**VICTORIOUS PRIMARY SCHOOLS**

**P.E LESSON NOTES TERM II 2017**

LESSON ONE

Simple games

Ball games

Warm up activities

Simple running

Duck running

Teaching points

Balancing the ball

Bending to pass the ball

Tunnel race with the ball

Cool down activities

i) breath in (breath out)

ii) apart together

lesson two

realays (short relay races)

warm up activities