**CREAMHILL**

**Physical Education Lesson Notes for, Term 11, 2023.**

**Baby Class.**

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| **Week** | **1** |
| **Period** | **1 &2** |
| **Competence** | I can perform and respond to various situations with my body. |
| **Content** | Chair dance race. |
| **Help me to:** | listen to develop concentration more in and out to develop gross motor muscles |
| **Activities** | -**Warm up activity**  Teacher will introduce a simple song for the children.  Come tomorrow  And get a bottle of soda.....  -Teacher will now explain and demonstrate how chair dance race is played to children  -Teacher will organise and guide children on how to play the game as she tunes the music  -Children will enjoy and perform the game as they move in and out of the chairs  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chldrn in a circle.jpg    C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chair.jpg  -Teacher will again introduce in another warm up activity for them to cool down |
| **Reference** | Fun and games  Physical education for pre- Primary |
| **Remark** |  |
| **Week** | **2** |
| **Period** | 1 |
| **Competence** | I can perform and respond to various situations with my body |
| **Content** | Bottle filling |
| **Help me to:** | Fill the bottle to develop eye- hand co-ordination |
| **Activities** | -Teacher will introduce a warm up activity.  Let the children spread and allow them box the air, run around  -Teacher will ask children to have the learning aids.  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\water.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\bottll.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\bottll.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\bottll.jpg C:\Users\Student\Documents\IMAGES 0\cup.jpgC:\Users\Student\Documents\IMAGES 0\cup.jpg  -Teacher will explain to children how to play the game.  Get a tin, go to the bucket and pick water then run and fill your bottle very fast.  -Teacher will organise children and set them off for the game  -Teacher will then introduce a cool down activity to the children  (breathe in and out) |
| **Reference** | Fun and games.  Physical Education for Primary schools |
| **Remark** |  |
| **Week** | **3** |
| **Period** | **1 & 2** |
| **Competence** | I can perform and respond to various situations with my body. |
| **Content** | Throwing and catching the ball |
| **Help me to:** | -Recite to develop speech  -Warm up to develop body preparedness  -Throw and catch to develop fine muscles |
| **Activities** | **-**Teacher and children will perform a warm up activities  -Teacher will explain the game to the children as she demonstrates  -Teacher will now give children dance to enjoy the game  **C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\dance and sing.jpg** C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\runing.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\dance clp.jpg  -Teacher will organise children for a cool down activity then they will go back to class. |
| Reference | Fun and games with a smile pg 15  Physical Education for primary schools pg 33 |
| **Remark** |  |
| **Week** | **4** |
| **Period** | **1** |
| **Competence** | I can perform and respond to various situations with my body. |
| **Content** |  |
| **Help me to:** | -Recite to develop speech  -Warm up to prepare my body for the activity  -Fill the basket to develop eye-hand coordination |
| **Activities** | -Teacher and children will perform a warm up activity  -Teacher will ask children to name the learning aids.  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\baskett.jpgC:\Users\Student\Documents\IMAGES 0\PHOTOS 1\baskett.jpgC:\Users\Student\Documents\IMAGES 0\PHOTOS 1\baskett.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\pencil nice.jpgC:\Users\Student\Documents\IMAGES 0\PHOTOS 1\pencil nice.jpgC:\Users\Student\Documents\IMAGES 0\PHOTOS 1\pencil nice.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\balls3.jpg C:\Users\Student\Documents\IMAGES 0\cup.jpg  Baskets pencils balls cups  -Teacher will set off children to enjoy the game  -Teacher and children will perform the cool down activity |
| **Reference** | Fun and games with a smile pg 15  Physical Education for primary schools pg 33 |
| **Remark** |  |
| **Week** | **5** |
| **Period** | **1 and 2** |
| **Competence** | I can perform and respond to various situations with my body. |
| **Content** | **Aiming at the skittle.** |
| **Help me to** | - Recite to develop speech.  -Aim and hit to develop eye hand coordination and gross motor muscles.  -Play to enjoy the game |
| **Activities** | -Teacher and children will practice the warm up activity.  **-Apart, together**  **Apart, together 1, 2, 3, 4, 5, 6, 7, 8, 9, 10**  -Teacher will explain the new game to children  “Put a ball on top of the skittle then throw / roll the ball slowly to hit the skittle if the ball falls off the skittle you win  -Children will practice the game under teachers guidance  -Teacher and children will practice a cool down activity. |
| **Week** | 6 |
| **Period** | 1 &2 |
| **Competence** | I can perform and respond to various situations with my body |
| **Content** | Picking the tail |
| **Help me to** | -Recite to develop speech.  -Pick to develop fine and gross motor muscles  -Play to enjoy the game. |
| **Activities** | -**Reciting rhymes**  Apart , together....  Clap, clap.....  -Teacher will explain to learners how to play the game  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\dance & clap.bmp C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\dance clp.jpg  -Teacher will then let children enjoy the game. |
| **Reference** | Physical Education for primary schools pg 18 |
| **Remark** |  |
| **Week** | 7 |
| **Period** | 1 & 2 |
| **Competence** | I can perform and respond to various situations with my body |
| **Content** | Frog jumping |
| **Help me to** | -Recite to develop speech  -Warm up to get ready for the activity  -Frog jump to develop gross motor muscles/ skills  -perform the activity to cool down. |
| **Activities** | Reciting:  Head , shoulders, knees and toes  Knees and toesX2  Head , shoulders, knees and toes  Knees and toesX2  Eyes ears, nose and mouth  -Performing the warm up activity  Apart, together X2  Apart together 1, 2, 3, 4, 5, 6, 7, 8, 9, 10  -Frog jumping  Teacher demonstrates frog jumping  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\squating..jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\squat.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\sqtg.jpg  -Learners practice frog jumping  -Learners perform the cool down activity  -Learners make a circle then breath in and out. |
| **Reference** |  |
| **Remark** |  |
| **Week** | 8 |
| **Period** | 1 & 2 |
| **Competence** | I can perform and respond to various situations. |
| **Content** | Bean bag throwing |
| **Help me to** | -Recite the rhyme to develop speech  -Identify the items to develop visual discrimination  -Perform the activity to develop gross motor skills. |
| **Activities** | -Reciting:  Clap, clap I like it  Dance , dance, I like it  Wave, wave, I like it....  -Warm up activity  The basket is in the house  Come, come, in the house  Go, go, in the house  -Teacher demonstrates throwing the bean bag in the baskets  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\squeeze water.jpg  -Practicing the activity by the learners  Learners line up and carry the bean bags  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\sponge game.jpgC:\Users\Student\Documents\IMAGES 0\PHOTOS 1\squeeze water.jpg  -cool down activities  Forward bend, bend  Side by side bend, bend |
| **Reference** | Bridging with a smile pg 24 |
| **Remark** |  |
| **Week** | 9 |
| **Period** | 1 |
| **Competence** | I can perform and respond to various situations. |
| **Content** | Free play |
| **Help me to** | -Recite the rhyme to develop speech  -Identify my play mates to develop awareness  -Play freely/ interact with others to develop friendship |
| **Activities** | -Reciting:  Who made you and me  You and me X2  Our father God  -Identifying my friends.  Who is your friend?  Learners identify and mention their friends’ names.  -Teacher avails play materials to the learners  Dolls, toys, building blocks, balls, tins  -Learners play freely  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\chlrn sharing.bmp C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\building blocks.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\child share.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\baby &doll.jpg |
| **Reference** |  |
| **Remark** |  |
| **Week** | 10 |
| **Period** | 1 & 2 |
| **Competence** | I can perform and respond to various situations. |
| **Content** | Passing the balls to the next person under the legs. |
| **Help me to** | -Recite the rhyme to develop speech  -identify the items to develop visual discrimination  -Perform the activity to develop gross motor skills. |
| **Activities** | -Reciting  Fire on the mountain, run run, run X2  -Identifying the items.  Whistle C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\balls3.jpg  Balls  Demonstrating the activity  Learners line up in two groups and perform the activity  C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\bending.bmp C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\bend.bmp C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\craw.jpg C:\Users\Student\Documents\IMAGES 0\PHOTOS 1\CHILDREN IN A QUEUE.bmp  -Cool down activity  Learners sing:  Clap, clap I like it  Shake shake I like it |
| **Reference** | Growing up with a smile pg 17  Fun and games pg 37 |
| **Remark** |  |