Moving in response
to stimuli

Objectives

During the lesson, learners will:

- a) join dotted lines to draw a radio
- b) move in response to the musical beat

Skills to be developed

- Drawing
- Colouring
- Responding to stimuli

Learning activities

1. Teacher discusses with learners the uses of radios and music players.
2. In pairs, learners talk about the dotted outline of the radio or music player shown in their workbooks on page 31. They colour the music player.
3. Learners join the dotted lines to draw a radio as individuals.
4. Learners walk and clap their hands in rhythm with the music as they walk, hop and jog around the play area.
5. They stop when the music stops and continue when it starts over.

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) float using some floating devices

Skills to be developed

- Floating in water

Learning activities

1. Teacher discusses with the learners the use of different floating devices shown in the reader on page 57.
2. Learners quickly change into their swim wear and hold their body towels. They each collect a floating device (arm or back floating device) and move quickly to the pool area and stand at the side of the pool.
3. Each learner is assisted to enter the shallow end of the pool with their floater. They are given instructions not to wander into the water without assistance.
4. The teacher helps the swimming coach to assist each learner to float on the water using their floating devices.
5. All learners exit the pool, shower and dry themselves.

Learning activities for those with no swimming pools

1. Teacher discusses with the learners the use of different floating devices shown in the reader on page 57.
2. Each group is given a container of water and some toy floaters.
3. Learners play with toy floaters to establish that floaters do not sink in water.

4. Learners choose different plastic toys that float in water. The toys are placed on the floaters and learners assist the toys to float.
5. Learners remove all toys from the water. Teacher collects all the water basins.

Skills to be developed

- Jumping
- Playing

Learning activities

1. Learners run around the play area in a circle.
2. A rope is tied to some pole or trees at each end. Learners stand in a line on the left side of the rope.
3. Teacher demonstrates how to jump over the rope to the right (river) and then back to the left (bank).
4. Learners repeat playing the game of jumping over the rope to the left and to the right, the river and bank game as a class.
5. Learners play the game in their groups.

Friday

Topic: Play and game skills

Objectives

During the lesson, learners will:

- a) jump over a rope to the left and right
- b) play a river-bank game

Assessment

Name of child	Are learners able to discuss some good personal hygiene activities?	Are learners able to sing the hygiene song?	Are learners able to perform continuous double footed jumps in one direction?	Are learners able to join dotted lines to draw a radio?	Are learners able to float using some floating devices?	Are learners able to jump over a rope to the left and right?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning materials

Monday: a chart showing good hygiene practices, pencils and crayons

Tuesday: video recording showing a sack race

Wednesday: moving equipment such as sacks.

Thursday: video clip on gliding skills

Friday: whistles, music player moving equipment like sacks

Monday

Topic: Safety and health - Personal hygiene

Objectives

During the lesson, learners will:

- identify and describe the different good personal hygiene activities
- join the dotted lines to make a drawing

Skills to be developed

- Identifying
- Describing
- Drawing

Learning activities

- Learners identify and describe the different good personal hygiene activities from the chart.
- Learners sing the hygiene song whilst demonstrating good hygiene practices like washing hands and bathing.
- Learners talk about the dotted outline of the girl and describe what she is doing.
- As individuals, learners join the dotted lines to draw a girl brushing her teeth in their workbooks on page 32.
- Learners show each other their work.

Tuesday

Topic: Kids athletics - Moving with apparatus for speed

Objectives

During the lesson, learners will:

- describe the activities taking place in the video recording
- move with an apparatus

Skills to be developed

- Describing
- Moving with an apparatus

Learning activities

1. Learners watch a video showing a sack race. They also talk about the pictures of a sack race shown in their readers on page 58.
2. A few learners copy from the video and demonstrate how to move with an apparatus like a sack
3. In groups, learners move with an apparatus and then move for speed
4. Learners hold races in their groups on moving with an apparatus, the sack race.

Wednesday

Topic: Locomotion - Moving under instruction

Objectives

During the lesson, learners will:

- a) move from point A to B with equipment
- b) move with speed towards a specific finishing line

Skills to be developed

- Moving with equipment
- Moving with speed

Learning activities

1. Teacher discusses with learners the picture of children doing the sack race.
2. Two learners demonstrate how to move towards a specific area with equipment.
3. Learners practice moving from point A to B with equipment such as sacks.
4. Learners stand in a row and put on their sacks, they then move with speed towards a specific finishing

line in a competition to see who can move fastest with equipment.

5. Learners clap hands for the winners.

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) glide in water

Skills to be developed

- Gliding

Learning activities for those with swimming pools

1. Learners quickly change into their swim wear and hold their body towels. They each collect a floating device (arm or back floating device) and move quickly to the pool area and stand at the side of the pool.
2. Each learner is assisted to enter the shallow end of the pool with their floater. The teacher or swimming coach demonstrates how gliding in water is done. Teacher emphasises that learners should not play in water or practice the skills without adult supervision.
3. The teacher or coach assists each learner to glide on the water using their floating devices.
4. All learners exit the pool, shower and dry themselves.

Learning activities for those with no swimming pools

1. Teacher discusses with learners how to glide on water. Learners are shown the appropriate swim wear for boys and girls.

- In pairs, they talk about the swim wear shown in their readers on page 59.
- Learners watch a video showing children being taught some gliding skills.
- Learners all lie down on their mats and practice the gliding skills. Teacher emphasises that learners should not play in water or practice the skills without adult supervision.
- Learners mime the activities of exiting the pool, showering and drying themselves.

Skills to be developed

- Moving with equipment
- Playing
- Racing

Learning activities

- Learners run around the play area in rhythm to the music.
- At the sound of the whistle, they make circles in their groups.
- Learners practice moving with speed using equipment such as sacks.
- The class holds a sack race where each group fields a competitor. Learners take turns until they have all participated in the race.
- At the sound of the whistle, all learners place the equipment together, make a straight line and walk quickly back to the classroom.

Friday

Topic: Play and game skills

Objectives

During the lesson, learners will:

- use equipment to move with speed
- play the game

Assessment

Name of child	Are learners able to identify and describe the different good personal hygiene activities?	Are learners able to join the dotted lines to make a drawing?	Are learners able to move from point A to B with equipment?	Are learners able to move with speed towards a specific finishing line?	Are learners able to glide in water?	Are learners able to play the sack race?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem.

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning materials

Monday: a chart

Tuesday: bean bags

Wednesday: pencils/crayons, bean bags

Thursday: video recorder

Friday: bean bags

Monday

Topic: Safety and health
- Dangers of poor
personal hygiene

Objectives

During the lesson, learners will:

- discuss the different dangers of poor personal hygiene
- sing the hygiene song whilst demonstrating good hygiene practices

Skills to be developed

- Discussing
- Singing
- Demonstrating

Learning activities

- Teacher discusses the different dangers of poor personal hygiene.

- In groups, learners discuss the pictures which show the results of poor personal hygiene shown in their reader on page 60.
- Learners mime the activities that they should do to avoid the situation shown in the pictures.
- Learners sing the hygiene song whilst demonstrating good hygiene practices

Tuesday

Topic: Kids athletics - Moving
with apparatus for
positioning

Objectives

During the lesson, learners will:

- discuss the picture of children performing a bean bag race
- move with bean bags positioned or balanced on their heads

Skills to be developed

- Discussing
- Balancing

Learning activities

- Teacher discusses the picture of children performing a bean bag race with the learners. The picture is shown in their readers on page 61.

- Learners make a circle and play the game 'Dance around together'.
- Teacher makes a demonstration on how to position a bean bag on the head and then move with it.
- Each learner collects a bean bag and practices placing it on their heads and moving with it.
- Learners stand in a row, and at the blow of the whistle move with bean bags positioned on their heads, moving for speed.
- Learners clap hands for themselves and place their bean bags back into the bean bag container.

Wednesday

Topic: Locomotion - Moving with apparatus

Objectives

During the lesson, learners will:

- complete the drawing of bean bag racers
- play the flying game

Skills to be developed

- Drawing
- Playing

Learning activities

- Learners complete the drawing in their workbooks on page 33 by adding the bean bags onto the heads of the other two racing children.
- Learners move to their play area where they fly around like birds in any direction using apparatus like their scarves as wings.
- They then fly like aeroplanes using different apparatus to destinations specified by the teacher within their play areas.

Thursday

Topic: Aquatic skills - Floating

Objectives

During the lesson, learners will:

- splash in water

Skills to be developed

- Splashing water

Learning activities for those with swimming pools

- Learners quickly change into their swim wear and collect their body towels. They each collect a floating device (arm or back floating device) and move quickly to the pool area and stand at the side of the pool.
- Each learner is assisted to enter the shallow end of the pool with their floater. The teacher or swimming coach demonstrates how splashing in water is done. Teacher emphasises that learners should not play in water or practice the skills without adult supervision.
- The teacher or coach assists each learner to splash in the water using their floating devices.
- Learners splash and play in the water.
- All learners exit the pool, shower and dry themselves.

Learning activities for those with no swimming pools

- Teacher discusses with learners how to splash in water. Learners mime the activities of changing into swim wear.
- Teacher shows learners a video showing children being taught how to splash in water.

4. Learners all lie down on their mats and practice splashing skills. Teacher emphasises that learners should not play in water or practice the skills without adult supervision.
5. Learners mime the activities of exiting the pool, showering and drying themselves.

Skills to be developed

- Balancing
- Racing

Learning activities

1. Teacher plays some music and learners hop around the play centre in response to the music beat.
2. All learners collect bean bags from the bean bag container. They balance their bean bags on their heads and move around with them trying not to drop them.
3. Learners move into their groups and then field participants for the bean bag races.
4. All learners have a chance to compete in the races.

Friday

Topic: Play and game skills - Bean bag race

Objectives

During the lesson, learners will:

- a) balance their bean bags on their heads
- b) move around with their bean bags balanced on their heads
- c) hold the bean bag races

Assessment

Name of child	Are learners able to discuss the dangers of poor personal hygiene?	Are learners able to sing the hygiene song whilst demonstrating good hygiene practices?	Are learners able to move with bean bags positioned or balanced on their heads?	Are learners able to complete the drawing?	Are learners able to splash water?	Are learners able to balance their bean bags on their heads?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem.

Source of matter

ECD B Physical Education Syllabus pages 18-26

Suggested learning resources

- Monday:** a chart on healthy foods
Tuesday: bean bags
Wednesday: pictures or samples of different transport toys
Thursday: video recording
Friday: pencils or crayons, bean bags

Monday

**Topic: Safety and health-
Healthy food**

Objectives

During the lesson, learners will:

- identify and name healthy food
- discuss the importance of eating healthy food
- sing the health song

Skills to be developed

- Identifying
- Naming
- Discussing
- Singing

Learning activities

- Teacher discusses with learners what healthy food is and the

importance of eating healthy food.

- In pairs, learners talk about the pictures of healthy food shown in their readers on page 62.
- Learners name the healthy foods shown in the pictures as a class.
- Learners sing the health song.

Tuesday

Topic: Kids athletics - Moving with apparatus for positioning

Objectives

During the lesson, learners will:

- balance bean bags on one hand and then both hands
- move for speed with bean bags

Skills to be developed

- Balancing

Learning activities

- Learners jump and skip around using their skipping ropes.
- Teacher demonstrates how to balance bean bags on one hand and then both hands and moving with them.
- Learners practice moving with bean bags balanced on their hands and then moving for speed.
- In their groups, learners balance

their bean bags on their hands and race against each other to a specific target.

5. At the blow of the whistle, all learners place their bean bags on their heads and move quickly to deposit them in the bean bag container.

Wednesday

Topic: Locomotion - Moving with apparatus

Objectives

During the lesson, learners will:

- a) identify and describe the different toys shown in the pictures
- b) play with transport toys
- c) imitate the sound made by the different modes of transport

Skills to be developed

- Identifying
- Describing
- Playing
- Imitating

Learning activities

1. Learners identify and describe the different toys shown in their reader on page 63. From the toys, learners identify those that are a means of transport.
2. Learners move to the play areas and select transport toys of their choice.
3. They drive their toy equipment around the play area in all directions as they imitate the sound made by these modes of transport.
4. Learners exchange their toys after a few runs.

Thursday

Topic: Aquatic skills - Floating

Objectives

During the lesson, learners will:

- a) scramble in water

Skills to be developed

- Scrambling in water

Learning activities for those with swimming pools

1. Learners change into their swim wear and collect their body towels. They each collect a floating device (arm or back floating device) and move quickly to the pool area and stand at the side of the pool.
2. Each learner is assisted to enter the shallow end of the pool with their floater. The teacher or swimming coach demonstrates how scrambling in water is done. Teacher emphasises that learners should not play in water or practice the skills without adult supervision.
3. The teacher or coach assists each learner to scramble in the water using their floating devices.
4. Learners scramble and play in the water.
5. All learners exit the pool, shower and dry themselves.

Learning activities for those with no swimming pools

1. Teacher discusses with learners how to scramble in water. Learners mime the activities of changing into swim wear.
3. Learners watch a video showing children being taught how to

scramble in water.

- All learners lie down on their mats and practice scrambling skills. Teacher emphasises that learners should not play in water or practice the skills without adult supervision.
- Learners mime the activities of exiting the pool, showering and drying themselves.

Friday

Topic: Play and game skills - Bean bag race

Objectives

During the lesson, learners will:

- complete the drawing of a girl swimming

Assessment

Name of child	Are learners able to identify and name healthy food?	Are learners able to discuss the importance of eating healthy food?	Are learners able to balance bean bags on one hand and then both hands?	Are learners able to identify and describe the different toys shown in the pictures?	Are learners able to complete the drawing?	Are learners able to scramble in water?
Betty						
Jane						
Paul						

Skills to be developed

- Drawing
- Racing

Learning activities

- Learners complete the drawing of a girl swimming, and the girl has some missing parts. The drawing is their workbooks on page 34.
- Learners hold bean bag races as a class and learners are placed in smaller groups so that each group can race.

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem.

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning materials

- Monday:** pictures of healthy and unhealthy food, pencils.
- Tuesday:** balls, crayons
- Wednesday:** drums
- Thursday:** video clip
- Friday:** balls, sand

Monday

Topic: Safety and health
- Healthy and
unhealthy food

Objectives

During the lesson, learners will:

- sing the health song
- identify healthy and unhealthy food
- sort the cut-out pictures of food into the two groups, healthy and unhealthy

Skills to be developed

- Singing
- Identifying
- Sorting

Learning activities

- Learners sing the health song
- In groups learners identify healthy

and unhealthy food. They sort the cut-out pictures of food into the two groups, healthy and unhealthy.

- Teacher discusses with learners the importance of eating healthy food.
- Learners identify and draw circles around all unhealthy foods shown in the pictures in their workbooks on page 35.
- Learners sing the health song.

Tuesday

Topic: Kids athletics - Moving
with apparatus for
direction

Objectives

During the lesson, learners will:

- describe what is happening in the picture
- roll a ball and move with it towards a set target

Skills to be developed

- Describing
- Ball rolling

Learning activities

- Teacher talks to learners about the picture of children rolling their balls towards the goal post. The picture is in their readers on page 64.
- Teacher demonstrates how to roll a

ball and move with it towards a set target.

3. Learners practice rolling their balls and move with them towards the goal post and back.
4. Learners roll their balls across each other in pairs.

Wednesday

Topic: Locomotion - Moving with apparatus

Objectives

During the lesson, learners will:

- a) describe what is taking place in the pictures
- b) march around in a circle beating their drums

Skills to be developed

- Describing
- Marching
- Drum beating

Learning activities

1. Teacher discusses with learners the picture of the army band marching whilst beating their drums. The picture is in their readers on page 65.
2. Learners collect their drums and pieces of sticks and move into a circle.
3. They march around in a circle beating their drums in rhythm with any beat by the army band on an ICT gadget.
4. Learners march and beat their drums moving out of the circle into directions of their own choice within the play area.

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) wade in water
- b) play in water

Skills to be developed

- Wading in water
- Playing in water

Learning activities for those with swimming pools

1. Learners change into their swim wear, collect their body towels and a floating device (arm or back floating device) and jog to the pool area. They all stand at the side of the pool.
2. Each learner is assisted to enter the shallow end of the pool with their floater. The teacher or swimming coach demonstrates how wading in water is done.
3. The teacher or coach assists each learner to wade in the water using their floating devices.
4. Learners wade and play in the water.
5. All learners exit the pool, shower and dry themselves.

Learning activities for those with no swimming pools

1. Teacher discusses with learners how to wade in water. Learners mime the activities of changing into swim wear.
2. Learners watch a video showing children being taught how to wade in water.
3. All learners lie down on their mats and practice the wading skills.

Friday

Topic: Play and game skills - Sand race

Objectives

During the lesson, learners will:

- a) play the game

Skills to be developed

- Playing

Learning activities

1. Learners use their skipping ropes to skip around the play area.
2. Learners are placed into two groups. One group goes into the marked rectangular game area. The other group collects a ball and one

half stands on one end (width) of the play area and the other half on the other side.

3. The teacher explains to learners how the players try to fill the container in the middle of the area with sand as quickly as possible whilst those outside try to hit the players with the ball and eliminate them off the playing field before they can fill up the container and count to 10.
4. Learners repeatedly play the game. Teams change sides to allow all learners to play inside.

Assessment

Name of child	Are learners able to sing the health song?	Are learners able to sort the cut-out pictures of food into the two groups, healthy and unhealthy?	Are learners able to describe what is happening in the picture?	Are learners able to roll a ball and move with it towards a set target?	Are learners able to march around in a circle beating their drums?	Are learners able to play the game?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop with a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning materials

- Monday:** a chart, crayons and pencils, smiley faces
- Tuesday:** balls
- Wednesday:** any ICT gadget for music playing
- Thursday:** basins of water
- Friday:** balls, small containers for filling up with sand

Monday

Topic: Safety and health
- Healthy and unhealthy food

Objectives

During the lesson, learners will:

- identify and name healthy and unhealthy food from the chart
- stick smiley faces on all pictures of healthy food in their work books

Skills to be developed

- Naming
- Identifying

Learning activities

- Teacher discusses with learners the importance of eating healthy

food and avoiding unhealthy food.

- Learners identify and name healthy and unhealthy food from the chart.
- In their groups, learners identify pictures of healthy and unhealthy food shown on their activity card.
- Learners stick smiley faces on all pictures of healthy foods in their work books on page 36.
- Learners show each other their work.

Tuesday

Topic: Kids athletics
- Moving with apparatus for direction

Objectives

During the lesson, learners will:

- roll a ball and move with it towards a set target
- hold a ball rolling race

Skills to be developed

- Ball rolling
- Racing

Learning activities

- Learners fly like birds or butterflies around the play area.
- One learner demonstrates how to roll a ball and move with it towards

a set target.

3. Learners practice rolling their balls and move with them towards a set target and back.
4. Learners stand in a row and engage in a ball rolling race.
5. Learners make a circle and play the game 'Dance around together'.

Wednesday

Topic: Locomotion - Moving without apparatus

Objectives

During the lesson, learners will:

- a) observe the activities shown in the video
- b) march like the drum majorettes in different formations

Skills to be developed

- Naming
- Identifying

Learning activities

1. Learners watch the video of majorettes marching.
2. Teacher discusses the activities taking place in the pictures with the learners.
3. In pairs, learners talk about the picture of the drum majorettes shown in their reader on page 66.
4. In their groups, learners march like the drum majorettes in formations of their own choice in response to music from an ICT gadget.
5. Each group demonstrates their marching skills (moving in rhythm

to the music) before the whole class (if time allows).

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) play with water in the basins
- b) pick coins from the water

Skills to be developed

- Playing
- Coin picking

Learning activities

1. Teacher places some basins of water strategically for all groups.
2. Learners are given a chance to move their hand inside the water, feel it and play with it.
3. The teacher throws some coins into the water and learners pick the coins from the water.
4. Each learner counts the number of coins picked up. They throw back the coins into the water and start picking all over again.

Thursday

Topic: Play and game skills - Sand race

Objectives

During the lesson, learners will:

- a) play the game

Skills to be developed

- Playing

Learning activities

1. Teacher discusses the picture of children playing the sand race game. The picture is in the learners' readers on page 67.
2. Learners play around in their hula-hoops.
3. Learners are placed into two groups. One group goes into the marked rectangular game area. The other group collects a ball and one half stands on one end of the play area and the other half on the other side.
4. The teacher explains to learners how the players try to fill the container in the middle of the area with sand as quickly as possible whilst those outside try to hit the players with the ball and eliminate them off the playing field before they can fill up the container and count to ten.
5. Learners play the game. Teams change sides to allow all learners to play inside.

Assessment

Name of child	Are learners able to identify and name healthy and unhealthy food from the chart?	Are learners able to stick smiley faces on all pictures of healthy food in their work books?	Are learners able to roll a ball and move with it towards a set target?	Are learners able to hold a ball rolling race?	Are learners able to march like the drum majorettes in different formations?	Are learners able to pick coins from the water?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem.

Source of matter

ECD B Physical Education Syllabus pages 18-26

Suggested learning materials

Monday: a chart

Tuesday: crayons

Wednesday: drums and other percussion instruments

Thursday: big tubs

Friday: crayons, pencils, balls

Monday

Topic: Safety and health - Environmental hygiene

Objectives

During the lesson, learners will:

- identify the activities that they can do to help keep the environment clean
- sing the hygiene song

Skills to be developed

- Identifying
- Singing

Learning activities

- Teacher talks to learners about the pictures demonstrating good environmental hygiene activities.
- Teacher explains and demonstrates

The pictures are in their readers on page 68.

- In their groups, learners identify the activities that they can do to help keep the environment clean.
- As a class, learners name and describe the activities that they can do to keep the environment clean.
- Learners sing the hygiene song.

Tuesday

Topic: Moving with apparatus for space

Objectives

During the lesson, learners will:

- bounce the ball and move with it in own space

Skills to be developed

- Bouncing

Learning activities

- Teacher talks to learners about the picture of a girl bouncing the ball and moving with it. The picture is shown in the learners' readers on page 69.
- Learners make circles with their arms, legs and heads.
- Teacher explains and demonstrates

to learners how to bounce the ball and move with it in own space.

3. Learners practice bouncing and moving with the ball in space
4. All learners stand in a row and then move with their balls towards the goal post in their own spaces.

Wednesday

Topic: Locomotion - Moving without apparatus

Objectives

During the lesson, learners will:

- a) discuss the picture
- b) march like the drum majorettes in formations of their own choices

Skills to be developed

- Discussing
- Marching

Learning activities

1. In groups, learners discuss the picture of the drum majorettes marching to the music beat.
2. Learners march like the drum majorettes in formations of their own choices in response to music from an ICT gadget in their groups.
3. They then march together as a class to the rhythm of the music following the lead of one of the learners.

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) tread in water

Skills to be developed

- Treading

Learning activities for those with swimming pools

1. Learners change into their swim wear, collect their body towels and move to the pool area and stand at the side of the pool.
2. Teacher or coach demonstrates how to tread in water. Learners imitate the actions as they stand by the side of the pool.
3. Each learner enters the shallow end of the pool.
4. Learners practice treading and playing in the water.
5. All learners exit the pool, shower and dry themselves.

Learning activities for those with no swimming pools

1. Teacher discusses with learners how to tread in water.
2. Teacher demonstrates how to tread in water.
3. Learners imitate the actions as they stand by the side of the containers.
4. Learners practice treading and playing in the water.

Friday

Topic: Play and game skills - Football game

Objectives

During the lesson, learners will:

- a) kick the ball to a partner
- b) play the game

Skills to be developed

- Kicking
- Playing

Learning activities

1. Learners colour the drawing of a child kicking the ball. The drawing

- is in their workbooks on page 37.
2. Learners show each other their work.
 3. Learners jog to the play area. They kick the air as they run around.
 4. Teacher demonstrates how to kick the ball. Learners practice kicking the ball to a partner.
 5. Learners are placed in two teams and they play a football game.

Assessment

Name of child	Are learners able to identify and name the activities that they can do to help keep the environment clean?	Are learners able to sing the hygiene song?	Are learners able to bounce the ball and move with it in own space?	Are learners able to march like the drum majorettes in formations of their own choice?	Are learners able to tread in water?	Are learners able to kick the ball to a partner?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem.

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning materials

Monday: a chart, crayons or pencils

Tuesday: mats

Wednesday: dance music

Thursday: basins or dishes, water

Friday:

Monday

**Topic: Safety and health
- Environmental
hygiene**

Objectives

During the lesson, learners will:

- identify the different good environmental hygiene practices
- draw circles around all activities which do not promote environmental hygiene

Skills to be developed

- Identifying
- Drawing

Learning activities

- Learners identify the different good environmental hygiene practices

like placing all rubbish in rubbish pits (shown on the chart).

- In their workbooks on page 38, learners draw a circle around an activity which does not promote environmental hygiene
- Learners describe how the circled activity negatively affect the environment.

Tuesday

**Topic: Kids athletics -
Bend running**

Objectives

During the lesson, learners will:

- discuss the picture
- run around the bend

Skills to be developed

- Discussing
- Running

Learning activities

- Teacher gives an explanation on how to negotiate a bend when running.
- Teacher discusses with learners the picture of children running around the bend neatly in their lanes. The picture is in their readers on page 70.

- Learners sprint on the same spot, join hands and play the game 'dance around together'.
- Learners practice to run around the bend on the athletics infant track.

Wednesday

Topic: Locomotion - Moving under instruction

Objectives

During the lesson, learners will:

- run and crawl in a race

Skills to be developed

- Running
- Crawling

Learning activities

- Learners join hands and make a circle. They then run slowly and then quickly on the same spot.
- Learners run from one point of the play area, when they get to the mats, they crawl to the finishing line.
- Once they have mastered the moves, they do a race as a class.
- Learners all dance to some music to celebrate with the winners

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- recite the rhyme
- shake hands under the water

Skills to be developed

- Reciting
- Under water hand shaking

Learning activities

- Teacher places basins of water in all the groups.
- Learners recite the greeting rhyme
- As they greet each other, they shake hands under the water.
- Learners play around shaking the hands of different members of the group under the water

Friday

Topic: Coordination- Free play with equipment

Objectives

During the lesson, learners will:

- play freely with outdoor equipment

Skills to be developed

- Playing

Learning activities

- Learners talk about the picture of different play equipment such as swings, sea saw, climber, space boat, hula hoops. The picture is in their readers on page 71.
- Learners run, hop and jump around the play area.
- At the blow of the whistle, learners play freely with outdoor equipment of their own choice.

Assessment

Name of child	Are learners able to identify the different good environmental hygiene practices?	Are learners able to draw circles around all activities which do not promote environmental hygiene?	Are learners able to discuss the picture?	Are learners able to run around the bend?	Are learners able to shake hands under the water?	Are learners able to run and collect the ball from a partner?
Betty						
Jane						
Paul						

Aims

To help learners:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem

Source of matter

ECD B Physical Education Syllabus pages 18-26

Suggested learning materials

Monday: a chart
 Tuesday: cones
 Wednesday: cones, skittles
 Thursday: water basins, crayons/pencils
 Friday: cones, skittles

Monday

Topic: Safety and health - Dangers of poor environmental hygiene

Objectives

During the lesson, learners will:

- discuss the pictures
- sing the song for picking up litter as they pick the litter

Skills to be developed

- Discussing
- Singing
- Litter picking

Learning activities

- Teacher discusses with learners the different dangers of poor environmental hygiene

- In their groups, learners discuss the pictures in their readers on page 72 which show the results of poor environmental hygiene
- Learners sing the song for picking up litter as they pick the litter around the infant area.
- All litter is placed in bins or pits and learners wash their hands.

Tuesday

Topic: Kids athletics - Obstacle clearing

Objectives

During the lesson, learners will:

- describe what is happening in the picture
- clear obstacles when running

Skills to be developed

- Describing
- Running
- Obstacle clearing

Learning activities

- Teacher discusses the picture of children running around cones with the learners. The picture is in their readers on page 73.
- Learners run freely and jog around the play area.
- Teacher explains how to clear

obstacles when running. The teacher can also demonstrate the skill of obstacle clearing.

4. Learners practice walking around cones placed around the play area.
5. Learners take turns to practice clearing objects or cones when running towards a set finishing line.

Wednesday

**Topic: Locomotion -
Moving on all
fours**

Objectives

During the lesson, learners will:

- a) move on all fours without equipment

Skills to be developed

- Naming
- Identifying

Learning activities

1. Learners fly around the play area like birds.
2. Two pre-coached learners demonstrate how to move on all fours without equipment
3. In groups, learners practice moving on all fours without equipment.
4. They move around obstacles like the cones or skittles.

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) join the dotted lines to complete the drawing
- b) play the game of exchanging things under water

Skills to be developed

- Drawing
- Playing

Learning activities

1. In their workbooks on page 39, learners join the dotted lines to complete the drawing of two children exchanging things under water.
2. Learners join hands, make a circle and play the game 'dance around together'.
3. Learners sit around the containers of water and play the game of exchanging things under water

Friday

**Topic: Play and game
skills**

Objectives

During the lesson, learners will:

- a) play the game
- b) dodge an opponent

Skills to be developed

- Playing
- Dodging

Learning activities

1. Teacher gives learners the rules of the game which include the following:
 - Once the lion touches you, you surrender
 - No tripping or dragging each other
 - No pulling each other by clothes
 - All lions catch by touching the child
2. Learners choose either to be lions or children in the game. Two mothers

are also selected.

- Learners play the game Hwai hwai/ Bantwana bantwana/ Dodge the lion

The mothers are placed at both sides of the clearly demarcated playing area, children stand with

one of the mothers and lions stand in the middle. The other mother calls the children to her side and as they run and dodge the lions, some children are caught by the lions. Those who have been caught turn into lions.

Assessment

Name of child	Are learners able to discuss the pictures?	Are learners able to sing the song for picking up litter as they pick the litter?	Are learners able to clear obstacles when running?	Are learners able to move on all fours without equipment?	Are learners able to join the dotted lines to complete the drawing?	Are learners able to play the game?	Are learners able to dodge an opponent?
Betty							
Jane							
Paul							

Aims

To help pupils:

- make informed decisions about health, safety and well being
- develop basic Physical Education skills
- develop a sense of fun, enjoyment and entertainment
- acquire team building skills, confidence and self-esteem

Source of matter

ECD B Physical Education Syllabus
pages 18-26

Suggested learning materials

Monday:

Tuesday: crayons

Wednesday: different apparatus for moving with

Thursday: basins with water, medium-sized rubber balls

Friday: balls

Monday

**Topic: Safety and health
- Good eating habits**

Objectives

During the lesson, learners will:

- identify and describe some good eating habits
- role play the different good eating habits

Skills to be developed

- Identifying
- Describing
- Role-playing

Learning activities

- Teacher discusses good eating habits

with learners such as washing hands before eating.

- In groups, learners discuss the good eating habits demonstrated in the pictures in the readers on page 74.
- Learners answer the teacher's questions on the habits shown in the pictures.
- Learners role play the different good eating habits.

Tuesday

**Topic: Kids athletics
- Whole body throwing**

Objectives

During the lesson, learners will:

- execute the whole body throw of a ball
- colour the drawing

Skills to be developed

- Throwing
- Colouring

Learning activities

- Learners dance to some music starting off slowly and then increasing pace.
- Teacher demonstrates how to throw a ball in a manner which allows all

parts to flow smoothly towards the execution of the throw.

3. Learners practice the whole body throws in pairs.
4. Learners colour the drawing of a boy throwing a ball. The drawing is in the learners' workbooks on page 40.

Wednesday

Topic: Coordination - Free movement with apparatus

Objectives

During the lesson, learners will:

- a) move freely with apparatus

Skills to be developed

- Running
- Walking
- Jogging

Learning activities

1. Teacher discusses the picture of children moving freely around with different equipment around the play area with the learners. The picture is in the learners' readers on page 75.
2. Learners choose the apparatus that they want to play with.
3. Learners run, walk or jog around the play area freely with the apparatus of choice

Thursday

Topic: Aquatic skills

Objectives

During the lesson, learners will:

- a) push balls using the nose and mouth in water

Skills to be developed

- Pushing

Learning activities

1. In their groups, learners talk about the picture of children playing in the water pushing balls using the nose and mouth which is in their readers on page 76.
2. Each learner is given a small basin of water from home before this lesson.
3. Teacher fills the learners' basins with water.
4. Medium sized rubber balls are placed in the basins of water. Teacher demonstrates how to push a ball using the nose and mouth.
5. Learners practice pushing balls using the nose and mouth in water.

Friday

Topic: Play and game skills

Objectives

During the lesson, learners will:

- a) aim and throw a ball into a container
- b) play the game

Skills to be developed

- Aiming
- Throwing
- Playing

Learning activities

1. Learners hop around the play area like grasshoppers.
2. At the blow of the whistle, they join hands and make a circle.
3. Teacher demonstrates how to aim and throw a ball into a container.
4. Learners practice throwing a ball into a container in their groups.
5. Learners are then placed into two teams which compete against each other in throwing their balls into the big bucket or basket.

Assessment

Name of child	Are learners able to identify and describe some good eating habits?	Are learners able to role play the different good eating habits?	Are learners able to execute the whole body throw of a ball?	Are learners able to colour the drawing?	Are learners able to move freely with apparatus?	Are learners able to push balls using the nose and mouth in water?	Are learners able to aim and throw a ball into a container?
Betty							
Jane							
Paul							

CPS | Primary Physical Education

ECD B Physical Education Learner's Book

- is written in line with new curriculum that was developed and prepared by the Ministry of Primary and Secondary Education (**new curriculum 2015-2022**).
- promotes learners' development of psychomotor skills and techniques
- activities ensure that learners develop socially, physically, emotionally, morally and cognitively
- inculcates the values of Unhu/Ubuntu/Vumunhu in learners as they acquire the knowledge, skills, right attitudes and values towards the pursuit of a lifelong physically active and healthy lifestyle
- helps learners acquire team building skills, confidence and self esteem
- provides learners with a sense of fun, enjoyment and entertainment
- inculcates in learners a sense of teamwork, social integration and tolerance
- has a variety of age appropriate illustrations and activities
- has colourful illustrations which are relevant and interesting
- lessons are presented in a logical sequence for better comprehension of skills and concepts by learners.
- is complemented by an exciting Learner's Book

Approved by the Ministry of Primary and Secondary Education, December 2017

