



CLASS: NURSERY SUBJECT: P.E TERM: TWO

WK	PD	L/AREA	L/OUTCOME	COMPETENCE	CONTENT	L/ACTIVITIES	SKILLS	L/AIDS	REF	COM
1	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation Shoe pile.	activities. <u>Game for the week:</u> Shoe pile -Running -Selecting -Wearing	Determination. Running. Competing. Wearing.	Pupils' shoes.	Learning frame work	
2	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation -Ball race	<u>Game for the week:</u> -Ball race. -Carrying -Running -Handing over	-Socialisation. -Patience. -Tolerance. -Team work. -Running -Carrying	-Balls.	Learning frame work	
3	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation -Mat rolling.	activities. <u>Game for the week:</u> -Mat rolling. -Running -Rolling -Taping	-Competition. -Determination. -Assertive. -Self esteem.	Mats.	Learning frame work	

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4	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation -Ball scramble	<u>Game for the week: Ball race.</u> -Running -Carrying -Handing over	-Running. -Carrying -Handing over	Tennis balls. -Baskets.	Learning frame work	
5	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation 50metre race.	-activities. <u>Game for the week:</u> -50metre race. -Starting -Running -Finishing	-Effective communication -Running. -Listening.	-Pupils.	Learning frame work	
6	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation Stick race.	<u>Game for the week: Stick race</u> <u>Handling the stick.</u> <u>Running</u> <u>Handing over</u>	-Team work. -Patience. -Sharing -Running	Sticks.	Learning frame work	
7	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation Tray race.	<u>Game for the week:</u> -Tray race. -Running -Holding	-Handling. -Running. -Coordinating. -Appreciation.	-Trays. -cups.	Learning frame work	
8	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation Jumping over the rope.	<u>Game for the week:</u> -Jumping over the rope. -Targeting -Holding the rope.	-Running. -Jumping. -Holding	-Ropes.	Learning frame work	

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9	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation The cat and the rat.	<u>Game for the week:</u> -Running -Chasing -Dodging -Catching	-Running. -Chasing and Catching.	Pupils.	Learning frame work	
10	1&2	Taking care of my self for proper Growth and Development.	Using gross and fine motor. (Large and Small) Muscles.	Uses my body parts to carry out various activities.	Games of Lower Organisation Boda-boda race.	<u>Game for the week:</u> -Boda-boda race. -Riding -Competing	-Riding. -Handling. -Sharing.	-Boda-bodas.	Learning frame work	

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