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| Class | Date | Time | No. pupils |

**Theme:**  Basic body movement, experiences and space awareness

**Subtheme:**  experience body and space

**Content:** zig – zag race

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| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners will go out of class and make a file. The teacher will make the heath check up | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | Singing a part together as they jump | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | Two teachers will demonstrate the zig – zag rows as children are observing | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | learners will practice the games in groups as guided by the teacher | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Singing “ Alibabbabba as they do different gestures. Learners will make a file and I go back in class. | \* \*\*\*\*\*\*\*\*\*\* |

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| Class | Date | Time | No. pupils |

**Theme:**  Games for lower primary

**Subtheme:**  Ball games and contest games

**Content:** Bounce the ball

Teaching procedure

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| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners will make a line outside and make a health check –up | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | Singing “Abaana b’omukulu tukole omukulu kyakola” as they do different actions. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | The teacher guides the learners to make a circle and demonstrates to them how to bounce the ball. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | Learners will practice the game as guided by the teacher | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Learners will breathe in and out as they prepare themselves for going back to class | \* \*\*\*\*\*\*\*\*\*\* |

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| --- | --- | --- | --- |
| Class | Date | Time | No. pupils |

**Theme:**  Games for lower primary

**Subtheme:**  Ball games and contest games

**Content:** Sack race

Teaching procedure

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| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners will remove the sweaters and go out to make line. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | The teacher guide the learners to do  “Apart together……….” | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | Two teachers put on the sacks and begin running to see who reaches first as learners are observing | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | Learners will try to run in sacks as guided by their teacher  For learners will run in sacks and get the winner | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | The teacher guides the learners to sing “Nkola nti …………….” After they will make a file and match to class. | \* \*\*\*\*\*\*\*\*\*\* |

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| --- | --- | --- | --- |
| Class | Date | Time | No. pupils |

**Theme:**  Games for lower primary

**Subtheme:**  Ball games and contest games

**Content: Tunnel race**

Teaching procedure

|  |  |  |  |
| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Earners will go out of the class and the teacher makes a health check – up | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | The teacher together with the learners will do “Apart together……” | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | The teacher will guide the learners on how to hold the tunnels.  The teacher will guide the learners on how to pass through the tunnels. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | Learners will try the game as the teacher guided them. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Learners will breathe in and out. After they will make a file and go back to class. | \* \*\*\*\*\*\*\*\*\*\* |

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| --- | --- | --- | --- |
| Class | Date | Time | No. pupils |

**Theme:**  Games for lower primary

**Subtheme:**  Ball games and contest games

**Content:** Bounce the ball

Teaching procedure

|  |  |  |  |
| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners will match out of class and move to he pitch. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | The lesson will begin with “Yuuyo yuuyo…..” as they run and after stops | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | The teacher will guide the learners to make a circle in groups and bounce the ball to each other and don’t allow it to roll down. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | Learners will make two circles and begin bouncing the ball as the teacher guided them | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Learners will breathe in and out and after go to class. | \* \*\*\*\*\*\*\*\*\*\* |

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| --- | --- | --- | --- |
| Class | Date | Time | No. pupils |

**Theme:**  Traditional games

**Subtheme:**  Partner work and co – operative games

**Content:** Cat chases a rat

Teaching procedure

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| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners will go out of class and make a line and move to the field. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | The teacher will do “Nkola nti…..” as the do different actions | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | Two teachers will demonstrate the game to the learners after explaining to them how the game is supposed to be done. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | Learners will practice the game in pairs as others are in the circle. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Learners will breathe in and out and after go back to class | \* \*\*\*\*\*\*\*\*\*\* |

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| --- | --- | --- | --- |
| Class | Date | Time | No. pupils |

**Theme:**  Traditional games

**Subtheme:**  Partner work and co – operative games

**Content:** Rounder’s

Teaching procedure

|  |  |  |  |
| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners will remove their sweaters and make a line out side, after move to the field. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | The teacher together with the learners will do “Apart together………” as they get ready for the game | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | The teacher will explain to the learners how to play rounder’s  The teacher with some learners will demonstrate the game | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | The learners will practice the game as guided by their teacher. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Learners will do “Alibbabba………” as they do different gestures. Learners will match to class. | \* \*\*\*\*\*\*\*\*\*\* |

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| --- | --- | --- | --- |
| Class | Date | Time | No. pupils |

**Theme:**  Traditional games

**Subtheme:**  Reaction games

**Content:** Button exchange

Teaching procedure

|  |  |  |  |
| --- | --- | --- | --- |
| **Steps** | **Phase** | **Activity** | **class organization** |
|  | Preparation | Learners move out of class and move in a line to the field. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Warm – up | The teacher will guide the learners to sing “Abaana b’omukulu mukole omukulu kyakola” | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – teaching | The teacher will group the learners in four groups and demonstrate the game t them. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Skill – practice | Learners will practice the game in their groups as guided by the teacher. After the teacher will announce the winning group. | \* \*\*\*\*\*\*\*\*\*\* |
|  | Cool - down | Learners will breathe in and out after match to class. | \* \*\*\*\*\*\*\*\*\*\* |